



Mediumship Matters Podcast Transcripts

Season 2 Episode 103 - Handling Jealousy

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! Today, I'm answering a question from a listener who has chosen to remain anonymous.

They ask:

👉 How do you handle jealousy?

They go on to say that their mentor told them that someone might be trying to clip their wings, and that they've felt judged on their spiritual path. At one point, they were even told to slow down, which made them doubt themselves and step back.

Let's dive into this because it's a big one!

Understanding Jealousy in Spiritual Work

First, I want to be completely honest: I have felt jealous in my journey.

Jealousy is often seen as this shameful thing, but let's be real—

- It's completely natural.
- It's part of being human.
- It shows us where we need to grow and heal.

When I first started out, I remember feeling envious of my own students.

- I was teaching someone how to demonstrate, yet I wasn't allowing myself to do it.
- When they took the plunge before me, I had this what?! moment.
- But then I realised: It wasn't about them—it was about me holding myself back.

So here's my truth:

👉 You feel jealous when you know you are limiting yourself.

👉 Jealousy highlights areas where you need to step up.

That's why I don't think jealousy is always negative. Sometimes, it's just misdirected inspiration.

Handling Judgment from Others

Now, let's talk about when jealousy is directed at you.

I have experienced jealousy from two types of people:

1. People who love me but struggle with their own self-worth.
2. People who dislike me and want to see me fail.

Both can be difficult to deal with, but here's what I've learned:

- Haters gonna hate. If someone doesn't like you, they will always find a reason to dismiss your success.
- Loved ones can feel jealous too. That doesn't mean they don't care about you—it means they are struggling with their own limitations.

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The hardest moments for me have been when people I genuinely love have had moments of jealousy towards me.

- I have shared my success with people who, deep down, resented me for it.
- I've given amazing opportunities to people who still struggled with their own comparison.

But what I've come to understand is this: It's not about me.

- Their jealousy is a reflection of where they feel stuck.
- It doesn't mean they don't care—it means they are facing their own inner battles.

The Energy of Judgment in Spiritual Spaces

Oh, and can we talk about judgment? Because I had a wild experience the other day.

I was doing a mediumship demonstration, and I had a woman in the audience who was clearly trying to assert her superiority.

- She made little snide comments like, “Ooh, bid up yourself, aren't you?” when I offered tech help.
- She gave me contradictory feedback—first saying I wasn't specific enough, then telling me not to undercharge because I should know my worth.

I sat with it afterward and realised:

- ☞ Her comments had nothing to do with me.
- ☞ She was projecting her own struggles onto me.

People love to put others on a pedestal and then tear them down.

That's just human nature.

And when you're growing—especially in spiritual work—you will trigger people who aren't ready to take action themselves.

The 'Slow Down' Advice—What's Really Going On?

I've been told to slow down so many times in my development.

At first, I doubted myself:

- ☞ Am I moving too fast?
- ☞ Is spirit asking me to slow down?

But then I realised something:

- ☞ It's not about me. It's about the energy difference between me and the person saying it.

If someone is moving slowly in their journey, my fast-flowing energy can feel overwhelming to them.

They might say:

- “You should slow down.”
- “You must be burning out.”

But actually, they're just not used to my pace.

And that's okay! We all develop differently.

So if someone tells you to slow down, ask yourself: ☞ Does this feel true for me?

- ☞ Or is this their perception based on their own comfort zone?

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Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Jealousy isn't always bad—it shows you where you're limiting yourself.
- People's jealousy towards you isn't about you—it's about their own struggles.
- Judgment happens in all spaces—even spiritual ones.
- Being told to 'slow down' often says more about the other person's energy than yours.
- Feel the judgment, feel the jealousy—and keep going anyway.

Because at the end of the day: 🌟 Your journey is yours. The people who truly matter will support you.

🌟 And the more you shine, the more you will attract the right people into your life.

So keep going. Keep shining. And don't let anyone dim your light. 💡🌟

Thank you for listening! If you enjoyed this episode, please leave a review and share it!

And if you're ready to dive deeper into your spiritual growth, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! 🌟