

# S5 Ep 3

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mediumship, medium, spirit, push, resistance, people, moments, work, development, book, talking, path, flexing, platform, running, interviewing, permission, visitation, person, humaneness

## SPEAKERS

Hannah Macintyre

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Hannah Macintyre 00:00

Hello, and welcome to mediumship matters with me, Hannah Macintyre. And on my professional podcast, I'm doing exactly what a professional podcaster shouldn't do, and slurping my way through a cappuccino. I used to know somebody who did voiceovers for, I think it was channel four. And they would not be able to consume any dairy products for like 12 hours beforehand. And there was a whole list of ingredients they couldn't have, because it gives voice clog. But I don't have a producer or an editor. So no one's complaining about my cappuccino froth. voicebox. There you go. How are you doing? Now I've got so many topics that I want to discuss with you all. And I'm just waiting to settle in and see where we go. But I think I want to talk some more. And I know that I've touched on this before. But I want to talk some more about the calling there the idea of having a calling. And also within that what it takes to be a medium. I think that's where we're going to land today. But I've also got a list of things that I want to talk to you about. So we'll see. We'll see if I managed to stay on topic. I've been interviewing lots of people for this podcast, and some of them are going to be there already recorded before I record this, but you won't have heard them yet because of the order of the way things are going out and being released. And I was really getting into the interviews. And then somebody said to me yesterday, but every time you do an interview you're hiding. So I'm trying to process that at the moment whether I don't know, all I can tell you is at the end of season four, I felt like I was forcing this podcast, I felt like I hadn't got anything new to say that I kept having this vision of listeners being bored and fed up with me. Now 2023 can get in the bin. It was the worst year, including for me personally, when COVID hit it was worse than that. It just felt like a constant upstream battle. If you follow me on social media, you will know that I used to do lots of silly videos of funny things that had happened to me in demonstrations. And I've got my character Princess celestial Rihanna. And somebody has been messaging me and saying, You know what, what's happened to Princess celestial? And I have to say, I just couldn't find my funny bone in the same way last year. I felt like I was creating. I don't know, I was just in a funk. So it's really interesting. And I know that my imposter syndrome got a hold of me and really took hold. It just felt like I was in a quagmire and no matter how much I tried to climb out of it, it kept sucking me back in with. And that's okay, I think it's okay to talk about those things. It's okay to admit those things. I really have a problem with this sort of sanitised, first version of spirituality that's out there where if you find spirit, everything's going to be great. No, it isn't Bloody hell. And that kind of is something that I think you face again and again and

again in your mediumship is it's almost like growing up under a religion. So in the UK, in my experience, I you know, I have grown up under the rules of the church, even though I, my family are not religious at all. So there's those kinds of preconceived ideas, you know, judgement, whether you're a good or a bad person. Now I know that we could argue that Father Christmas fits into that also. But there seems to be something doesn't that in the desire of humaneness to feel like if there is some eternal force, telling us if we're good or bad, and that just seems to be built into humans all the time. I don't know except perhaps Ricky Gervais, I'm trying to think of other people, I'm sure there's more. But generally speaking, it seems to be that and that I think comes up a lot in our medium ship, where we tell ourselves that we have to be positive, and we have to only talk about the good stuff. And we have to only record when we're in a good place. And so I'm fighting the battle between my human which always just wants to, you know, delete the old season and move away from that energy and pretend it didn't happen. And my spirit that knows that it's important that we acknowledge that these things did happen. Now, as you will know, if you listen to this podcast, I did not have a traditional calling, I did not get a visitation from an effigy in the middle of the night that told me this was my destiny, I didn't start seeing dead people, I have always had to, to work for it. A medium ship was always a choice to me. And that has been quite challenging. Because it's almost like I haven't had that moment of permission. That would make this so much easier. And I was talking to somebody about this yesterday, just you know, when you follow this path, because you just fall down a rabbit hole and you love it. What, what does that mean for you on your ongoing journey, because we don't have that safety net of, well, I know that this is the path for me. Because a visit I had a visitation because of these big and profound moments. And I've been interviewing people for the podcast. And I've had, again, a little run of people who were aware of spirit as a child, or had a very strong visitation where they weren't seeking it, they just received it. And I always sought it, I always looked for it. Once I found spirituality and mediumship, I then made the conscious effort to develop into follow this path. And yes, there's been now three, as you know, moments where spirit have approached me, but it's not like it is for some people. And that has its own it changes your path. Because no matter how much you know that this is available to everybody, there is always that kind of should I be doing this? Do you want me if you could manifest physically in front of that person as an apparition? Why aren't I getting that. And I think that these are the paths that our soul chose before we came here. And they're all valuable. Because I know that I would prefer to have had that kind of strong moment that changes everything. And I did have a strong moment because my friend put my grandfather through and it blew my mind and it changed my life. But that was somebody else doing it for me. It wasn't me being visited by my grandfather. And I, I think that that's just not how I'm designed. And I know that we've had a lot of discussion on this podcast on whether anybody is truly designed like that whether those people that see spirit have those moments like Gordon Smith when I interviewed him, and he said that he was visited by somebody, and then it doesn't happen like that for him anymore because you have to go to where spirit are, but at least he had that once. At least he had that once. And I know that this is what helps so many of you that are like me that are listening to this where we are waiting for that permission.

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And I've done a few readings to start off 2024 I'll see how long I can maintain my battery and spinning 47 plates every day. But yeah, I've been reading really enjoying it? And one of the recurring themes that I have experienced this week has been just do it. We say yes. Why are you waiting for us to say yes to you? Come on, let's, let's crack on. And it just seems to be spirit, saying to people again and again and again, we want you, we want you in the team. And

it makes me realise just how many of us are out there waiting for permission to do what we want to do. And I find that fascinating. Why is it so hard? Why is it so hard to follow that call within yourself? My mum lent me a book called Set my heart to five. And it is the story of is set at some point in the future, where there are bots who look like human beings, walking around doing all the jobs that the human beings don't want to do. This bot is a dentist and starts off by saying it's a great job for bots, because we don't have feelings, we don't feel empathy, we will do what needs to be done in your mouth. All of the human dentists went off and found much more heart centred creative roles to be. And one of the things that the bot talks about in this book, it's really good, I highly recommend it, if you're looking for a new read is that humans want to be special, he starts to watch films, and he cracks like the code of a film, which is that one human is the human that all other humans need. And they start off in a lonely you know, they the guy that flips the burgers, or the guy that delivers the post and then they are exactly what mankind needs to save them. And I find this concept kind of fascinating, because is that not also reflected for so many of us in mediumship? We are afraid to be the one that is not called. We are waiting for that. You are the hero moment we are waiting for that. You are the special one. You have the force kind of announcement whether it's Gandalf, the grey, or Yoda or Morpheus coming through and asking you which pill you want to take. It's there, isn't it? US waiting for that special something that's gonna let us know that this is the journey. So what happens when you are one of the 90%? Maybe 95%. Who don't get the apparition their moment? And I know that while I'm saying this, I can talk to you guys about loads of moments where spirit have let me know that I can do this, my readings alone. Tell me that. But isn't this the problem when you're trying to get going? When all you hear out there is that same old dialogue of I knew I was the medium because I knew I was a medium because and actually, there's more of us that are out there saying I didn't know I was the medium. I just knew I loved mediumship I didn't know I could do this, but I worked really bloody hard on it. And so if you're listening and you are waiting for a sign, waiting for permission to allow yourself to follow this path. Don't Don't waste time. Don't let it stop you. And understand that. You're going to have to face your own resistance to your own power. Again and again and again. That is the journey. The journey is not found. I don't think in the moments when it's easy. The moments when you get an apparition it's what you do after that. There are many people out there who have seen apparitions. have not followed a mediumship path. There are many people out there who haven't seen apparitions and have followed a mediumship path. And so you need to be forcing yourself to take the leap. It's a real problem, because as you guys know, I absolutely wholeheartedly believe that anybody has the ability to communicate with spirit, I absolutely believe that. I don't believe it's just the chosen few. I don't believe that spirit have a hierarchy. I don't believe that they are sending certain people here to be spirits, warriors, and certain people here who are less evolved. There's a lot of snobbery, I think in spirituality there. And I think it's a problem. Because it's almost like the idea that those of us that choose to work for Spirit are higher up the hierarchy than somebody who doesn't. But if we think about spirit, in its truest form, unconditional love, the wholeness, the oneness, the lack of separation, then isn't the greatest thing you can do to be the person that comes here to be of service to others, whether that is providing them with some much needed resistance by being a naysayer, or being a negative influence, or just to be part of a backstory for somebody else's journey. I don't believe that the people that are doing this work are necessarily more spiritual. In fact, from what I see on social media, I would dare to say less. And that, again, is kind of fascinating. Because you have to set yourself up as an expert, it's hard to be out there saying I don't have all the answers. And I don't know how certain aspects work. Yeah, do you mind making sense? Have I gone down too far down a rabbit hole fueled by cappuccino and a lack of sleep? I just really feel that it's important to talk about this. So if you are waiting for a sign, what if this is your sign? What if this is the closest thing to assign you're going to get? And what if all of the signs that you get along the way, or all of those hearts that you touch all of those people that

you get to step into their power and start to believe in themselves? All of those people, that you reunite from this life to the next? And what if all you're doing by pulling all of those encounters apart and analysing them and seeing where they were good enough and critiquing them is just sucking the joy out of all of those little moments. Because there's something to be said for it in the fact that when spirit approach you in those three moments where spirit have approached me, there was no doubt in my mind, because it was so unexpected. I wasn't looking for it. It was mind blowing. But I don't believe that that energy is any different from the energy of the spirits in the spirit world. It's just that in the process of looking and doing it on demand, you are facing your own resistance, your own that little voice that goes What if you can't do it? What if there is no one there?

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And I've always had this problem with mediums that say in a reading as if it's a really important piece of information. Did you know you can do this and the reason why I've had a problem with that is because I have seen too many mediums when they are not working evidentially and struggling. Say that to get the little flutter of excitement that picking somebody out in a room. Creates you are special. Did you know you are special when everybody is special? But actually, maybe I was wrong? Because I do think that that is increasingly important. People need the permission. People We'll need to be told that it's okay for them to follow this path. I don't think it should be the pinnacle of a reading, if you've got a medium sat there. And they've got spirits that you can't recognise. They need to be rectifying that. And if you've booked for evidential, it should be evidential. Now of course, we know that there's areas within that there's grey areas, what makes evidential How much are you looking for this kind of thing. But we understand that there should be some sort of proof they're not just I've got a male figure here. Could be dad could be granddad did she know you can be a medium. But actually, maybe that is more valuable than I gave it credit for. Maybe I've been resisting saying that to people, because I've been judging it. And all of our law judge things and restrictions that change what we are able to deliver as mediums in our humanness. So I also wanted to talk today about what makes the medium because I think that this is really, really important. And I think you need, you know, we've touched on bits of this before, but you need it as the reminder. Because one of the things that I am really noticing in people that I'm teaching is that you look at them, and you look at their energy field, and you're psychically connecting to them, or you're speaking to their spirit guides. And there is so much untapped potential there. And yet, they are sitting there, not moving, not going forward, not holding their nose and jumping. And it really is facet, fascinating sort of epidemic in mediumship. Because I believe anyone can be a medium. But I also believe there are certain attributes that make you more likely to follow this path, and perhaps are necessary to get you through it. Because I love mediumship I love it, I can't get enough of it is everything to me, I it's the hardest thing I've ever done. And the most rewarding thing I've ever done. It makes so much sense of the world that we're in, in the space that we find ourselves. But it is also brutally hard, painful, I cry a lot, I get down a lot. I beat myself up a lot. And finding all of that space in between. So the first thing that I really feel that you need, as a basic skill, if you want to be a medium is the ability to communicate. And I don't mean the ability to communicate with spirit. I mean, the ability to communicate with people. If you can't match your delivery, intuitively, to people in normal conversation, that is something that you need to be working on. It's always really funny because I have this thing, which I find really cringe, which is when I'm talking to people, I match their tone and their accents. It can be bloody awkward. I've watched so much Australian TV growing up so much Home and Away in neighbours that I can do a passable English Aussie accent. And when I'm talking to Australian people, I really have to try and stop myself. Oh, now I've ruined it already from putting on the

accent because I don't want to offend anybody. And I know it's not perfect. But I also can just slip into it because I spent a whole day at work once talking like this on the phones. I've worked for a mortgage company and I answered the phone like this all day, just for kicks. And yeah, sorry. Sorry if you're an Australian listener, I do apologise. But I also do it with accents in the UK as well. I can I flip and match people. And it's embarrassing. It's embarrassing when you listen to yourself back and you realise that you suddenly start talking like this because the person you're talking to Talking about that, and you want them to feel comfortable, which is why you do it, you do it to match the person you're talking to, to, to make them feel safe. And so I wish I didn't do it. But also I understand it's part of how my empathy works through me. If I know somebody's a little bit nervous, I will match them to settle them in. Now, I'm not saying you need to do that to be a medium. But I am saying if you find the thought of talking to people, painful, then there is other stuff you can do to be of service to spirit that isn't about talking. And I'm talking specifically when I'm talking here, I'm not saying about, you know, this is what you need to be to be able to communicate with spirit, I'm saying, if you want to be a medium, you need to be able to talk, you need to be able to sit down in front of somebody and strike up a conversation with them. Because as the medium, yes, you are bringing in information from the spirit world to somebody. And that's an important communication skill to have. But you are also doing very important energetic work for that person who is in need for your sitter. So if you couldn't sit in front of somebody who's in need, that you've never met before, and never communicated with, and have a conversation where you can be with them and look them in the eye and hold a space for them and care for them with your words, then that is where your focus needs to be before you add mediumship to the mix. And it's massively overlooked. There's a difference between doing platform mediumship for the experience of it to push your boundaries, and setting up as a platform medium. And I think the two need to be talked about, rightly or wrongly, I always wanted to be on the stage I love to perform, I did drama at school, I like to be centre, front and centre, I'd like to share the space if I had one wish it would be to do a tour with some other mediums and go around together, sharing it but I always have wanted to be on the stage. If you don't want to be on the stage, don't tell yourself you have to be a platform medium, be a one on one medium. And you might find that platform comes for you later. Now I think platform is an important rite of passage in development. I think it's a really important, different way of working. When you're working one on one, you know that the spirits that are coming in, are coming in for your sitter, when you're doing platform, you have to find the right sitter. It's a really important different energy to work in. But you can do that once or twice, and then go back to doing your one on ones. And there is no shame in that. And I see with a lot of people when they're doing readings when you're reading for somebody in your circle. And you know that they've been doing one on one readings? Is it that spirit are saying that they should be doing platform? Or is it that you are trying to think of next steps for them. And that is the general path. Because that's a different thing. So if you've been told that you

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need to do platform, and you are just constantly thinking, but I don't want to then don't do it. For God's sake, it is such a vulnerability. If it's not your thing, then that's okay. But within that I was told that I needed I was going to do platform. And I do. But there was a six year difference. There was six years from somebody telling me that I was going to do platform before me actually doing platform. There's no shame in that. Find what is right for you. And I think that isn't such a crucial thing. If you want to follow this path. You've got to allow yourself to follow your path. And I think too much of mediumship development has been about this, you know, like a sausage factory. And the greatest mediums you will ever meet are the ones that do it their way, not the way of everybody else. Because that's where the power is. The power starts

with me. And my power is created from being myself. And I like to make people laugh and I like to perform. So while I'm doing my open and I'm not communicating with spirit I'm talking about how it works and what to expect. I like to make people laugh. And if I manage that, I know it's going to be a good night, because I'm fully in my power before I start communicating with the Spirit. The flip side of that is if you're an incredibly gentle soul, because I'm not I'm a bloody sledgehammer, I know that if you are a gentle and soft and nurturing soul, that is your power. That is, that is what needs to be nurtured. You don't need to pretend to be like me. And I don't need to pretend to be like you, you need to be allowed to be who you are. Because that's how you attract the right people to you, is by being you. I've got a podcast spring about teachers and different styles of teachers and red flags with teachers. But one of the things I will say is on my development journey, even though I am a sledgehammer in nature, I needed a softness. I needed love from my teachers, and I didn't get it from all of them. But that is the thing that I needed that I I, I wanted for my development, and really that love what that gave me was permission to do what I wanted to do anyway, permission to be myself. So the development that I actually ended up needing was not this is how medium shit works, this is what you need to do, but was actually I believe in you. And you can do this, which made me go, oh, I can do this, which made me do it. It was nothing more complicated than that. And that kind of leads me to the other thing that you really need to develop if you want to be a medium, which is resilience, and an ability to push yourself forward. When I was in the little running club I used to be in before it all went tits up. There was this lovely vibe when the lady that that first started running, running, it ran it, where it was really cocooning and really loving. And she was such a great cheerleader for people who were lacking in confidence, and not believing in their bodies and trying to do this. And I remember, we were sort of several months in, and there was one lady in the running group who just couldn't push through her own resistance. And she was so entrenched in the story of I have asthma, I'm overweight, this hurts. And we really tried, you know, we would take turns to sort of run along with her. And I, you know, we me and her were the same weight. So we were both overweight, and the same way. And we both had asthma. But I was willing to feel the pain to improve. She was not. And ultimately that impacted her her running ability. Because she knew that people were having to slow down to run with her. And she felt bad about that. I felt really sorry for her. It's a horrible situation to be in. But she just couldn't dig through her own resistance to herself. Her own resistance to this is going to hurt now, but it will help me to improve. And it wasn't that we wanted her to run a 5k Non stop. We were you know, it was a very stop start running group. It was very lovely. But it was about seeing her try a little bit. And one of the things that I've really seen on my mediumship development journey is people that are just not told that truth. If you want to develop, you have to reach out and grasp that nettle. And it will be awkward and you will be nervous and you might well eff it up. You might be shit. Big deal. We're all shit. That's how we grow. I didn't reach out to become a medium and then instantly do great work. Hell no. It was painful. It was utter crap. I know full well that there are people in this area when I was doing my practice platforms here and completely messing it up. I know that there are people who are like Oh bless her. She thinks she can do it but she can't who have never seen me since. So I'm held in their view of me, as the baby medium I was when I was learning to get over my own fear. And my fear was sometimes beating me. I'm not saying that you will step out and be brilliant, wouldn't that be great, but that's not how it works, you step out and your pre pants and you have to learn, there might be the see this is often what happens is you will do a couple of readings are really good. And you'll be like, Oh, my God, this is the sign. This is where I'm supposed to be. And then all of a sudden, you'll get a run of crap. And you'll be like, God, and that is the development journey. You're not supposed to be brilliant. Do you think that all of these people that have these amazing gifts didn't work at them. And I'm sure I've mentioned this before, but Ed Sheeran is my favourite with that, when he is asked about how he had his gift with the guitar. And he's like I practised, every day after school for hours and hours, I've

practised for 20 years, that's how I've got good at the guitar. And yeah, he has a gift to make music, and right, but where's the line between gifts and running with it, and using it is Mo Farah, a gifted runner, or a runner who has a natural ability that he has nurtured and looked after. And you have to be willing to put yourself in the vulnerability of those situations. And then the worst thing happens, because it doesn't get better. And I'm not saying this to be negative. I'm saying this because I want you to succeed. So it's not that you grasp the nettle once and you start reading, and you have some rubbish. And then that's it. It's that you grasp the nettle once, and you get going. And then you have to grasp another nettle, and another one, and you have to keep pushing yourself through your own resistance, again, and again and again. And if you are unable to do that, it will stop your development. If you feel like you've plateaued in your development, and you literally like I don't know what to do next, but nothing is happening, that is on you. It is not on spirit, to bring you movement. It's up to you to get energy of movement in your energy field. It's up to you to push your barriers, it's up to you to take the leap. And that is so important. Whenever I was doing something bigger my development still now I push myself to do things that make me uncomfortable. But I still have this thing, and I talk about it and people don't seem to really register. So please listen, please try and absorb this, because it's so important. Because people hear me say it. And then they booked readings with me. And I said to them again, and just take it as if we're in a reading right now. And this message is coming directly from Spirit to you. You have to push yourself. The Universe runs on freewill and choice. Therefore, spirit cannot do it for you. They hear you asking, but the answer is with you.

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### Hannah Macintyre 38:35

You have to step forward, you have to back yourself into an energetic corner, and then make the choice to rise. I have always booked myself. It's almost like I have an impulsiveness that serves in my favour. And if you don't have an impulsiveness in you, that's going to be harder because you're going to second guess it, and you're going to have to fight through your resistance. But with me, I'm lucky in the sense that it always works back to front. So I will book the venue and start selling the tickets, and then I will break it about the event. I will sign up for the course even if it's a year ahead, and I will go I'm gonna get ready for that. And then I'll go oh my god, how am I going to get my self ready for that and I will make myself get ready for it. And I think that in medium ship, you have to have that kind of force to keep pushing yourself forward. Because if you don't you just won't move. Spirit don't push you along like a broken down car. Your handbrake is on and the only person that can take that off is you. So take the leap. Don't book someone in for a practice session. When you feel ready to practice, book in a practice session, absolutely break it. I call it the holy shifts in case you've not heard me say this before, have the Holy shifts, wonder what the hell you're doing, have the existential crisis and rock up anyway. And that is something I believe, is completely immovable in the necessity to be a medium. If you want to be a medium, you have to be able to find that resilience and resolve somewhere within you. And a good way of activating that is actually nothing to do with spirit. It's by doing things that take you out of your comfort zone. I love watching, I'm a celebrity, get me out of here. If for anyone that doesn't know what it is for my overseas listeners, it is they plop a bunch of sort of pseudo celebrities down in the Australian outback. And they're in this jungle. And they have to do challenges. And I mean, there's some gross stuff in there, too. I'm not great with the eating challenges. I have a very overactive gag reflex. But it's really good to watch what happens to people when they face fear. You see the growth in people and that's why I love watching it. I love watching people push through, I think that's why I left drag race less spidery and drag race unless you count some of the eyelashes. But it is that kind of facing yourself. You're facing yourself your own fear your own lack of, of trust. So find

things in your life that push your buttons. I did go ape, even though I'm scared of heights. And I bricked it, but I did it. I also have an absolute complete phobia of spiral staircases. And those of you that have watched my videos will be like, hang on, you've got one behind you. I can do that one. I don't particularly like it. But I can do it. Once in castles. I don't know if it's a past life thing. I don't know if it's because when I was really little, we lived in a four storey house and my parents built a kitchen in the cellar. And they had to quite carry me up and down a ladder because they didn't have a staircase to it. And I could feel their tension and their fear of dropping me Who knows where this thing has come from. But it's debilitating. I can tell you that I have been carried out on school trips, by teachers, hyperventilate, hyperventilating when I've tried to get up and down stairs. And my husband loves to go to a Christmas market in France in December. And we went to Aris this year, which was absolutely brilliant. But we went up the belfry. And my husband said, what are you gonna go up? And I said, Yeah, I'm gonna give it a go. My husband's pretty good, because he just goes, come on, let's do it. And I got up the belfry and that was fine. I looked at the view, it was beautiful. But then I had to come down the stairs. And I had to step over. And it was only like a couple of inches. But I had to step over a gap in order to get down the staircase. And I was I my legs were like jelly, I was shaking. And so there are lots of things that you can do to develop you as a person that will help you to move into that space and get used to flexing that resistant muscle. And I highly recommend it as you've heard me say running is a big one. Now I got I live in the countryside, I got nearly hit by Van it really scared me. And so now I've joined a gym, and I'm having resistance in that I'm having to go into a gym and there's lots of people in there and they're all look very fit and they want it like they know what they're doing. And I don't know what I'm doing. And it's making me feel awkward and scared. But I'm still doing it. So it doesn't have to be mediumship straightaway, but start flexing that muscle of I'm going to do things that make me uncomfortable. People keep talking to me about my summer retreat and saying that they want to come but they're scared. It's a lovely, it's a lovely retreat in a lovely space. It's called Peace and practice retreat. And yeah, you will be nervous about meeting a whole bunch of strangers and travelling to somewhere you've never been before, and all of that stuff. But you need to be pushing through and getting used to that in order to push your development further. It's a muscle you need to learn to flex. So if you're listening to this show just find something to do in the next couple of weeks that push your fear button. And then just keep flexing it and keep flexing it. And that will help you when it comes to your mediumship I'd love your thoughts on this. I'd love to know what you think is a necessary skill for a medium. And hopefully we can have a whole episode where we share loads of different thoughts and ideas. Because I've barely scratched the surface and I'm 45 minutes since I've got to go, you will be falling asleep. But let me know let me know what you think. What do you what does it take what is really important for you to be a medium and I will catch up with you again soon.