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Season 6 Episode 1 - Bore of Attraction

The Bore of Attraction: Rethinking Alignment, Energy & Spiritual Growth

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Surprise! I know I said we'd be back in September, but in true Hannah fashion, I've decided to throw out my own rules and just roll with it. Isn't that half the journey? Breaking your own restrictions, allowing yourself to do what feels right, not what you've told yourself you should do?

So, here we are! New season, new approach—episodes will come out when they feel right, not on a set schedule. And if you hate it? Feel free to send a strongly worded complaint to Amanda. (Just kidding... or am I?)

Now, let's get into today's episode: The Bore of Attraction. Yep, it's a spicy one!

Unravelling the Rules You Created

Do you ever feel like half of the spiritual journey is just undoing your own self-imposed rules?

- You have big ideas, big goals, and then you realise... they don't actually align anymore.
- You grow, shift, evolve, and suddenly the structures you set up start feeling restrictive.
- And then you find yourself undoing it all, thinking, why did I even think this was the way in the first place?

I've been deep in this reflection lately, especially with my school and platform. I thought I was ready to let them go, but then something shifted. I was talking to Amanda, and she pointed out, your energy moves fast—you should release content when it feels aligned, not stockpile it. And that made me think... is alignment even real?

The Problem With Law of Attraction

Alright, let's talk about the big spiritual elephant in the room—Law of Attraction.

- I loved LOA 20 years ago. It was fresh, it was empowering.
- But now? It's become a rigid doctrine, a spiritual guilt trap.
- Abraham Hicks has said the teachings haven't changed in decades—but shouldn't they? Shouldn't they evolve like everything else?

What happens when you follow LOA to the letter, but you don't get what you want?

- You're told it's because of your own blocks.
- You didn't manifest correctly.
- Your energy isn't aligned.

But what if... it's not your fault?

I was talking to a friend who's obsessed with LOA—like, cult-level committed. They've had some amazing manifestations, but also plenty of things that haven't worked out.

I mentioned that I used to sell out every event, and now it's harder. There are more mediums, more events, and social media isn't showing my posts to as many people.

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And my friend's response?

"Where are your blocks?"

I swear, my soul rolled its eyes so hard it almost left my body.

Where are my blocks?! Maybe the economy is rough, maybe Facebook is throttling visibility, maybe there's just more competition. Maybe—it's just life.

This is where LOA gets dangerous. It turns real-world factors into personal spiritual failings.

And honestly? That's a bit rude.

Shifting Perspectives: The Universe is Always Working in Your Favour

For the past three months, I've been working with one simple affirmation:

"The universe is always working in my favour."

At first, I felt nothing. But over time, I started seeing shifts—not just in what happened, but in how I perceived what happened.

If the universe is always working in my favour, then maybe things aren't going wrong—they're just shifting.

Maybe that event isn't selling out because it's leading me toward a better opportunity.

Maybe alignment isn't even a thing.

Is Alignment Just a Spiritual Illusion?

I was sitting with spirit, frustrated, and they hit me with this truth bomb:

"There is no such thing as alignment."

Wait... what?!

Spirit explained:

- You're always calling in what you need.
- You're never out of alignment, because everything you experience is a lesson your soul chose.
- The concept of alignment is just our human desire to label things as 'good' or 'bad'.

So really, you have two options:

- There's no such thing as alignment.
- You can never be out of alignment.

Either way—you're exactly where you're meant to be.

The Spiritual Journey is NOT About Perfection

So many of us act like we're aiming for some kind of spiritual 'end goal'—like one day, we'll just unlock full enlightenment and coast through life in bliss.

But what if that's not the point?

- What if Earth is meant to be messy?
- What if we're here to experience duality—struggle and success, challenge and ease?
- What if the things that go 'wrong' are just part of the ride?

I think about moments like going out with my husband for coffee and wine—not thinking about the cost, just enjoying it. That moment was special because of all the years we couldn't do that.

The contrast made it meaningful.

We're not supposed to get it right all the time.

We're supposed to learn, grow, shift, change.

And if that's true... then we need to stop treating LOA like a test we're failing.

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Final Thoughts: Let's Rethink Law of Attraction

I'm not saying throw it out completely—but let's loosen the grip.

- You're not failing because something isn't working.
- You don't have a 'block' just because things are shifting.
- You're not out of alignment—you're just evolving.

Some dreams will fade away, and that's okay. Some things won't work out, and that's okay. You're still learning, still growing, still experiencing exactly what you came here for.

So next time someone asks, "Where are your blocks?" feel free to say:

"Oh, I don't have any. The universe is just working in my favour."

Spicy, right? 😊

Let me know what you think—I'd love to hear your thoughts!

Trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Law of attraction myths, spiritual alignment, energy shifts, mediumship journey, manifestation misconceptions, evolving spirituality, how to manifest effectively, overcoming energy blocks, spiritual growth lessons, human design and manifestation.