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SPEAKERS

Hannah Macintyre

H Hannah Macintyre 00:00

Hello, and welcome to medium ship matters with me Hannah McIntyre. How are you doing? I'm dedicating today to another set of listener questions and philosophy, and all things spirit Tinky. I see trying to understand what's going on. And I wanted to start by talking about a couple of questions that students have asked discussions that we've had on the school about spirit and why it works the way that it does. And I was talking to them about how noes are not always knows. And I know that I've sort of covered this, but I'm going to just quickly clarify for you, when you first start doing evidential mediumship, or indeed any form of mediumship. When you get nose, it is so painful, so mortifying, it kind of exactly lights up that part of you that says you shouldn't be doing this, you can't do this, you're a fraud. And it for me, it was such a trigger, that it would pull me completely out of my power, every time I got a no, it would send me deep into my imposter syndrome, where I would stay. And the only way to kind of get through that is experience, I'd love to tell you that there is a shortcuts, but in my opinion, the way that no stop bothering you is you have so much of them, so many of them, the charge of them isn't there anymore, it doesn't light up that part the same way. You kind of for want of a better expression, disassociate from those. And I honestly think that is the process. When I first started as a medium. I believed that when I got good enough, I wouldn't get nose anymore. And I can tell you now, I still get nose, I still get nose all the time, but often with nose. It is something they've forgotten about that they suddenly tweak later and go, Oh, bloody hell, I've just realised what that was. And in absolute honesty, because I've done so many demonstrations, because I've worked with spirit for such a long time now, and really put myself through it. When I get a no now, it it just doesn't impact me. And I know that I I reckon at least 90% of the nose that I get become yeses later. And that's a lot. And I'm not saying that I never get it wrong, because of course, I'm a human being I'm fallible, I do get things wrong, I do make things up. But I will say this when I get nose now, if I know that I'm in my power, and I know that I'm cooking on gas, as I would call it. i It's very hard for me not to say to the sitters and the people in the audience. Are you sure? Are you sure that's a no? Because I read and sometimes I do say that actually, if I'm honest, because I really do. Trust into it. I did a demonstration. The other day, forgive me if I've mentioned this on the podcast, I feel like I'm here. They're everywhere. And because I'm teaching so much at the moment, all of these stories are really relevant to students. So I tell them and then I think Did I already say this, but I was demonstrating locally. And there was a grandmother that I could connect with so clearly, so strongly. And nobody was taking her. And

nobody was putting their hand up and my friend was there. And she was just laughing at the fact that I just, like bellowed into the mic. Take your nan until someone put their hand up. And it's not about bullying people. But I do think that audience members are nervous and they want to be really, really sure they want to be 100% Sure. And then sometimes even when they are really sure, they still for whatever reason, can't put up their hand. So noes don't bother me the way that they used to. And in fact, sometimes I think that they create a magic because if you say no to me about something, and then you go home and you realise that that plate I was talking about does have a blue You pee flour on it, then you might, is there something kind of magical about that there's something kind of mind blowing about something that you've looked at every day or looked at a lot. And you haven't seen the detail of it that spirit draw your attention to, I think I was talking to my husband about it the other day, because it's easy to moan about the nose. But actually, it's quite incredible. When someone goes away and the penny drops, I think that creates almost more magic for them. And who am I to get in the way of that process? And one of the questions that one of my students asked is, why would spirit not bring through a piece of evidence that can be easily recognised, or a spirit that can be easily recognised? And I think there's many reasons for this. So I believe, as mediums, we are limited by our brains, by our energy by our knowing by our experiences, what pieces of evidence we can receive, because if spirit could control it, they would just come in and say, Hello, my name is Marjorie, I lived in Devon, I had four cats, my husband was Peter, my son was Michael, my daughter is Emily, they'd say it would be done. And I think the limitation in this space is yes, that spirit aren't actually speaking, which we've discussed many times, but also the medium, what the medium is able to receive what the medium is open to, to getting and what the medium is able to be vulnerable enough to trust into. And that can be challenging for everyone involved. So on a one on one scenario, this is why I always recommend if you're doing one on ones, you just cut to the chase and ask your sitter, who they want to hear from. Because if you've got five spirits around that person, are you going to connect with the spirit that they want to hear from maybe, but actually energetically in that vulnerable space of opening up? Are you more likely to connect with the spirit that feels most compatible to you? Just like if you were to walk into a room full of strangers, you will talk to the ones that have that vibe that feels right to you. As you guys know, I have recently joined the gym. That has been surprisingly nerve wracking. But it's also very interesting because I've started to make little gym friends in the classes. And the reason why I've started to make little gym friends is because I've been looking around and smiling and being open, seeing who smiles and is open back. And then it goes from a little smile and a nod to a hello, then to a hello, how are you this week, then to oh my goodness, wasn't that difficult? And so on and so forth. And then you start saying, what do you do? What's this, like? You find out information? What are you doing at the weekend, and conversation moves. And just like that, when you're doing mediumship, it's the same version of that, but just sped up. So you open up to the spirit that you feel most comfortable with. And that isn't necessarily who the sitter wants to hear from. But that's not spirits fault. That's just us. It's not our fault, either we're human, you can't automatically go to the spirit you don't feel comfortable with because that might not be who they want to hear from either. So it is a difficult place to be in. And when you do connect to that spirit, why would they bring through information that people can't understand? Well, I don't think they do. I think everything about that spirit is already there and present. And it's us as mediums that are opening up and tapping into it, not the other way around. And so

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I don't think spirit are necessarily bringing through evidence that we can't understand. I do feel as I'm saying this. I also feel like sometimes they do prioritise things and they do know what's

going to give that sitter an Aha. So I guess if they're working with you as a medium, and you've got 1002 different valves open have information that you can take, that gives the spirit enough scope, to be able to work with bits of evidence that perhaps will give them a massive reaction, perhaps really excite them. I mean, there is nothing that beats turning to a grieving wife and saying you're wearing his wedding ring around your neck on a chain which is hidden in a roll neck and for her to pull it out. There's nothing that beats that. But there is also bits that are valid they did when they get home and give that sitter, that bit of magic. So I think if you're very, very open, then spirit can play. And you have to accept that that's part of the job. It's not about making you look good all the time, it's about doing the job. But I think if you have a limited number of valves open, then they will work within the remit of what you are open to. And that can be a challenge in itself. And that isn't anybody's fault, and it isn't a permanent state. So there are times when I am massively open, massively in my power, really able to receive loads of really specific information from spirit. And then there are also moments in the same nights with the same Dems with just depending on how tired I'm getting, how I'm feeling, how the audience is responding how much energy I'm getting from them, when some of my valves are shut, and I am feeling like it's harder and more difficult and more complicated. That is the job. And it doesn't matter how much you do it. That's always how it's going to be for you. So I don't think spirits bring through spirits that can't be recognised. I think perhaps sometimes we land on spirits that can't be recognised. Except for in practice scenarios, because when you are developing as a medium, the need the charge of the reading is not with the sitter, as it is when you're working professionally with real people who are really grieving. I'm not saying practice sitters aren't real, but you know what I mean? When you are doing practice, when you are trying to learn you're trying to develop your mediumship the need is with you as a medium. It is not with the sitter's. So the spirits that you get in therefore may not be who they expect to hear from may not be spirits, they even remember that well. Or, you know, why would it if you've got grandma granddad mum, sister in spirit, why would you get your grandparents next door neighbour? Well, spirit wouldn't do that, would they? mediums can land on the wrong one. Yes. But also, I think in practice scenarios, the spirits that stepped closest to us that are like lit up energetically for us to work with. Well, those spirits are, it's almost like, it doesn't happen when you're working with a real a real sitter. But when you're working in a practice scenario, it's almost like all the other spirits disappear. And the one that you land on is the one to teach you in your development, the one that is there for your unfoldment fee for to give you the lessons that you need. And then I just eyes. And now I'm thinking of course. But if Spirit can do that, why wouldn't they do that in a reading? Ah, it's so interesting. So therefore, are we actually when we're doing practice, just landing on who we land on. And there's always the lesson to there's always a lesson to be found in every reading. Still, for me, after all this time, still a lesson to be found in every reading. So is it actually that they're not trying to teach us? Is it that we're just landing on who we're landing on?

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It's so it's so interesting. The experience of mediumship on a platform versus on a one on one? i Oh, I don't know. I'd love your thoughts. I've confused myself. Now. These are important things to think about though. And the thing is, with all mediumship none of us. We don't know, we don't know for sure. We're doing something intangible. I mean provable to a certain extent, but never provable enough to convince the naysayer, and we're in that space. So nobody knows for sure. And all we can do is ask the questions and expand into the vulnerability of not fully knowing the answer. And that's where I'm just sitting right now. I mean, spirit might bring some more guidance in about it. But right now in this moment, hmm, not sure And then another one of my students was asking me if spirit advance. And we had such an interesting conversation

about that. And that's really stuck with me. Because logically, if spirits are beyond space and time, then all of the advancement has already happened, because they are only in now. Now, to give a bit of context for this, we were talking about evidence. And she was saying that she believes that spirits ability to give evidence to her has expanded. And then we were discussing whether that has actually expanded from spirit or whether that is an expansion from her, our spirit changing what she's receiving? Or is she opening up to more? And it's such an interesting thing to think about. I mean, really, that just comes back to, in my opinion, the the meaning of life, why are we here? Why are we here when we could be in spirit, which is better? Why are we here where it's difficult and hard and painful? And we feel separated from the spirit world from our loved ones from each other? Why are we here for life, and I believe that we come here for contrast, I believe that we come here to experience the dark so we can appreciate the light. The other day, I was driving my car, and chewing chowing down on fistfuls of cashews, that you know, I'm going to ruin cashews for you now, as they have been ruined for me. I saw a Facebook post that showed me the fingers of the ladies that shell the cashews and their blackened, sore, wizened fingers. And now, I feel a little bit guilty when I eat a cache. Now I remember when I first started working with spirit, and one of my first teachers, when she was talking about the best energetic foods to eat, and the best energetic foods to eat grew on trees, because the tree itself wasn't killed to be able to provide the product. So it was a kind of do no harm, which I completely understand. But cashews grown bloody trees, and actually in the process of shelling them, you've got women paid peanuts, excuse the pun, in, in pain, and I was thinking I was talking to spirits, I was driving my car, about how it really is impossible to live on this planet without causing pain. And don't you think it's a great irony that we are causing that pain, but that we have also chosen to be here and be aware that we cause that pain. And in that space? At one point, I was drinking Oatly oat milk. And then I saw online that lots of people were upset because the oats that are used in the production of that oat milk are then fed to pigs who are ultimately slaughtered and eaten. And people are getting up in arms about that. And I know that we you know, sometimes it's to the extreme. But it is fascinating to me this just you can't drive your car down the road without killing something. And you know, oil is an oil made of dead bodies like it's, it's, it's such an interesting space to be in that could be wrong about oil, I might have just made that up where we exist. And we have this connection to spirit. And this not wanting to do any harm. But we are surrounded by absolute dickheads. And everything we do harm something. And being in that space. I just think there's something really interesting in it for the souls experience on earth. Because I'm sure there are other incarnations where perhaps we don't eat. Perhaps we float so we never squash anything on the ground. I don't know it just feels like Earth is brutal. Somebody asked one of my demos the other day if I believe this is the only form of incarnation and I said God I hope not like this is this is not the peak is it of what the universe can provide? Surely, but it's so interesting to think about where we grow up and then from childhood from puberty, I guess we are just slowly decaying until we leave and that kind of clock that is always ticking and always letting us know the mirror that is telling us that our time is reduced. I mean, it's whether you feel good when you look in the mirror or not. It's still that reminder that it's short here. And I feel like that serves a purpose. Now, does that purpose advance a soul? And this is the question and my student disagreed with me. And that's apps are God, I'm so glad I love that good argue with me disagree with me. But it's just so interesting to think about, is the very desire to advance a human desire. Do souls have that desire? We don't know, do we? And I could be wrong, she could be right, we could be somewhere in the middle. But it's fascinating to think about, you know, the idea of souls evolving, I think is the Buddhist thing. reincarnating until you reach Nirvana, and you know, that is a teaching that has come through a human, is that real? We don't know, cells may be evolving. And then how does evolvment work when everything that ever was and everything that ever will be? And everything that has been is everything that is a soul experiences when they're not in this physical incarnation of a meatsuit? As I always say, when

the philosophy gets deep, what how I wish that we were all around a campfire right now having a chat. But those of you that are coming on the retreat in July, that is exactly what we will be doing. He and I can't wait. Because sometimes you just need a fire, a blanket, a mug of hot chocolates, and some deep questions about the universe.

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Hannah Macintyre 21:59

Okay, on to your questions now, not just me. Waiting around in the philosophy of all I've got an email from Tiffany. And Tiffany says, Hello, Hannah. I'm not a medium, but I've been a sitter several times. Do you feel that when you're giving evidential mediumship readings, your energy just blends better with some sitters. A lot of my friends have been to several different local mediums, all of whom have definitely been genuine. I find though that one friend might rave about an experience they had had with a particular medium who gave the most specific details and amazing evidence. Meanwhile, another friend might just had an okay experience with that medium. Maybe they could take a lot of the evidence, but the details weren't very specific. I know from listening to your podcasts that sometimes as the medium, you just have one of those readings that doesn't go as well as you'd like. I'm wondering if you feel that has something to do with the energy of the sitter, I don't just mean whether they're sceptical or open or whether they're having a good or bad day. I mean, kind of reading flow better if you and the sitter have similar energy. All the best Tiffany I do think that sitter's energy changes a reading. I also think that sitters expectation can change a reading. So this is funny because this ties in with what I was talking about, about opening up to evidence and who's in control of that. And I do believe it's the medium. And I do believe that there are some cities, in my opinion, that make it easier for you to trust. And I don't think it's necessarily to with similar energies, I think it's when you get somebody that is really responsive to a reading. They look like they look like they've blown your mind. So I know somebody who is a really, really responsive sitter, they are so excited to be there. They are so supportive. They absolutely believe in spirit. And they are blown away, like obviously blown away by their facial expressions, every time that you do a reading for them. And that makes them look like a great sitter. They are a great sitter, I know that I've done really great work for them, because they make you feel so comfortable. And that's that's such a blessing. Now, let me get my thoughts in order. This is what I mean about the problem with how mediumship is portrayed in the media. Because if you've got a show where they're trying to prove that mediums are charlatans, then you'll get very non responsive sitters who are very clinical in it the medium will struggle because The energy is very testing. And so that just proves the naysayers point. If you get something like Tyler Henry life after death, which I loved, and I loved that show, but don't get me wrong, every single one of those sitters was picked because they are a Responsive Animated sitter. If they were giving nothing back, only speaking in monosyllabic one syllable words, if they were not giving a lot of, oh, oh, my god are crying, they wouldn't make the cut of the show. Now, I don't know how it works. I've never been involved in TV. But my guess is that they that the staff interview people before they are chosen to be sitters to check that they are enthusiastic, outgoing, they express emotion, that you can go on a journey with how they're feeling. And then I'm guessing if for any reason they clam up in front of the camera. They're not used, they're cut from the edit. So it does impact the mediumship and how you are what you can get. And you know, it is very hard because a mediumship reading by default is being tested. It is someone sat in front of you saying you said you could do this now prove to me that you can. And I guess there's varying degrees of that. I also think cities expectations can sometimes be be challenging. Like I said, you know, if you say I've got purple flowers here, and they are waiting for you to say geranium, like it's not that spirit aren't saying geranium. It's just that this, the medium in that moment is not open enough to be able to receive it, or is receiving it and feels a bit nervous. So as decided

to kind of play it safe. And that is the process. So yes, a reading can definitely flow better. If you and the sitter, the medium, and the sitter have a rapport. If the sitter is responsive, if the sitter is open, if the sitter is excited, and animated, and is making that medium feel good, and investing a lot of their energy in the reading. That for me makes the difference. I hope that makes sense. Next up is a question from Allison. And Allison says, Hi, Hannah. Love, love, love listening to your podcast. I've always known so much about what you are sharing with us your information and clarity of spirit really just took me deeper and closer to my purpose of being here. Thank you for sharing your amazing gift with us. I'm attending your spirit circle on February the 27th. While you've been I hope you enjoyed it. Can't wait to experience you in the now. I'm curious of your thoughts of micro dosing. So I can never say that word mushrooms. Silica been silica, silica silica being silicone. I don't know how you say it. But you all know what I mean magic mushrooms. I've heard so many amazing benefits of this without the effects of actually dosing to get high. Does a micro dose affect our ability to tune into spirit? I feel like it opens us up to an even closer, closer to that frequency three meditation whilst dosing. Does that make sense? Haha, I find myself saying that a lot after listening to your podcast. I keep thinking and I might do it at some point of making a listener bingo. So every time I say something like Does that make sense? Or I might have said this before or anything else you can take it off and play along. Anyway. I haven't made it yet but it makes me laugh the very thought of it. Anyway, Allison, I am not an expert in this subject. I have done a micro dose of mushrooms once at a cacao ceremony. I just want to add in here. Cacao is frickin grim on anyway, that's beside the point. It's way too bitter. Just because it's spiritual doesn't mean it needs to be like give me a hot chocolate any day. Anyway, that's a little aside. So I have done a micro dose of mushrooms. And then we did a meditation. Did I have a lovely meditation visualisation? Yes, I did. Do I feel like it was any different? No, I don't but that was a My first time now I had a great conversation with somebody that I will keep anonymous in case they don't want everything out there, who is a great believer in micro dosing with mushrooms. And the way that she explained it to me is about neural pathways. So your brain works a certain way. And so for example, your brain is working on a depression or unhappiness or a self judgement. And it's running that programme. You need to imagine the programmes as if tracks in the snow. And they get deeper and deeper and deeper every time you have that thought, well, when you take mushrooms with intention and focus, you ask for that clarity in that healing. And it's like, fresh snow has fallen. And then what you have to do is make sure that the new route that you plough is of a different frequency is positive is self loving itself. Kind. That is how she told me, you get the most from mushrooms. Now, that makes perfect sense to me. But I don't think it's the only way to reprogram your brain. Now, do I believe that doing that will help you open up to spirit? Yes, in a sense, because I think thinking positively is a massive chunk of it, you have to face your own resistance to do mediumship and your self doubt. And if you're particularly in a bad place, then

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you have to kind of work through that stuff. First. And this is the thing about mediumship. I don't think you can go straight from as I was damaged and unhappy to evidential medium, I think you have to go on a healing journey to be able to do the work. So you don't need mushrooms to do that. But I from my understanding, mushrooms can help with that. But there are so many other different I mean, meditation in itself can help with that if you're that kind of person. For me, just taking time for myself. I'm winding a bit walking in the woods with my dogs that does the same thing. So there are many, many different ways. But yeah, I hope that answers that as best as I can. I obviously can't go into the nitty gritty, because I am not a mushroom plant medicine expert, but that is my understanding. If anyone wants to weigh in

who has more knowledge than me, you will be very welcome. Okay, next up, I had a lovely email that I just wanted to acknowledge from Marriott, Miriam, who is from New York, and she just messaged to say how much she loves it. And she sent me this beautiful story of her dad and her spiritual awakening following her dad and all of the clever signs that he has said and I just wanted to say thank you, Miriam. It was a great read. And I'm really grateful that you sent that to me. Isn't your dad. Clever? Okay, next up is a question from Denise. And Denise says Hi, Hannah. It's lovely to have you back. My dog walks just weren't the same without you. Hoping you can help with my question, which is which element Am I I'm an Aquarius always been drawn to water. I love the lakes beaches swimming, but then found out my son was the air element. I've done online quizzes and always get a different answer. I was wondering how I could research this myself. In honesty, Denise, I don't know. I don't work with elements in the sense that I believe that we come here for all of them. You're not this. I love the sea, the ocean. I love lakes. I love looking out over sunset over the water. I love the sound of the waves on the beach. But I also love the smell of the earth in the woods. And the feeling of it growing and being out in nature and hiking and having that experience. But I love sitting by a campfire and watching the flames flicker and feeling myself being warmed. I love the feel of a gentle breeze on my skin on a hot day or watching the sheets on my washing line blow in the wind. I love the sound the leaves make in the trees when a gust of wind takes them all. So I think ultimately, we're all a bit of everything. And I know that there are fire signs and earth signs which attribute certain character to risk sticks to our starsign but I also believe that we are here for the fullness and, and experience of all. And that is the best that I can do because I'm, I'm not an astrologist. I don't know much about the elements. I know that I'm Capricorn I believe that's Earth, but I often forget. And if I've just said that wrong, please don't come and beat me up. And I think you just have to accept that you are many things, many facets. And you know, I'm Earth, but I don't like I don't like the feeling of mud on my skin. I like the smell of it. But I don't I don't like it. I don't like weeding. I don't like touching mud. My friend does tough. Mudder runs and dog runs in muddy Woodson is just not for me. I don't like that feeling. So I think we're all bits of everything. And all you can do is just trust how you feel. So helpful, but not helpful at all. You're very welcome. Right, let me find my next one. Okay, next up is another Alison. Hi, Hannah. Firstly, let me say thank you to you for the quite frankly, inspiring podcast. I love your honesty. Thanks. So my journey into mediumship has been eventful. And I've worked really hard classes mentorship, week in week out for the last four years to get where I am. I know I am no different from many others in this respect. I've just made the move to be a full time medium scary. And I'm now doing stores and Dems that events big, always go big or go home kind of gal and small and free online live demonstrations. However, I kept my mediumship private from family and work colleagues and now face the Yep, this is me. To add to the situation. I have challenging personal situation. Yes, we all have baggage and I'm stopped and slated for pretending to speak with dead people. It's not as easy as just cutting said person out of my life as I have responsibilities. I know you said people in your local church disagree with what you do. My question is how do you carry on and not let them bring you down? I love mediumship I just made the decision to do it full time. But knowing some people think I'm the devil incarnate is tough. And any tips you have to navigate this apart from big girl pants, I have plenty of those would be so appreciated. Oh girl. I actually don't. And I it's so funny, isn't it because I still I still get abuse online. And I've seen tic TOCs of people, you know, pretending, saying you know I like to steal energy from people. So I just go on sites and write this and you watch all the energy I get and things like that, which I completely agree is the process. But it doesn't mean it doesn't hurt. And there is this weird energy that I feel that kind of spikes out of messages. So just to put in perspective, yesterday was a bad day. I had three because I'm running an ad on Facebook at the moment. I had three different men go onto my page and tell me that I'm fraudulent, that I'm insane. to eff off to eff off and die. That I'm a charlatan. And I would be lying Allison. If I said that was just water off a duck's back. It does upset me, it does hurt my

feelings, I block them. There's no point in trying to get into a dialogue with somebody like that. But it is painful to me. And it's doubly annoying because I've paid money to get my business in front of them. Thanks Facebook algorithm. So it is really, really hard. I would suggest that if you've got people in your family who don't agree with it, you block them from your business page. So you can still stay interacting with them on your personal Facebook, but they can't access or see your business stuff. Because if they don't believe it anyway, they don't need to see it. They don't need to know what you're doing. So that would be my first step is just giving yourself just a little bit of power back. But yeah, sometimes you can't turn people off. And you just have to let them say what they're going to say even though it's painful. Let them believe what they want to believe even though you know that differently. I was doing a demo the other day. And it was for there was a dad husband that came in for a daughter wife. And the first thing he said to me is, I would have told them they were wasting their money going tonight. And they both cracked up. Because isn't that the truth? You know, he was here in life, go and don't waste your money on those mediums, bloody charlatans, ripoff, but he's still using the services of one to make contact with his wife and daughter. Now he's passed. And I guess the more things like that I do, I just think, Okay, well, your soul can apologise to me on the other side, and you will know what you know. Does it make it heartless? Not really? Does it make me feel incredibly exposed and vulnerable? Yes, it does.

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Hannah Macintyre 40:55

I may have told you guys all this. There's another one for the bingo. But when I first got a much expanded reach on Facebook, I had a letter sent to my house. And the letter was it had a spiky violent energy from the minute it arrived. I opened it as if it had razor blades in because it just had that kind of feeling. And somebody had written me an anonymous note saying that they were having an affair with my husband, and know that their partner was having an affair with my husband. And it had been going on for this amount of time. And that I'm not a very good psychic, because if I was a good psychic, I would have picked up on that. But we're still she the woman who was apparently having an affair with my husband had come to me for a reading. And I hadn't picked up on that affair. And I was lucky in a sense because it was locked down. And my husband had just been at home constantly. And honesty, the day before that letter arrived. Because obviously it was upsetting. If you had said to me, what would you like your husband to do? I would probably have gone, go and have an affair, go and find somebody else to talk to I'm so fed up because we've just been in this, you know, in the house in this unit, at one point during lockdown, which my husband often repeats to me because I had a bit of a tantrum. And I said, we've been nowhere we've seen no one, we've done nothing. I don't want to talk to you. Because I was just so fed up with having the same conversations again and again and again. Love and Light, you know. And so it was really good timing for me. But the energy and the intention behind that letter. were brutal. They were painful. That was somebody who hated me or hated what I did enough to try and cause damage and pain to my relationship. And so no, it doesn't get easier, Alison. But you just don't let it stop you. And that's all that you can do. My lovely so big girl pants, big girl pants at the ready. Keep going. Also, why I recommend that you find some sort of community of developing developed while we're all still developing mediums that are working, where that they can all sort of hang out and talk and share and be in that space of this is what someone said to me. Oh my god, I had someone say this to me. It's so hard, isn't it and you don't feel like you're doing it so on your own. Okay, I think we're going to stop there looking at the clock. It is time. But I hope that you've enjoyed today's episode. Now we've only got a few episodes left of season five before we break again and we will be back in September. So get your questions in now. I can't guarantee that they will make the show. But we will try. And if not, I will save them for season six. And I look forward to

catching up with you all soon. And as mentioned in those listener questions, I am currently running a free monthly circle. Just to help you connect to spirit. It's the guided visualisation meditation and then a chance to ask questions, and it's completely free. So please do pop over onto my website and have a look. Take care of everyone and I will catch up with you soon. Bye