



# Mediumship Matters Podcast Transcripts

Season 2 Episode 2

## Things Spirit Have Taught Me

Welcome Back to Mediumship Matters!

Hello, lovely listeners! It's me, Hannah Macintyre, welcoming you to Season 2, Episode 2 of Mediumship Matters. I've just returned from hosting my first-ever residential retreat—and wow, what an experience!

Driving to Folkestone, nerves had me crunching gears and shaking like a leaf. But once there, surrounded by such a wonderful group of people, all that fear melted away. I can't even describe the energy, connection, and healing that unfolded. And bonus: I didn't have to cook for three days—luxury! Thank you to everyone who joined. You made it unforgettable.

### Lessons from Spirit and Life

Today, I want to share insights that spirit and experience have taught me. Spoiler: I don't claim to know it all. Far from it. But here are some nuggets of wisdom I've gathered on this wild spiritual ride.

#### 1. Life is Fleeting — Seize the Moment

Working with Spirit has shown me that we often assume we have time. But many of the souls I connect with passed in their 40s and 50s. If you're lucky enough to reach 60, cherish it! As my friend Sue wisely said, "We're so afraid to die that we forget to live." So, make choices that bring you joy. Don't wait for the perfect moment—create it.

#### 2. You're Not on a Predestined Path

Surprise! Life isn't set in stone. While we come here to learn, we make choices every single day that shape our journey. Yes, Spirit offers lessons, but how we respond is up to us. Feeling stuck? Change your perspective. Small shifts can lead to big transformations.

#### 3. All Roads Lead to Self-Love

Every spiritual lesson, every challenge—it all circles back to self-love. You deserve happiness. Full stop. The only person holding you back is you. I had to learn this the hard way, working jobs that drained me until I finally said, "Enough." Now, I'm the queen of treating myself. (If you've watched Parks and Recreation, you'll get it: "Treat yo' self!")

#### 4. Energy is Everything

Your vibe attracts your tribe... and your experiences. Feeling off? Notice what you're consuming—news, TV, even the company you keep. Protect your energy. Balance is key. Yes, I love horror films, but I don't binge them daily because I know their impact on my vibe.

#### 5. Practice Groups Are Tough (But Worth It)

Working with other developing mediums isn't always smooth sailing. There's comparison, unhelpful feedback, and the occasional energy vampire. But stick with it. The growth comes from the challenge.

# Mediumship Matters Podcast Transcripts

## 6. Meditation Is Optional

Wait, what? Yep. While meditation is fantastic, you don't need it to connect with Spirit. Your "zen zone" might be walking, cooking, or even rocking out to Slipknot. Find what clears your mind and makes space for Spirit.

## 7. Sometimes You Get What You Want... To Realize You Didn't Want It

Ever manifested something only to find it wasn't right? Been there. Spirit lets us learn through experience. I thought my membership program was my path, but it wasn't. The lesson? Trust the journey, even the detours.

## 8. You Don't Need to Understand Everything

Not every sign has a deep meaning. Saw two ravens? Maybe Spirit is saying, "Hey!" Or maybe they're just ravens doing raven things. Stop overthinking. Sometimes, it's just Spirit waving hello.

## 9. No Tools Required

Crystals, oracle cards, pendulums—they're fun, but not essential. Spirit is always around. You can connect anytime, anywhere. Believe it, and you'll feel it.

## Final Thoughts

If you're feeling disconnected, it's not because Spirit isn't there. It's because you've stopped noticing. Spirit is simple. It's us humans who complicate things.

Got questions? Stories to share? Email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk). Stay tuned for guest interviews soon. Until then, go do something that sparks joy. And remember: treat yo' self!

With spirit (but never "love and light"),

Hannah Macintyre