



Mediumship Matters Podcast Transcripts

Season 6 Episode 22 - Listener Questions

Numerology, Choices & the Reality of Mediumship

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

Today, I'm diving into numerology, personal choices, financial comfort, evidential mediumship, grounding after demonstrations, spirit guides, and—because it wouldn't be a Mediumship Matters episode without it—imposter syndrome!

Let's get into it!

Numerology & The Power of a Nine Year

My lovely friend Jeni Juranics (friend of the show!) messaged me after listening to a podcast episode and said, "Have you studied numerology? I bet my bottom dollar you're in a nine year."

So, I looked it up, and by gum, I am!

- ◆ A nine year is about endings, release, and crumbling.
- ◆ It's the year when old things fall away to make space for the new.
- ◆ And let me tell you—I feel it.

This isn't just about mediumship—where the industry is shifting and I'm reassessing my work. It's also about personal choices.

And that brings me to...

The Great Car Realisation: I Had a Choice All Along

For the first time in my adult life, I'm in a position of financial comfort—something I've never had since having kids. And with that, I decided to treat myself to something I thought I wanted... a big, flashy, gas-guzzling car.

It was beautiful. But also? An absolute nightmare.

- Country lanes? Terrifying.
- Parking? A daily panic attack.
- The stress? Through the roof.

At first, I told myself, "Well, I have to keep it. The finance agreement is two and a half years, so I'm stuck."

Then, a lightbulb moment—"I could just... get rid of it?" 🤔

So I did. I swapped it for an older, smaller car—one with a scratch already on it (which actually makes me love it more!).

And I realised something huge:

How many times in life do we convince ourselves we're stuck when actually, we have a choice?

If something is making you stressed, anxious, or unhappy, ask yourself—

- Do you really have to put up with it?
- Or could you change it right now?

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I was literally begging spirit for protection every time I drove that tank, instead of just getting a different car.

Sometimes, divine guidance is staring us in the face—but we don't want to see it.

Grounding After Demonstrations & Handling No's

Juan sent in a fantastic question about what I do after a demonstration to ground myself—especially when I get a lot of no's.

Firstly—Juan, I hope your first public demonstration was amazing! Let me know how it went! 🎉

Here's the truth about post-dem energy:

- 💎 I'm exhausted but wired. I can't sleep, but I'm also shattered.
- 💎 The next day, I'm emotionally wrecked—all the love, grief, and loss that I channelled hits me.
- 💎 I cry over everything—the sun shining, a cute dog, a stranger being nice to me.

So, how do I process it? ✓ A good walk outside to rebalance.

✓ A fun day off—brunch, cake, a cosy TV binge (Twilight is my go-to!).

✓ Talking it through with friends—Amanda and Kim have heard it all.

✓ Podcasting about it—because if I can help others by sharing my struggles, it feels worthwhile.

What About When a Demonstration Doesn't Go Well?

At first, getting a no felt like being stabbed in the heart. It triggered every ounce of imposter syndrome I had.

But now? I just roll with it.

✓ I accept that some sitters expect specific evidence that doesn't come through. ✓ I trust that even no's can make sense later. ✓ I remind myself that spirit communication isn't about proving myself—it's about delivering messages.

A good tip? Find your Amanda or Kim—someone who reminds you of the good bits when you're spiralling over a few no's.

Spirit Guides: What If It's Just... You?

A listener sent in a fantastic question:

“What if my spirit guide isn't a separate being? What if it's just me—the part of my soul that's in the spirit world?”

💡 YES. I completely agree.

💎 When I first started, I needed spirit guides to feel separate from me—because I didn't trust myself.

💎 Over time, they shifted—first into an animal guide, then just pure energy.

💎 Now? I see them as an extension of my own soul.

Spirit meets us where we are. If we need them to appear as a wise old monk or a warrior, they will.

But if we're ready to accept that they might just be us in a higher form, that's available too.

Bottom line? It doesn't matter what your guide looks like. What matters is the guidance itself.

Final Thoughts: Stop Waiting for Permission

This episode has a theme—we have more power than we think.

✓ Numerology reminds us that things fall apart to make space for something better.

✓ We always have a choice—even when we think we don't.

✓ No's in mediumship don't define us—they teach us.

✓ Spirit guides? Maybe they're just you, guiding yourself.

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So, my challenge for you: Where are you waiting for permission, when actually, you could just make the change?

Let me know your thoughts—I love hearing from you!

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

Love,

Hannah x

Keywords for SEO: Numerology nine year, mediumship grounding, handling no's in mediumship, spirit guides self-connection, evidential mediumship challenges, psychic development, trusting spiritual guidance, spiritual responsibility, mediumship self-doubt, how to connect with spirit guides.