



Mediumship Matters Podcast Transcripts

Season 6 Episode 27 - Bye Bye

2024!

400,000 Downloads, Energetic Costs & The Reality of Mediumship

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today, I want to take a moment to reflect on this incredible milestone—400,000 podcast downloads—and share my deep gratitude for each and every one of you. This episode is all about the energetic costs of mediumship, business ethics in the spiritual world, and what this year has taught me about growth, boundaries, and resilience.

Let's get into it!

400,000 Downloads—A Moment of Gratitude

This milestone blows my mind. When I started this podcast, I never imagined it would reach so many people. It wasn't divinely inspired—it was born out of frustration and rage at the way mediumship was being misrepresented online.

💡 Lesson: Sometimes, the things that fire us up the most are where we can make the biggest impact. If something makes you angry or passionate, lean into it. Use that energy to create.

To everyone who has listened, shared, reviewed, and recommended this podcast—thank you.

You are the reason Mediumship Matters continues to grow, even in a season where I released fewer episodes than ever.

Reflecting on 2024: The Year of Nine

This has been one of the hardest years energetically for me. My lovely friend Jeni Juranics introduced me to numerology, and I clung to it like a lifeline. This was my nine year, a year of endings, deep lessons, and clearing space for new growth.

And my god, has it delivered.

◆ I completely overhauled my online learning platform. ◆ My first book went out into the world, permanently etching my heart and soul into print. ◆ I worked harder than I ever have before. ◆ And yet... I've never felt less urgency.

For the first time, I feel like I'm in cruise control. The fire to push, create, and prove myself has dimmed. Not in a bad way—just in a “job well done” kind of way. And it's a weird feeling.

When Drive Turns Into Stillness

Talking to my students at The Gateway, I realised I'm not alone in this. Many of us are feeling a shift—a sense of pause, reflection, and recalibration.

✅ I'm excited about next year. ✅ I have big plans for 2025. ✅ But right now? I feel still.

This doesn't mean I've stopped working—let's be real, my version of rest is still running an Advent giveaway, teaching, and planning next year's courses—but there's no urgency. And for once? I'm okay with that.

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💡 Lesson: Resting doesn't mean quitting. Sometimes, the most powerful thing we can do is allow ourselves to pause.

The Truth About the Spiritual Marketplace

The mediumship world is a weird place. Once you start following spiritual accounts, the algorithm floods you with more of the same. It can feel like the marketplace is oversaturated.

But here's the truth: It's not.

◆ There are a lot of spiritual practitioners—but not many good evidential mediums. ◆

Mediumship has an energetic cost—which is why so many people pivot to easier, less demanding forms of work. ◆ A lot of what's marketed as evidential mediumship is actually psychic work—and that dilutes the standard.

Evidential mediumship is hard work. It's draining. It requires an altered state, deep connection, and managing people's grief and expectations.

The work is real, but the energy cost is high.

So if you're feeling exhausted after readings, you're not broken. You're just doing the work properly.

Business Ethics in Spirituality

Now, let's talk about something that keeps rearing its head—spiritual business ethics.

Recently, I was blocked by someone in the industry who publicly preaches “women supporting women.” The irony? It happened after we were both tagged in a post celebrating our podcasts.

Why does this matter? Because it highlights a huge problem in spiritual business.

◆ Some people talk community but operate with competition. ◆ Many want to be seen as supportive—until they feel threatened. ◆ Blocking instead of communicating? It's just high school drama in spiritual robes.

💡 Lesson: The spiritual industry is still a business. If you're in it, treat it as such. Set boundaries, know your worth, and don't expect everyone to operate with integrity.

2025: The Year of Growth & Expansion

So, what's next? Here's what I know:

♥ I'm coming back to Dublin in November 2025—if you missed this year's demo, keep an eye out for tickets! ♥ The Gateway will continue to evolve with new courses, live events, and development opportunities. ♥ My second book is three-quarters done, but I'm not forcing it. It will come when it's ready. ♥ I'm focusing on balance, joy, and bringing the fun back into mediumship.

2024 was about tearing things down. 2025 is about building something even better.

Final Thoughts: Embracing the Stillness Before the Next Leap

If you're feeling like you need a pause, a breath, a moment to recalibrate—trust that. You're not falling behind. You're recharging for what's next.

✓ Fear doesn't mean you're on the wrong path. It means you're stepping into something big.

✓ The right people will support you. The wrong ones will remove themselves (or block you—whatever).

✓ You are allowed to rest. Growth doesn't happen in burnout.

I don't know exactly when I'll be back for Season 7. I'm giving myself the space to create when it

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feels right. But I will be back—and I hope you'll be here too.

Thank you for an amazing year. Wishing you a magical Christmas, a beautiful New Year, and all the success and joy you deserve in 2025.

Love,

Hannah x

Keywords for SEO: Mediumship podcast, 400,000 downloads, energetic cost of mediumship, evidential mediumship, business ethics in spirituality, spiritual competition, women supporting women in business, spiritual development 2025, overcoming burnout in mediumship, mediumship growth journey.