

# S5 Ep 13

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## SPEAKERS

Hannah Macintyre

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Hannah Macintyre 00:00

Hello, and welcome to mediumship matters with me, Hannah MacIntyre. How are you doing? I wanted to talk to you today about obstacles in our paths. And I've got a sort of rough idea of how this is gonna go. And then we'll see. Because if there's anything I'm good at, it's a crazy tangent, and we'll probably end up talking about monkey mediumship, or something completely random. But that's where I'm intending to start at least. So when you are receiving information from spirit, why do you think sometimes that you don't get evidence that is expected? When you're doing evidential? Why do you think that sometimes when you're seeking an answer for something, you can't find it? How do we believe that that opening up to spirit to that information works. And it's an interesting thing to really think about, and really important to think about if you are working as the medium? Because I find that a lot of people like to kind of take the human out of the mediumship. I think that's why I upset so many people when I was talking about trance, because they built on whole identity over the fact that spirit came in and took over their entire body. And they had no memory of any of it. And this, that and the other. And then there's some upstarts saying, well, actually, do they? Do they? Or are you still present a bit, and you're over egging the mix? And I think in mediumship, there's, there's a lot to do with us. So let's take a scenario here to begin with of doing evidential mediumship you're working with a spirit? Do you believe that that spirit is giving you information piece by piece by piece? Or do you believe that you are opening up to information that is already there in stages? And we don't really know, do we? We don't know for sure. We can only surmise. And that's the thing about mediumship? The more answers you have, the more questions you have. But we know that there's something going on there where there seems to be a necessary process we have to go through of unfolding to the information from that spirit, whether it is us unfolding to that information or the spirit unfolding to that information. So when a spirit comes to communicate with us, are they holding back? Or are they giving us everything that we are open to receiving, and I am inclined at this period of time to believe it's the latter. I think that spirit aren't there going, I'll give you this and nothing more, I'll give you this but nothing more. It's us, limiting ourselves because of the anxiety, the pressure, the surrender that is required to do mediumship. So I believe that everything that that Spirit knows about the life they're representing, is there and ready. And it's just a case of us opening up to, to that information to receive it. And it's the same with when you're asking questions and guidance of your guides. Because I used to think that my guides were giving me

just a just the next stage of information to keep me going. But now I wonder if I could only open up to the next stage of information because of a limit in me. Now what I mean by this is, so often people have a dream, and they want to know how to achieve that dream and spirit always show it to me like a mountain. And the thing with climbing a mountain is you have to do it in stages. You can't just arrive at the top of the mountain. You have to climb part of the way up, rest, acclimatised climb part of the way up, rest acclimatised. You have to take a moment, take a beat, have a rest, recharge your batteries, all of those things. And yet so many of us want spirit to give us everything that we need to get to the top of the mountain in one go which would be too much information But is it spirit holding back that information? Or is it us our awareness holding back from that space? I remember somebody telling me that they could see me doing platform when I first was first inner circle. And at the time, I said, apps, I mean, I didn't know what platform was. So I had to ask. And then when they said it's demonstrating mediumship, to an audience, I said, absolutely no way. I have crippling stage fright. There's no way that's going to happen. It's it's not part of my path. And they went, Oh, and looked really disheartened. But of course, I do demonstrate regularly to audiences, it's one of my favourite things to do. And in that, was it. Was it just that I needed to hear, you're going to be on platform one day? And that was enough. And so Spirit just gave that message? Because if spirit had said, you're going to be demonstrating to audiences of 200 people. And it's going to be huge, and you're going to need it? Would I? Would I freaked out and run in the other direction? Yes. So did spirit hold it back? Or was it just that it never occurred to me to open up into that energy? Because I had too, too many boundaries in my thoughts. Because I believe that you can only receive from a spirit that which you know of, so I believe you can only receive information from your own point of reference. So I won't be able to get evidence for spirits that I could try to think of something I know nothing about. uniforms. Some people can do. That's a naval a uniform. That's an army uniform. That's World War One. That's World War Two. That's this that's that they're a captain, they're not, I can't do that. So all I am able to tell you is that I'm aware they're wearing a uniform, I'm not able to give you context for that. So my intellect, my brain is a limit in that space. Because my brain is only able to receive what it knows I'm only able to perceive what I know from spirit. Does that make sense? So we know that that's how mediumship works. I've been watching trashy old love is blind. And there is this guy on it called Kwame. And I have never heard of a Kwame in my life. That was a name that was completely out of my frame of reference. And I was talking to spirit about it would if a Kwame came through from the spirit world, would I be able to perceive acquire me? I don't think I would, would that be when I'm doing that it's okay name kind of thing? I don't know, would we not bother with the name at all because I'm not open to receiving it. And this is just the interesting thing, I think about the spiritual path. I think we're somewhere in this kind of bouncing around in this grey area, where it's probably a bit of everything, it probably is a bit of spirit not giving you too much. So you don't get overloaded, because there's an intelligence there and they know how to get the best from you. But it is also us opening up to what is there, and the resistance and the lack of surrender and playing around in that space. And as I said, I don't know the answer. I don't know for sure. All I can tell you is these are my Ponderings. And I think they're important ponderings for us in our development to consider.

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Hannah Macintyre 09:22

And then I've been back on cautionary tales podcast, and on cautionary tales podcast, they were talking about doing things differently than how we always do them. And what that unlocks within us creativity wise. So they were talking about a musician who works with loads of great musicians and what he would do when they were recording is he would make all of the musicians swap instruments or do something unexpected, or sing a song in a style that wasn't

their comfortable style. I think he had like little cards that you pulled out randomly and you had to do whatever it said on them. And people found it weird and frustrating. But that's where greatness lies. He also mentioned a story of a study that was done when the trains were cancelled of all of the commuters. And some of these people have been getting trains for years and years and years, and were really annoyed that the line was going to be closed. But in the line being closed, found better routes to work, they just been taking the same old route every time because it was habitual, because they weren't open to looking for a different route or a new route. And then when they were forced to do it, they realised that they could have shaved 10 minutes off their journey time, or there was a more efficient way to do it. And this leads me to the spiritual side of this. Because I know we talk about blocks in our paths as being lessons things that we need to learn from things that we need to understand. You tests from the I see a lot of things about tests from the universe, have I learned this lesson yet? But what about if sometimes spirit understand the psychology of human beings, so well, so cleverly, that what they're actually doing is putting blocks in your path, so that your brain will start to look for other solutions. And in the seeking and opening up of the newness? You will find what you are looking for? What if it's nothing to do with watching you for so you toughen up and you learn, but actually giving you a space where you say, Okay, well, I trust that there's a solution. And I will find it and you seek it. And in the seeking of the solution, you open up your awareness to something that you weren't seeking before. And because you weren't looking for it, you never found it. But it was always there. Like shining a torch around a dark room. If you only hold the torch in the same place, you only see the same wall. If you shine it around to look for something, then your attention is drawn to other things or their experiences. And again, I think it's part of a grey area. But it's interesting, I think, to think about what if sometimes they are testing your resolve, sometimes they are making sure you learn that lesson. Sometimes they have you got it this time have you. And sometimes they are asking you to move into a space where you fire some different synapses in your brain, where you have some different thoughts where you start to think and look and question. And in that space is where the inspiration or the answer to the question has always been, it's just a process of opening you up to it. Or spirit holding back things that you are asking for. Because you're not ready for it yet, because you're not good enough because you need to do more integration, or are they doing it purely because they can't get the message through to you, because it's too far out of your realm of understanding. It's too far beyond your expectations. And so you wouldn't be able to receive it anyway. And it's just so fascinating to think about, I think. Yeah, so I've been playing around in that space because it does make you look at things really differently. And it does make you wonder how much of this stuff that we are desperate you know, spirit don't give me the answer. Want Spirit given me the answer? And the answer is there and they are trying to give it to you. But you're just not open to receiving it. How many how many amazing things are we missing? Because of this? I just wonder. So I hope that next time you believe a piece of evidence is unavailable to you or next time you get a big block in the road in the path and you think ah I'm being punished or tested that you also take a moment To just wonder if spirit are working with your humaneness, if spirit are saying, we know what, how your physiological biological parts work, and we are working within the remit of that. And so what you need is us to make you stop, to look to challenge to take a beat to think about things differently, to allow that inspiration, rather than feeling like it's a sign that you shouldn't be following it, feeling like you're you're being beaten up feeling like a spirit are trying to hurt you in some way. Or, or, or limit you, because I don't believe they ever do those things. And equally, I know that if they had said that I would be recording a podcast that would be listened to around the world. And all of that, I probably would have freaked out. I mean, I still freak out a little bit, you know, on that last episode, where Monty is barking in the background, I think, Oh, God, I'm not professional enough. I'm not good enough. But you just have to do these things anyway. But maybe it's good sometimes not to know. And so is it all of the above is it like some magical potion where it

sir, I have Newt and hair of dog, but it's actually will give you enough to get you going without overwhelming you. But you're not opening up to the fullest of the potential of that, because of your limitations because of your belief system, because of what you believe you're capable of. So we're also going to put this barrier in your way to try and get you to open up to that energy to try and get you to see things differently. Let me know your thoughts. And while we're talking about lessons and blockages I'm definitely going through a big boundaries space, again, at the moment. And I really have realised just how bloody hard it is to maintain and keep boundaries, you can't it's work, you have to be on it all the time, you cannot let anything slide. Because if you let anything slide, people without meaning to will really take advantage. And it's been the kind of eye opening for me in the last few months. I give a lot I share my platform with people who are very lucky to have my platform shared with them. And yet, it's still not enough, they still want more, they're still trying to squeeze. And I think there is a real a group aggression in people at the moment. And this is, this is the bit that is the calling guys. Because if we are in this space where we are saying that we are Lightworkers and we are implying that we work with the highest vibrations, then we have a duty of care in that space, to be mindful of other people are mindful of our own actions. And here's the thing, if you're not aware that you're doing things, then spirit can't make you aware of it. Because it's your it's your brain. It has to be a human boundary that you come up against that you don't like. It has to be me putting in boundaries and not taking it personally. But I really feel that across the board. Humanity is changing. And I know there's all this talk about us us ascending and as you know, bed on the fence with humanity's ascension, and all of that jazz sounds exciting.

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#### Hannah Macintyre 19:19

But equally, ascension aside, I don't feel like we've grown in the way that we would if that was part of the journey of this simulation. If this simulation was about learning and getting better, then we wouldn't be basically repeating stuff from the second world war right now on the planet, would we? You just it wouldn't be happening. So I don't know. But we have got to hold our light. I think more now than ever because people We are changing. And I'm really noticing it on the road. I don't know if you are too. But people are so aggressive, that they're driving like it's an emergency all the time. There, there's no thought or care for other people, I got stuck in a massive traffic jam the other day in my village purely because people would not wait in passing spaces. So rather than wait in passing spaces, they would edge each other's car aggressively gesturing when they both come out of a passing place. And, you know, folding in their wing mirrors and refusing to move and getting out of cars and gesturing at each other. And I just, there was eight cars in front of me. And I was the first one that stopped at a passing place to ease the blockage so that people could get past easily. But nobody would do it, everybody was just out for themselves, there was no collective thought process. And I don't know if this is the disconnect of reality, and the mobile phones that we're now in, it's the A, that's the AI taking over. I don't know, if it's just a phase that we're all going through, you know, we are going to be the generation of sort of aggressive selfishness, I'm not sure. But you can't let that in, in your medium ship. You can't let that in, in your spirituality. You can't. And it just feels like we're in a really funny place. A friend of mine is doing a retreat day with a couple of friends of hers, and she was really excited about it. And there's this reasonably new venue in our local area that's opened up looks really beautiful. The aesthetic is amazing. It you know, they put way more effort than I do into making things look really beautiful and really magical. You know, shout out to the branding team. But my friend booked with them. And the owner said, Oh, tell me about your day, what are you doing. And they told her, they were all excited. They they'd got the booking, it was all confirmed, they paid their money. Good times. And within three days, the owner of that venue had duplicated their day, to do herself. She'd taken

all of their ideas, and decided to do her own day. But ironically, she hasn't got all of the qualifications to do some of the deepest stuff they wanted to do. So she just skimmed off the top layer. And that is such a lack of foresight, because that is coming from a lack of aggression. And I, I know that I was talking about money in the last one, but I think there's something going on with lack of aggression. And in this way that we are being divided. And you know, I'm not going to get super ranty. But I do think it comes from things like the government, and the stories of immigration, and they're taking from you, and they're taking from you and they're doing this while they're all sitting there. Dining out drinking champagne having their their parties. And it's that divide and conquer thing. And it's really coming through us all. And you must not let it into your spiritual practice. Because the problem is people talk. And if people start to realise that that's the kind of person that you are, then it's going to damage your reputation. I had a student of mine, who broke my heart a little bit because she sat in my circle. And this was when I first started as she sat in my circle for just a few months. And then she went off and set up a exact copy of my business within I don't know, within a week, she didn't tell me she was doing it. She just said, I'll see you next week cancelled the next circle. And the next thing I knew it was all over social media. She and it was really heartbreaking to me. And it was this. I had this weird period of time where everything that I did that I put out there within a week she would be copying. So I started booking venues for demonstrations. She started booking venues for demonstrations. It just it was it was really I did a course on this. She did a course on that. And it was the write up was virtually the same and it was it was really, really hard. But I see that happening. again and again, I see people who I know listen to this podcast, using my content, the things that I have said, as reels to talk to their audience. And that's fine. But at least say, I was thinking about this after listening to this podcast. And I find it just really, it's not the right energy for what you want to attract to your business. I think it's a dangerous space to be in, you can be inspired by other people. Jenny Kahn, who was the first interview of this season, well, this interview with her was ages ago, it was while I was recording season four, and she's waited all this time. And she gave me the idea of doing the invisible offer so that you get people that are really aligned with working with you who book on very minimal details, because they've got that gut poll. And that's how you get aligned people to work with you. And that was amazing. But when I did my post, I said, this was an inspiration from Jennifer Kahn, I didn't say, oh, you know, I've come up with this amazing idea by myself. And I think that is important. There's a, there's a courtesy here. There's an acknowledgement that needs to happen. And we should be inspiring each other. We should be using each other's words and work. That is how great stuff happens. But we shouldn't just be stealing it. And that is, I think, yeah, aggressive. There's aggression in that. And it surprises me, I've had it from some surprising locations recently people that I thought were in it for the for the love of it being incredibly grabby. And it's really as a fascinating thing to do. Just check, check, you're in alignment with the values you want for your business check. You're creating that right kind of space for the people that you want to work with. So we've got to hold that. And even when people are doing these things to us, we have to keep spirit keep making me laugh, because I keep saying what would Jesus do to me, and I go, oh, oh, he'd be really nice about it all, I've got to stop raging. And it just reminds me to keep it in a heart centred space. It is frustrating. It does make it difficult. But it's also important not to let it dim your light not to react fire with fire, to allow yourself to be hurts, and to be upset, but to take it as a learning knock for what you need to do for an understanding that they don't know how lucky they are. And be aware of it, but move forward. And that is our job. And it's not just about spiritual work. This is about everything. This is about your interactions in the world. I got elbowed out of the wave by somebody in TK Maxx the other day, because I went on a t shirt as I pulled it out, and they wanted to see what it was. And they physically moved me. And I went oh, excuse me, I saw it. You can have it. I didn't like it anyway, it wasn't what I thought it was. But like where is that coming from that ah,

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### Hannah Macintyre 28:54

ah kind of energy. And we have to be above that. Not in it. We have to not let it change us. We have to not let it stop us. We have to hold that space of a light worker. And that's what I think a being a light worker is. It's not letting your light be dimmed. It's holding a different perspective, even though it hurts, even though you get damaged by it. Even though people don't appreciate it. You do it because it's right. That's why you do it. And I don't think it's as much to do with sharing meaningful quotes from Buddha and namah staying everybody and all of those kinds of things. They're the fine bits to do if that's your jam, but actually being a light worker is about holding the light in the dark. That is your job and That's a tough one. And I think for me, it's just particularly you know, I expect muggles to elbow me for a T shirt and TK Maxx, I expect muggles to force their way out of a passing place, because they're more important than everybody else in the world. I think it's always a surprise to me when it comes from spiritual people. And I was talking to gorgeous Jennifer Fazio about it the other day. And she just said to me, this is the inner work. And she's completely right. It doesn't matter how much mediumship development you do, you need to be doing 10 times the amount of inner work, you need to be aware, self aware, stopping, thinking, integrating, going through all of your choices in all of your moments, and working out if they're in alignment with what it is that you want to do and your soul's purpose. And whether you are coming from a place of light, or whether you're coming from a place of lack, because there's just no way, there's just no, no way that you can be doing some of the things that have been done to me recently. And think that you're holding the light. If you are integrating stuff and thinking about stuff, and sitting with spirit and sitting with your own cell, and being present for that. What a tangled web we weave. I find it fascinating. And so going back to boundaries here, it's the sad truth that you really need to be mindful and strong of your boundaries. And I think that boundaries are a full time job. You need to be taking a moment and recognising where you're just letting someone get away with something because it's easier and more comfortable. Or you don't want to you don't want to sound like a nag. Or you don't want to make a fuss about that. Because people won't like you. And actually you're not getting what you deserve from people. And I think it's hard, isn't it because we want to be liked. We want people to like us, we want people to feel like we're approachable and where I don't know, you just get to a point where you've given so much. And people are still wanting more and more and more and you realise that it was your fault. It's your fault that they feel like they can take more, because you didn't say anything the first time and you didn't say anything the second time. And now it's just got bigger every time. And that's the problem with boundaries. Whether it's family, work, colleagues, friends, it's always the same theme. You let it slip. The lesson comes. And in that space, I don't think that we can say that the lesson came from spirit at all, can we because if you already know what you should be doing and you're not doing it, then who's at fault there? When it when the shit hits the fan? It's not spirits sending you an lesson. It's not spirits sending you an obstacle. It's you not doing what you need to do to maintain those boundaries. It's you not stopping it before it gets a running jump. And that bloody sucks. I don't want to be doing this work all the time. I don't it's it's really hard to maintain that space. When you're a people pleaser. Any and also, it's boring. That's the problem is boring.

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### Hannah Macintyre 34:45

It's just fascinating. I used to have some other mediums doing cards for me. And they were it was it was lovely. It was a really it was two very We different points of view, I guess. So I guess from the medium's point of view, they're getting 20% 25% of the work but not even that much of

from the mediums point of view, I was getting 20% 25% or the maybe not even that much of their reading value. So I was learning from their hard work, which was true. From my point of view, I could see all the gaps in their calendars, and I wanted to fill them. So I was taking all the money that I'd earned from them, and adding my own money to it from my own readings and advertising to try and get them sold out. And so, from my point of view, they should have been incredibly grateful, because I was paying for them to get clients. From their point of view, they probably thought they were paying me. And that's, that's the interesting thing about boundaries and barriers, isn't it? It's the interesting thing.

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Hannah Macintyre 36:07

Yeah, I don't know. And Aaron MyAdmin sits and it really cracked me up the other day, we were emailing about something. And he, someone we were dealing with wanted some extra money for something. And he just said, well make sure if they want extra money for something, it's not just something you Google for free, because they'd produce this stuff, which was pretty, it's nice, nice stuff that they produced. But it wasn't particularly unique or mind blowing. And then was coming at me saying, I think I should be paid extra for this. And I was just like, and, to me, you should be really grateful of the opportunity that you've got of the space that you've already been given, not be trying to squeeze and milk out just whatever else you can out of it. I don't know. When I, you know, did charity events and worked in the local spiritual centre and stuff like that. I wasn't telling them that they had to get their followers to follow me on social media, or anything like that. I just feel Are you a medium? Because you love it? Because you want to help people? Or are you trying to make a massive income? And beat everybody else? Are you trying to be the Elon Musk of mediumship? Or are you doing it because it's aligned? And I wonder, and I wonder where I've crossed that line in times? Because none of us gets out of this. In a place of superiority, do we none of us? None of us come out. And you know, and this is the thing, different perspectives, different ideas. Who knows the bloody absolute crackers that I've probably pulled while I've been in my spiritual ego space, thinking I know it all and actually really pissing people off. Ah, oh, God, is interesting, isn't it? So anyway, in a very lengthy, roundabout kind of way, what they want me to say and they just keep reiterating it to me is that we have to hold the light. We have to you can have strong boundaries and hold the light. But also know that every time you let that boundary slip, it's going to take a stronger response from you to reinstate it every time. So you have to just allow it to be what it is. And understand that these people have got big learning to do. They know not what they do. Is that a Bible quote? Oh, my goodness, I don't know where that came from. But they know not what they do. They don't, they're not doing it to, to hurt you. They're just coming from a place where they're worried about their own stuff. You know, the people that come out of the passing places aren't like, Great, I'm going to eff up everybody's day by causing a half an hour Q. They're just thinking about their own stuff. And our job is to let them to love them in spite of that, to try to hold a space of kindness to them. Easier said than done sometimes, but still very necessary. I hope that this podcast makes sense and isn't just complete. I don't know gobbly gook. But here we go. Number one done. And this is interesting again I listened because at the point of recording this episode one has been released of season five and I listened back and I heard the listener recommending big magic to me. And I just want to say thank you to them because it has been transformational. And part of the reason I'm recording today is because Elizabeth talks about how ideas will leave you if you don't take action, they won't stay and spirit have been saying to me you need to talk about the aggression, you need to talk about holding the light. You need to talk about how we're trying to work with people. And I just had this horrible

feeling that if I didn't get it recorded today, that idea would be gone and would arrive at somebody else. So I have done it. And here we are. So let me know your thoughts. Let me know what you think. And I will catch up with you all again next time. Have a good one. Bye