



Mediumship Matters Podcast Transcripts

Season 6 Episode 2 - Blowing Up That Which You've Created

Alignment, Growth & Knowing When to Let Go

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! This episode was supposed to be one I recorded back in June, but when I listened back, I realized something important—it felt stale, outdated, completely disconnected from where I am now. That, in itself, was a huge lesson.

The universe has been shouting at me lately to stop forcing structure where it doesn't belong. So, I'm embracing a new approach: record and release episodes when they feel right. No artificial scheduling, just energy-led content. And if you hate it? Well... Amanda's inbox is always open.



Now, let's talk about something big: alignment, personal growth, and knowing when it's time to let go.

When Something No Longer Fits

For those of you following me on social media, you've probably seen my journey with closing the Mediumship Matters School and shifting to The Gateway. What looked like a sudden change from the outside was actually months—maybe even years—of ignoring spirit's nudges and trying to force something that had already run its course.

- I built something beautiful and powerful, but it no longer matched who I was becoming.
- Instead of listening to that inner knowing, I stuck my fingers in my ears and kept pushing.
- I convinced myself that positive thinking would fix it.

Spoiler alert: It didn't.

This is one of the hardest lessons in spiritual growth—learning when to stop, release, and trust.

The Hot Air Balloon Message

Years ago, I worked with Lynn Gosney & Bruce Scott, two phenomenal shamans. They gave me a message I've tried to ignore for a long time:

“You're in a hot air balloon, rising higher and higher. But there's only room in the basket for one. No matter how much you want to bring people with you, there's simply no space.”

At the time, it blew my mind. It was so clear, so strong... yet I've fought against it ever since.

- I don't want to do this alone.
- I want to teach, support, and uplift others.
- I dream of demonstrating with other mediums, not just on my own.

But spirit keeps showing me that sometimes, this path is meant to be walked alone.

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Realizing What No Longer Serves You

It hit me like a ton of bricks when one of my students casually said:

“You do know the only reason we’re in the school is for you, right?”

I brushed it off at first, but then someone else echoed the same sentiment:

“I don’t watch any of the other content—I only come for you.”

It wasn’t about other teachers being bad—they weren’t! But the reality was clear:

- My students were drawn to my energy.
- The school, as it was structured, wasn’t working.
- I was spending more energy managing teachers than actually teaching students.

And when I really let myself sit with it, I realized:

“I’ve been carrying something that no longer fits.”

How Do You Know It’s Time to Let Go?

Let’s be honest—letting go is horrible. It’s messy. It’s uncomfortable. And it often feels like failure.

But here’s the truth: Just because something ends doesn’t mean it wasn’t successful.

- Energy shifts. What once felt expansive can start feeling heavy and restrictive.
- If there’s no bounce-back, no momentum, it’s a sign.
- Trying to force it only makes it harder.

I learned this the hard way. For months, I felt drained, stuck, uninspired. But instead of listening to my intuition, I kept going, hoping that some magical burst of motivation would return.

Spoiler alert: It didn’t.

Until I made the decision to let go.

The Gateway: A Fresh Start

The moment I shifted to The Gateway, everything changed:

- New energy.
- New students.
- A feeling of alignment (or whatever word we’re using now!).

It’s still evolving, but it feels right. And that’s something we all need to pay attention to in our own lives—what feels right vs. what we’re forcing.

Holding Space for the Unknown

Here’s where it gets really uncomfortable: What if you don’t know what’s next?

- Right now, I don’t know where I’m heading.
- My retreats? Not profitable.
- Demonstrations? Tickets aren’t selling.
- I keep trying, but the bounce-back isn’t there.

If the universe is always working in my favour (and I believe it is), then maybe this is just a season of cutting back dead wood.

Spirit showed me an image of a buddleia plant—one that needed pruning to grow stronger. Right now, I’m in the pruning phase. And I have to trust that new, fresh growth will come.

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Final Thoughts: What Are You Holding Onto?

If something in your life feels heavy, stagnant, or forced, ask yourself:

- Am I holding onto this because I want it or because I'm afraid to let go?
- Does this still excite and energize me?
- Am I seeing a bounce-back of energy, or is it just draining me?

It doesn't matter whether it's been part of your life for five years or five minutes—if it no longer serves you, trust that something better is coming.

I know it's scary. I know it's uncomfortable. But I also know that the universe is always working in our favour.

Trust. Release. And keep moving forward.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Spiritual alignment, knowing when to let go, mediumship growth, personal expansion, when to quit a spiritual business, energy shifts in mediumship, healing journey, manifestation blocks, trusting spirit's plan, spiritual surrender.