



# Mediumship Matters Podcast Transcripts

Season 2 Episode 11

## Releasing Control

Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and you're still here—amazing! I hope you're doing okay navigating these wildly transformative times that we all (supposedly) agreed to return for. Fantastic idea, wasn't it?

Change is here, shifts are happening, and whether we saw them coming or not, they're all part of the great awakening. It's about moving from disempowerment to self-empowerment, reclaiming our own power instead of handing it over to others.

Today's theme? Releasing Control—because Spirit has been hammering this one home for me lately, and I suspect some of you might need to hear it too. Let's get into it.

### The Importance of Letting Go of Control

A few episodes ago, I talked about creating your own spiritual development circle. Some of you loved it, feeling empowered to create something new. Others? Not so much. Some were triggered, and I completely understand that.

To be clear: I wasn't telling anyone to become an instant expert. I was saying: "I want to learn. Let's learn together." That's the key.

And honestly? A few years ago, that idea would have triggered me too. I used to believe people needed years of experience before leading anything. But truthfully? I was probably just worried about losing clients. Yep, I said it. We're all working through our stuff.

But here's the thing: We need more community spaces. We need places where people can sit with Spirit, connect, and experience their own empowerment.

### Mediumship Is About Self-Empowerment

In my Elevate group, we talked about what makes a good reading. And really? It's about empowering people to trust their own intuition.

Yes, mediums can deliver messages. But our real job is to show people that they can connect too. We aren't here to dictate people's lives. We're here to open them up to their potential so they can make choices from a higher, more aligned place.

### The Encanto Connection (Yes, Really!)

Have you seen Encanto? (If not, what are you waiting for?)

It's the first Disney film to feature a medium—Bruno! (We don't talk about Bruno...) But let's talk about Bruno.

People blamed him for their problems: He told me my fish would die—next day, dead! But did they do anything with the information? Nope. They just accepted it as fate instead of making changes.

1. And that's exactly what happens with spirit messages! Mediumship isn't about telling people what will happen—it's about offering insights to help them make empowered choices.

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## Everyone Has a Natural Connection to Spirit

I used to believe I had to “earn” my connection to Spirit. But the truth is?

We are ALL born with a connection to Spirit.

There is no better connection, no higher-level access. The journey isn't about becoming more spiritual—it's about removing the blocks that stop you from recognizing the connection that's already there.

## My Journey with Writing & Abraham Hicks

After years of saying I'd never write a book... I'm writing a book.

I don't know if I'll finish it, but the process has opened me up in new ways. And one of the biggest themes coming through?

You don't need someone else to validate your connection to Spirit.

I've been obsessed with Abraham Hicks and their teachings on alignment and manifestation. Esther Hicks didn't do decades of training to channel Abraham—she just allowed it to happen. That's what Spirit wants for all of us: to let go of control and trust the flow.

## Different Opinions, Different Journeys

Having guests on the podcast has been amazing, but it's also highlighted something important:

I don't have to agree with everything my guests say. And neither do you! Spirituality is diverse—what resonates for one person might not work for another. And that's okay.

I want this podcast to be a space for open discussion, not rigid doctrine. The best way to grow is by exploring different perspectives and deciding what aligns with you.

## Allowing Growth & Evolution

My understanding of Spirit Guides has completely changed over the past two years. Does that mean what I taught before was wrong? No. It was right for that stage of my journey.

Just like running—you don't start with a marathon. You start with walking and jogging. Spiritual growth is the same.

The key? Experience. You can read all the books, take all the courses—but until you actually practice, you won't truly integrate the learning.

## Releasing Judgment & Sending Love

Here's something that might trigger some of you—but I think it's important.

In times of conflict and suffering, we must send love to everyone—including those causing harm.

I'm not saying we condone harmful actions. But hate doesn't heal. If we truly believe in unconditional love, then we must extend it without exception.

If you're struggling with this, sit with your guides. Ask for insight. It's not easy—but it's part of the spiritual path.

## Final Thoughts

We are all on a journey of evolution. And here's your mantra:

We do not empower ourselves by disempowering others.

Growth means allowing ourselves and others to change, evolve, and shift.

If this episode resonated with you—or even if it frustrated you—let me know! I love hearing your thoughts.

Drop me an email at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

If you enjoyed this episode, please leave a review—it truly helps! And remember: keep growing, keep trusting, and most importantly, keep sending love—to yourself and everyone else.

See you next time!