



# Mediumship Matters Podcast Transcripts

## Season 5 Episode 14 - Listener Questions

### Navigating Spiritual Blocks, Holding the Light & Maintaining Boundaries

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

Today's episode is a bit of a deep dive into spiritual obstacles, the limits we put on ourselves, and the importance of boundaries. As always, I have a rough idea of where this is going, but if you know me, you know I love a good tangent—so let's see where we end up!

### Are Spiritual Blocks Actually Spirit Working With Us?

We've all had moments where it feels like spirit isn't answering our questions or we aren't receiving the evidence we expect in a reading. But why does that happen?

- Are spirits deliberately holding back information?
- Or are we the ones limiting our own awareness and connection?

I used to think that when I asked spirit for guidance, they were just giving me the next little piece of the puzzle to keep me moving forward. But now I wonder—

What if spirit is always giving us everything, and it's just us who aren't fully open to receiving it? Think of it like climbing a mountain.

- You can't just jump to the top—you have to climb, rest, acclimatise, and then climb again.
- If spirit gave us everything at once, it would be overwhelming.
- But is it them limiting what they share? Or is it us limiting what we're able to process?

The truth is, we can only receive what we're mentally and energetically prepared for.

### The Limits of Our Own Awareness in Mediumship

One of the most fascinating things about mediumship is that we can only receive what we understand.

- If spirit shows me a military uniform, but I have no knowledge of military ranks, I can't give more than, "They're in a uniform."
- If a spirit gives me a name I've never heard before, I may struggle to recognise it accurately.
- Our own knowledge, experiences, and references shape what we can bring through.

And that's why developing mediums must also be developing themselves. Learning, expanding, and challenging ourselves widens the scope of what spirit can communicate through us.

### Are Blocks Actually Spirit Encouraging Us to Seek a New Path?

Sometimes, when things don't go the way we expect, we assume it's a lesson or a test from the universe—but what if spirit is just trying to get us to see a different route?

- I heard a story recently about a study on train commuters. When a train line shut down, some commuters were forced to find alternative routes—and many ended up finding better, faster journeys that they had never considered before.

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What if the obstacles in our lives aren't there to punish us, but to help us open our awareness to new possibilities?

Maybe instead of viewing blocks as a punishment or limitation, we can see them as an invitation to explore something new.

## Spiritual Boundaries: Holding the Light Without Being Taken Advantage Of

I am deep in another boundaries lesson at the moment.

Boundaries aren't something you set once and forget about. They require constant maintenance.

- When you are naturally giving, people will always want more.
- There's a fine line between being generous and being taken advantage of.
- And sometimes, spiritual people can be the worst offenders!

I've had people I've mentored, supported, and given platforms to push and push for more, to the point where I've had to pull back entirely. And it's exhausting.

Being a lightworker doesn't mean being a doormat.

If we don't hold strong boundaries, we're not being kind—we're being energetically irresponsible.

## Spiritual Ethics: Are We Acting With Integrity?

I have also been noticing a rise in spiritual aggression.

- People grabbing opportunities instead of creating their own.
- Copying others' work without giving credit.
- Acting from lack and fear, rather than trust and alignment.

A friend of mine recently booked a venue for a beautiful retreat day, and the venue owner asked for details about her event. Within days, the owner had launched her own version of the same event, taking all the ideas from my friend but without the skills to actually do the deeper work.

This is not how we build a high-vibrational business. This is operating from fear and greed, not light.

We have to ask ourselves:

- Are we creating from inspiration or from imitation?
- Are we lifting others up or just taking from them?
- Are we aligned with what we claim to believe?

If you are in this work for the love of it, that will show. If you are in it for ego, money, or status, that will show too.

## Holding the Light in a World That Feels Chaotic

Lately, I've noticed people becoming more aggressive, more selfish, and more disconnected.

- Drivers refusing to let others pass.
- People physically elbowing me aside in shops (yes, this actually happened!).
- A general sense of urgency and entitlement everywhere.

I don't know if it's technology, society, or just the times we are in, but something has shifted.

And this is why we, as lightworkers, are needed now more than ever.

Being a lightworker isn't just about spreading love—it's about holding your light in the darkest moments.

- It's about staying kind when others aren't.
- It's about keeping our own integrity intact, even when others don't.
- It's about standing firm in our energy, our purpose, and our boundaries.

It's not always easy, but it's essential.

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Final Thoughts: Hold Your Light & Protect Your Energy

So, if you're struggling with spiritual obstacles, boundaries, or ethical dilemmas, I want you to remember:

- Spirit isn't withholding from you—you might just not be open to receiving it yet.
- Obstacles aren't always tests—they might be an invitation to explore a better way.
- Boundaries are essential, even (especially!) in spiritual work.
- Integrity always wins in the end. Stay aligned.
- Being a lightworker means holding your light, even when it's hard.

And finally—

Trust spirit. Trust yourself. Keep evolving.

Love,

Hannah x

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