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SPEAKERS

Hannah Macintyre, Mary Beth Thomsen

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Hannah Macintyre 00:02

Hello, and welcome to mediumship matters with me Hannah McIntyre. And today I have another great guest for you. We have got Marybeth Thompson from Soul shines coaching, who's going to talk to us from all the way over in the US, to us here. So welcome, Mary Beth, thanks for joining us.

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Mary Beth Thomsen 00:23

Thank you, Hannah. I'm happy to be here.

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Hannah Macintyre 00:24

I'm, I'm really happy to have you. And I know that we were just being absolutely silly before I hit record, and now we're trying to like take it back to normal. And now you have many strings to your bow. Don't you work as a psychic medium, you're a life coach, you work with colour energy. And I want to pick apart all of this and talk to you about it all. But I know when you contacted me, you had listened to the episode with Janet Uranus. And you wanted to know, you wanted to say that you two have got had a journey where you didn't formally train, you didn't read it through a sausage factory. So can you tell us how mediumship spirituality manifested in your life?

M

Mary Beth Thomsen 01:09

Sure. So I didn't know until probably two years ago that you could even learn how to become a medium. I had no idea. I thought that people who were mediums, woke up one day and had some experience and then realised Oh, I can communicate with loved ones in spirit. And so in my early 20s, so we're going back over 20 years ago, I had a dear friend, I'm actually coming up on her 22nd anniversary of her passing at 22 years old. And it was a tragedy. And I started to feel her presence, I started to connect with her and my dreams. And I just kind of felt like I

could have this connection with her. And then shortly after that my grandfather who had died when I was only eight years old, one day I was on the treadmill at the gym, and he you know, clear cognizance, when you just know, and you can't, you know, I just maybe also Clair-sentience like, I just knew he was next to me. And this was my first real, I would say felt more of a tangible experience where I thought, hello, grandfather, how are you? How can I help you? And clairaudient Lee, I just started to hear Him speaking to me. And he had a message for my sister. And so I called pick up the phone and called her to tell her the message. And she was very kind in retrospect, I thought she kind of thought I was cuckoo crazy. And I thought What are you talking about? But yeah, he was very receptive. And she, you know, took the message it had to do with a health screening and and that's kind of the beginning of my journey. And I you know, over the next 20 years would hear from loved ones spirits, whether it was a friend or a family member, and they would just kind of come into my awareness and I would just kind of pass on, you know, little by little these messages and I grew up in the Catholic Church. So that absolutely put a little bit of a shadow over me being public about this. I felt this a little bit of shame, which I've worked through. So yeah, so here I am. I

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Hannah Macintyre 03:08

love it. And I just love the fact that spirit come to you and then immediately set you to work. They don't go, we're gonna we're gonna just play around with you for a bit, Marybeth and get you comfortable. straightaway. Your granddad's like now I've got your attention if you could pass this message on. Yeah, you know, yeah, straightaway.

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03:25

Yeah, yeah, exactly. And it's funny too, because now today, fast forward, when I'm opening my chakras and grounding my energy and raising my vibration. I didn't I never did any of that stuff, when Spirit would come to me. So it's almost, for me, it's more ritualistic now. To almost have a message to say, Okay, I'm ready to work. But for 20 years, I was not proactively trying to reach spirit, they would just come to me and kind of use me as a portal to pass pass along. And so, yeah, it's been a really fun, interesting journey.

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Hannah Macintyre 03:55

And I've got lots of questions actually about about that, because, you know, I did intentionally decide to follow a path, somebody sent me on it, they got my grandfather through and said, Come join my group. And I went, Alright, that sounds fun. And then ended up there. And they were like your turn. And I was like, No, I'm here to watch. And they, they were like, No, and I was like, what? And so I did follow that path intentionally. But three of the spirits that I have had connections with in 1000s. Now, the strongest ones, this three strong ones were the ones where they approached me, where they were like, you're not trying to do this right now. But we need you to say something to that person there. And it's only happened three times to me in my journey. But they were so it was so much stronger. It felt like the whole world tipped on its axis. It was undeniable. Whereas when I try and do it intentionally, it's much more subtle. It feels like there's more of a process do you find or is it all the same to you?



05:01

That's a really good question. I definitely feel like when spirits come to me, they know that they can get my intention and that I will listen. And I'll pass on the information as far as me going proactively trying to reach out to spirit on behalf of my my clients. I don't know, I can't say that I feel it's drastically different. Either way, honestly.



Hannah Macintyre 05:27

I love it is so interesting how it works. Because I think the reason why it's different for me is resistance is purely as all it is. It's my resistance. It's my nerves. It's my somebody's parted with money here. So you better bring the goods. McIntyre. Oh, that's true. And it's that kind of that creates a disconnect, because I don't think there's, you know, spirit aren't going to stand further away and go,



05:48

Oh, hi. The edges. Yeah, wandering around. So



Hannah Macintyre 05:54

it must be me. I love it. That's fine. You've got spirits, you know, you're speaking to your friend, and you're suddenly aware that her dad's there, you're speaking to your mom, and you're suddenly aware that her dad's there and things like that, you've got this, this? What makes you take this deck into offering it to strangers? So



06:17

Oh, do you mean as a business? Yeah. Oh, okay. So that's a good story. Um, so I, I spent 20 Min, the 20 years of my professional career, like my 20s, and my 30s, in communications within healthcare, and public relations and things like that. And all the while being a closeted medium on the on the deal. And so come to 2020 You know, no big deal, just a global pandemic. Yeah. And I felt this intuitive nudge that I was supposed to look into life coaching, and I had been told anecdotally, Marybeth, you'd make a great life coach over the years, but I didn't feel it was a calling of mine, per se. And then something happened, I guess, it was just the energy of the universe a with everything kind of shut down. And it's like, you're, you're forced to kind of look in the mirror and go, you know, what am I doing, you know, and so I just felt this nudge, to look into life coaching, I went on to pursue it, research it, look into different types of life coaching, and I was drawn to more of a spiritual life coaching, you know, shocking, you know, originally, I was looking at more of like a Tony Robbins type of life coaching. But I tried to go to one of his conferences that I paid a lot of money to go to, and I kept getting blocked from going. The first time my, my young daughter had a double ear infection. And then I was allowed to postpone going within the next year, but then the pandemic happens. So it was cancelled. And I thought something, I'm not supposed to go to this, I'm not supposed to go to this life coaching conference. So. So then I thought, Okay, let me let me go down the spiritual journey. And that's when I got trained as, or I guess, I should say, certified as a spiritual life coach, as well as a colour energy coach. And so, literally, one week before I was flipping the switch on my website,

as a life coach, I had another nudge at you know, my shoulder to offer mediumship readings. And I'm like, What, are you crazy? You know, I, I'm not I can't do this publicly. This is this is a private thing that I do. But I felt it so strongly. And I thought, all right, well, damn, let me just let me just put it out into the universe and see, if, if this is something I can be of service. And I thought to myself, why would I keep this ability, private when I could be of service for more people, and that's how I thought about it. And, and I was a bit terrified, because I thought, you know, up until that point, I had only ever done it. reactively. And I thought, oh, now I'm going to have to do it on command, Yanni. And the biggest thing that really supported me was trust. I just I surrendered, and I had complete and total trust that I wouldn't be able to serve spirit and I would be able to, you know, do what I needed to do. And I did one practice reading with someone before I switched my, you know, my website live, and it was one of the best things I've ever done. And I felt like that was spirit saying, You can do this.

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Hannah Macintyre 09:12

Amazing. Yeah. And I know that you've just put on your Instagram that you've, you know, had your first professional readings coming, you know, so before, obviously, all of that time, you've just been doing it how you wanted to do it, which I think is fab in a way because you're not trying to fit your mediumship into any preconceived idea of how it should work. Was there much of a difference? Okay,

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09:38

so So because I've never had any formal training as a medium, I did join an online community, mostly because I felt like I wanted to be around other like minded people who I can talk shop with. I felt a little bit like I was on an island, especially not having any training. So I joined an online community of other Lightworkers and that's when I was exposed. As to oh my god, people can learn how to do this. They can they can take classes. Of course, I believe everyone has the ability. But but I really just didn't understand that this was something that you could actually anyone can learn how to do. And so it made me reflect and go, Gosh, I'm almost glad that I wasn't trained. Because I do I don't have any parameters or conditions. I don't have to fit myself into a mould I literally just made it up as I went naturally based on my own intuition and experience and, and so one of my mentors I don't know if you know Him in His name is Dougal Fraser. So he's, he's a psychic, and he said, he can see people's colour auras, like literally with his with his eye. And so that's why I learned the colour energy part of my business, but I was talking to him about it, and he's like Marybeth, it's a it's actually a blessing, because you've been able to just naturally follow the the, the ability that you have in the way that it comes natural to you. And it was actually probably divine that it didn't work out any differently. And then I can just go about it my own way. I feel like I made it my own rules. And and it's worked out really well.

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Hannah Macintyre 11:12

Good. Yeah, I think there's a lot to be said for that. And in finding your own way, way within it. So talk to us about an intuitive life coach, like what isn't for somebody who's listening who this has, that's a fancy title, what is it? What is it? What do you do?



11:30

Okay, so as I was saying earlier, with life coaching, I feel like there's different type of subsets of life coaching. And so for more, it's more of a spiritual life coaching. And I use colour energy as the basis of my coaching. And so when I say colour energy, I'm talking about your aura. Sometimes I feel like there's overlaps with our chakra colours versus our aura colours, but it's not apples to apples. So I just wanted to clarify that. So I basically help take people through different parts of their life of where they want to maybe understand where they have some limiting beliefs, maybe they want to understand how they can live to their highest potential more. And so I take them through nine different colour energies, what they represent, and how they can use that colour energy through meditations and activations and different exercises that I take them through, to help activate and elevate those parts of their life. So for example, your relationships, so your relationship with yourself, your relationship with your peers, your romantic relationships, your spiritual and Soul level self, so how to connect with your own intuition, and trust yourself more, and then also the business prosperity and abundance part of your life. So all of those nine colours are divided into those three areas of your life. And I help my clients choose a goal for the duration of our time together. Usually, it's not necessarily they're going to achieve the goal in that 10 week period. But it's for clarity and getting kind of tuned into what what what are they trying to achieve. And then once we're done with our coaching, they now have a tool set, so to speak, where they can use those colour energies to try to lean into what they want to work on. So for example, for this chat today, I wear green. And so I did that intentionally. This was not an accident. Colour for green is communication and creativity. So I wanted to be able to have this conversation with you and kind of embody the energy of communication and creativity and speaking up and then I have a blue lapis lazuli, Lazuli crystal on my necklace in blue is the colour of truth and wisdom. I love so so. So that's how you can use the colour in your life when you're trying to kind of emphasise or accelerate whatever that colour energy and bodies



Hannah Macintyre 13:52

fantastic. So it's like a tool of intention. Exactly. Amazing. And so the colours when you're working with colour, it's particular colours for particular attributes.



14:03

Exactly. And then there's also a there's also a shadow side. So what I what I find with my clients is if they feel a resistance towards working with a colour it's it's all the more reason for them to actually work with that colour because it means that they're in the shadow side of that. So, I would say like a mint if you can imagine like a mint colour green versus an emerald green emerald green is the colour of communication and creativity whereas like a mince, vibrant green is the colour that has to do with life force energy and enthusiasm, but the shadow side of that is anxiety. So I have found that some of my clients who suffer from anxiety you know, really resist that colour energy and I'm like no, you want to call it and even more to kind of overcome it.



Hannah Macintyre 14:44

I love it. Fascinating, fascinating. And so you get into colour through the life coaching through

I love it. Fascinating, rascinating. And so you got into colour through the life coaching through your mentor and then it just felt I love how a light your your path is a envious green with envy, about your, your path because it's so aligned, isn't it? You are literally like, minding your own business spirit step in and then yeah, I'm gonna find life coaching or not with Tony Robbins who does great work but it's not soft is that it's very hard his way. And I don't know if that would have fitted in with you and your energy. Exactly. So it's I love it. It's just fascinating. Yeah. So when you are out there in the world doing your work? How do you do you find that people expect you to have gone through some sort of training programme? Do you do people? Does it not come up? Like how does that work for you?



15:48

Again, I didn't even know that you could train to become a medium. So I think maybe the average person I'm guessing I don't know if this is true, I don't realise that either. I think it's like, Oh, you just are you just have this ability. I just personally choose not to work use the word gift only because I feel like that not implies that other people have it and some people don't. So I always say the word ability. But yeah, that's never once come up in any conversation. However, with the life coaching, that was a limiting belief that I had was that I had to have certifications for life coaching. And my mentor again told me like Marybeth you actually think so. He felt like I had this, this natural ability and you know, for 20 years that I've mentioned in my past, and as I was a closeted medium I also was doing a crap tonne of personal development. Yeah, just just lots and lots and lots. So it's almost like I was training to do both of these services, so to speak, on official whole life. Yeah, my writing for it and didn't and didn't even realise it. So so. So that's why I went ahead and decided to get some certifications, because it was like, I felt like I had to have them. But that's also never come up either.



Hannah Macintyre 16:56

Yeah, I was gonna say no, but it only ticked a box for you. And yeah, never for anything else. I've never because I have no qualifications either. Just want to make that really crystal clear. And it's only ever come up from other mediums. Oh, interesting, where they're like, Where did you study and then we play top Trump's with who's studied here and who studied there. And I'm like, I just rocked up. And my guides told me what to do and how I trained I, weirdly, I trained to learn how to connect to spirit guides. And then I did do a little bit of teaching with other teachers, but the majority of my evidential mediumship teaching came from the spirit guide connection. So they don't issue certificates in the



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you know, I'm like,



17:43

here it is, can you see it?



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Hannah Macintyre 17:47

But it's it's a fascinating thing. And I think in the UK the problem we've got and I don't I don't know about the American markets, but in the UK, we've got this influx now of mediums who haven't done the work. Right. And that is, that is the problem. They haven't been training it for their whole lives. They haven't been integrating the shadow. They haven't been looking at ethical and true mediumship and we've got this huge rise in social media mediums who are it's it's chaos. So it would be interesting to see because I know that some of the guests I've had on the podcast really think there should be some sort of system. But in the UK, the accreditations are through the churches and churches not the root for me. So right

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18:34

in the same The same can be said I think for life coaching life coaching is also not regulated as an industry. Yeah. So there could be some rogue, you know, people out there who maybe shouldn't be doing this for money, you know? Yeah.

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Hannah Macintyre 18:47

Or taking it to the extreme, like twin flames universe on Netflix. Yes. This is correct. Have you watched all of it?

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18:57

I think I got through two episodes. And I was like, okay, I'm good. Okay, it was painful. It was painful. You know, it

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19:03

got crazier. No.

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Hannah Macintyre 19:07

Yeah, there's a spoiler alert. If you're listening, and you haven't watched it yet? I mean, if you haven't watched yet, where have you been? But they they run out of people to pair each other up with true love matches, so they get some of the people on there to transition to a different gender? No, I was sitting I thought it had reached a pinnacle of craziness. And then that happened, and I was just I can't. It is.

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19:36

I just I just have so I'm an I'm a I'm a big time empath. And so I just have my first thing is so much compassion. I have so much compassion for everyone who was involved in that.

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Hannah Macintyre 19:48

The mums whose daughters have transitioned and they've lost contact with them through that group. It is heartbreaking, but it is also So putting your empathy in a box, it is also great TV. And absolutely fascinating. But also, you know, it's just things that people will do in the name of spirit, which is just nothing to do with spirit whatsoever. And it's fascinating. Anyway, back to you. You said you worked in PR, and? And that to how much do you feel like that has helped you on your journey? Because I think I believe anyone can be a medium, but I think that you need to be able to communicate.



20:31

Right? Yeah. So writing has writing in verbal communication has always been my one of my strongest skill sets. And that's what I did for a living for a long time. I always felt like I was mission based, I always tried to work for companies that had a greater mission for the highest good of other people. So again, it was like hospitals, helpers, who wanted to take care of people, Nonprofits and Charities. So I just tried to marry my skill sets with other. Like I said, businesses or companies that were helping people. And then as far as my own business, of course, having the background of marketing and communications and be able to articulate my message has been very, very helpful. And then I think being an empath, which you can't train people to be right. It's like, kind of you just are Yeah, I feel like that has come in incredibly helpful in delivering really, really challenging messages for people. And both my intuitive guidance, my mediumship, and my life coaching, to be honest with you.

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Hannah Macintyre 21:30

Yeah, for sure. Because you've got to deliver it the right way. The message can be whatever the message is, but you have to make it fit your client, don't you? Right, yeah. And communicate. I think it's such a important skill, because you need to be able to put two words, an energy or knowing a feeling. And that is a massively underrated part, I think of mediumship is the ability to be able to interpret an energy into verbal or written or however you're doing it. So I could sit as soon as you said that you went like that NPR and stuff like, yeah, there we go, communication.



22:10

As a matter of fact, my first professional job at a college was at a news station because I thought I was going to be a news reporter. And I realised that's what I learned I was an empath. I didn't know there was a name for it. And also, it was way too tragic. And I just was like, this is not going to work out for me. Yeah. And so fast forward. Now, when I do my sessions, and I hear this buzzword a lot called trauma informed. And so I feel like that's something I naturally kind of do anyways, and just trying to be very compassionate and hold a lot of space for my clients. But again, I feel like that's just not something that you necessarily can train and, and from someone who has not been trained as a medium, and I watch on social media or other TV shows, I never just like I didn't want to become a reporter who was immune to tragedy. I never want to become a medium or an intuitive who is immune to what's happened on the other side of the table with my clients. So I always say to my clients, I'm sorry, for your loss. Yeah, at

some point, I acknowledged that because I mean, I might be getting into the rhythm and the flow and sharing these messages and evidence and things like that. But I'm like, so I'm trying to do my job. But I also just want to hold space for them and say, Listen, I'm really sorry, that you've that you've, you know, lost this loved one. So,

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Hannah Macintyre 23:25

absolutely. And I remember when my grandmother passed, and, you know, somebody said to me, Well, you can't be upset, believing in what you believe. And I was like, Yeah, I can, you know. And so I think that's, again, massively undervalued, but so important for people to just acknowledge it and be present for that. I love it. I love it. So you were talking to me, before we hit record, that you lost your brother in July? I'm so sorry for your loss. Now, how did that because you said that changed your perspective, and your relationship with spirit. Can you talk to us a little bit about

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24:05

that? Yeah, I'd be happy to so my brother's name is Bobby. He's my oldest brother, and he had cancer and it was over a four year period of time. And when he passed, I, I felt well I will say this as a medium. I feel very, very grateful and lucky that I have this connection with him and spirit. From the moment he crossed over. I feel like I have if you can imagine a switch on a wall to to flip on a light switch. It's like I have the ability to communicate with him like that. And for the first three months, that's in the past, I felt so honoured and grateful and almost How would I say it almost. I felt almost felt bad for my other loved ones. It was like I have this ability that they don't have and I almost felt a little bit just just bad about it. Yeah, and and after about three months, I was I had that exact thought where I said, Gosh, I'm so grateful that I don't have to grieve the way that they're grieving because I have such a sometimes. And this sounds so bizarre, probably, but sometimes I forget he died. Like, I'm almost closer to him now than I was before. And the very week I said that to myself, I just couldn't stop crying. And I thought, What the hell is happening to me? I was like, Oh, I'm human. I can't I don't get to bypass the grief of my brother just because I have an ability to connect with him. He's not here. He's physically not here. And so I just cried and cried and cried for like the next couple of days. And it was very humbling for me. I was like, okay, it doesn't matter that I'm a medium. That doesn't negate the fact that I am human beings still. And I'm, and I'm going to read about that. So.

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Hannah Macintyre 25:47

Yeah, that's thank you for sharing now. Yeah.

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And so and so. So like you said, I now even more empathetic and even more compassionate than I than I already was before my brother passed away, because I thought, especially if you've lost a child, I mean, my God, a spouse, I mean, a sibling. It's just, I just haven't extraor I just have such different perspective now than I did before July.

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Hannah Macintyre 26:13

I think working as the medium as well. I mean, losing someone really close to you, who's young, who you know, who should vote right still be here is a huge thing. But also just, you realise how transient life is, like how quickly it can change how I think the more I've worked with spirit, the more comfort I've had, because I know that it isn't the end. But the more I have realised that life really is a gift because it can and does just change on a heartbeat. Yeah.



26:52

Can I share a quick story about the biggest synchronicity I had was because of my brother since you Passover

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Hannah Macintyre 26:58

Easter. So



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he, he was diagnosed it like I said, for I think 2019 He was in a rehabilitation programme, because he had had so much medication and and surgeries that he needed to go to rehab. And he was at an outpatient rehab centre, and they had these activities that you could do and sign up for one of them was a person doing Reiki. And her name was Karen and I, coincidentally had set up a girl that I know named Karen to do remote Reiki for him on the same day. And so on social media, he took a picture of the calendar, and he circled the date, July 27, was start with four stars around it, and said this, and then he posted it on his Facebook and said, this is such a special day. Thank you to Mary Beth, more to come on this later. And that's the day he died four years later was July 27. Oh, wow. And my niece found that when she was scrolling through his Facebook just to you know, feel close to him and memories. And I thought holy crap. he circled the day of his death with stars around it and said more to come on this later, four years before he died. And I thought, like, you can't make this stuff up, you know? Not not not that on any level. Do I think he consciously knew that. But on some matrix level, I think you know, that was, yeah,

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Hannah Macintyre 28:19

incredible. Well, I'm the fact that your niece went through and found this.



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Yeah. That's a lot of scrolling together. Yeah. Yeah.


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Hannah Macintyre 28:29

That is mind blowing. Yeah. Amazing.

 28:33


Have you ever seen the movie Interstellar? Yes, that that, to me is the, you know, most fascinating movie, but the best way for me to try to explain time not being linear and possible, multiple lifetimes happening at the same time. That that is the best depiction I can explain to anybody. Funnily

 Hannah Macintyre 28:55

enough, I was trying to explain time being a construct to my poor mum who has to listen to all my rubbish all the time. And she said to me, like the film Interstellar, and I hadn't watched it. So I doubt I then went and downloaded it and watched it and then messaged her and when Yes, yes, like the film Interstellar, so that yes, so funny. Talking of synchronicities. Yeah, say that. I just

 29:20

got the goosebumps when you said that.

 Hannah Macintyre 29:22

I love it. I love it. Yeah. So one of the questions I always like to ask every medium that comes on, is, if you had an opportunity to say one thing to everybody in on Earth, and one thing that you would like them to know about spirit mediumship spirituality, themselves, what is it you would say to them?

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So I actually heard this metaphor recently. So it's not that old to me, but I feel like again, talking about metaphors. This to me is a very beautiful metaphor. That spirit is as close to us When I say spirit, I'm talking about our loved ones, or even angels, for that matter. Our The veil is as thin as a piece of paper. That's how close they are to us. If I'm if I'm on this side, and they're on the other side, because I feel like a lot of us believe that they're there, they're gone. They're away. They're up in the stratosphere somewhere. They're in the cloud. No, they're literally within our energy field. So I think I think that that's the first thing that came to mind. As soon as you asked me that was they're so close, you have no idea. Yeah,

 Hannah Macintyre 30:33

I remember when I first started working with spirit, I would feel like I was suing someone in from a cloud, because I had such a perception that they were off. And I'd be like, so sorry to bother you, when I know you're trying to live your heavenly experience. So I don't know what I

thought they were doing. Like, you know, you know, an unlimited nap. I guess that's what I'm looking forward to. But you know what I mean? And so I'd be like, I'm so sorry to bother you again. And, and when I finally broke down, that resistance in me to that, that I taken as fact that wasn't I went, Oh, they're

 31:05

right here like, yeah, right.

 31:07

I asked my I asked my brother one time in spirit, you know, what is it like? And he said, one of the words he said, besides being peaceful, he said, I'm the president. And so that just gives me this validation and comfort to know that he can literally be more than one place at the same time. Because, you know, energy is not dense, you know, it doesn't stay still so, so that that would be my answer to that just, and I hope that that brings people comfort to know that they're, they're so close to us.

 31:32


I love that.

 Hannah Macintyre 31:34

Thank you for talking to us one last question for you, which is what's next for you? What are you looking forward to?

 31:44

That's a great question. You know, I do a lot of manifesting and intention setting and I'm always trying to call in people who I can be of service to that we have a good rapport and good affinity for each other. So I guess just really continuing to, to call in people who are like minded that I can be of service for and help bring comfort or clarity. I do work monthly workshops on different topics. And I actually just began to kick off a longer six week. Kind, of course, that I'm teaching about how to trust yourself. So I think I'm looking to probably do more type type of group setting, mentoring. And then also, I'm working on a manuscript about a book about the power of telling your truth. So that should be coming up for me in the next year or so. Fan

 Hannah Macintyre 32:31

bloody tastic. I can't wait to see it all unfold for you, Mary Beth, thank you so much for coming in and talking to us. I will put your website in the show notes so that people can look you up and connect with you. Thank you very much.



32:44

Thank you, Hannah.