



Mediumship Matters Podcast Transcripts

Series 1 Episode 15

Live Podcast

Mediumship Matters – Season 1, Episode 15

Hannah Macintyre:

Hello and welcome to Mediumship Matters! It's me, Hannah Macintyre, and today's episode is a special one. Early on in my podcasting journey, the spirit world set me a challenge—to do a live podcast. So if you're listening to this on catch-up, know that this was originally done as a Facebook Live! Welcome, and thanks for joining me.

Here's how tonight will work: I've got some things I want to talk about, and then I'll be taking questions from anyone who wants to ask about mediumship, spirituality, my journey—whatever you fancy. Drop your questions in the chat, and I'll get through as many as I can. It's also an exciting day because not only am I doing my first-ever live podcast, but I also got an email this morning telling me I'm number 20 on Ireland's Spirituality Podcast Chart! I was absolutely buzzing about that. I've had 2,640 downloads so far, and I honestly didn't know if anyone was even going to listen! So thank you for your messages, emails, and questions—it means so much.

The Age of Aquarius & Integration

I wanted to start by talking about integration because I really believe we're moving into a new phase of energy. Those of you in the know will be aware that we've entered the Age of Aquarius, and that's bringing a lot of change for humanity and the planet. We're in this massive melting pot of growth, and it's hard—really hard. But we all agreed to come back for this experience, even though it's not easy.

One of the biggest shifts I see is in how we approach spirituality and mediumship. The old ways are fantastic, but we're evolving. We're creating a new way, a new playground for everyone to explore. Part of our work now is discernment—figuring out what resonates, what aligns with us. Some of the old traditions may still work for you, but you might also want to put your own spin on things—and that's perfectly okay. In fact, it's necessary. We should always be questioning, evolving, and refining what we believe and how we work.

Spiritual Responsibility & Ego

Something that's been playing on my mind is the responsibility that comes with working spiritually. I see a lot of people opening up to energy, sitting with spirit for a short time, and then setting themselves up as advisors. And there's got to be balance. It's always interesting to me that the people who are truly ready—who have integrated their lessons, done the work—are the ones who doubt themselves. And then you've got others who, after reading one book and sharing 20 Buddha quotes on Facebook, suddenly think they're qualified to tell people how to live their lives.

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The spirit world doesn't require validation from others. So if someone is constantly needing recognition, needing to prove themselves, that's not spirit—that's ego. And don't get me started on the "just think positive" brigade! "Let it go," they say. "Choose only positive thoughts from now on." Oh, if only it were that easy! Growth isn't comfortable. You don't just float away on a cloud of happy vibes—you work through your stuff. And that's the difference between integration and bypassing.

Getting Started in Mediumship

A question I get a lot is, how did you start? Well, I started in a spiritual development circle—driving nearly an hour each week without fail. Circles are amazing because they amplify your energy and help you build a strong foundation. If you want to develop, you need to practice with real people—you can't just read about it! There's a huge difference between thinking, I feel a house move coming up, and actually having a stranger confirm, Oh my God, I am moving house! That's when you know it's real.

I was terrified when I first started reading for people. I kept waiting for my teacher to tell me I was ready, but she just assumed I was already doing it! That was a huge lesson—sometimes we're waiting for external validation when we just need to trust ourselves.

Guides vs. Ego

How do you know if it's your guides or just your own thoughts? Well, guidance from spirit is always loving and supportive—it believes in you more than you believe in yourself. Ego, on the other hand, is that voice telling you, You're not good enough, who do you think you are? When working with others, spirit offers options and possibilities—it doesn't give opinions. If someone is constantly handing out unsolicited spiritual advice, that's a red flag. Spirit doesn't override free will.

The Trolls & Sceptics

Do I get hurt when people call me a fake? Yes. I'm a people-pleaser, and it's tough. When my reach started growing, I tried reasoning with trolls—big mistake! Some of the things people have said to me... well, let's just say I've been told I'm too fat to be a medium. Too ugly to be in the public eye. And of course, the classic "scammer" comments. But I also understand why people are sceptical. There are dodgy mediums out there, preying on the vulnerable with pay-to-play spirit connections. It's damaging to the integrity of mediumship, and I get why people feel wary.

Spirit Communication & Fear

A common concern is whether you can bring something negative into your home by connecting with spirit. The short answer? No. I don't believe in ghosts getting stuck, demonic entities, or haunted dolls. Fear creates its own energy, and if you believe something negative is around you, you will feel that way. But that's your energy, not spirit. Spirit is only ever love.

Final Thoughts & My Goals

So, what's next for me? Well, I want to deepen my evidential mediumship and refine my practice. I also have this dream of creating a local community space—Spirit Social—where people can come for connection, not just development. Somewhere people can experience the presence of spirit without the pressure of "becoming a medium."

And lastly—thank you. Thank you for being here, for asking brilliant questions, for supporting this podcast. If you've enjoyed this, please do recommend Mediumship Matters to a friend and help me climb the UK charts too!

See you next time. Lots of love!