

# S4 Ep 6

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## SPEAKERS

Hannah Macintyre

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Hannah Macintyre 00:00

Hello, and welcome to medium ship matters with me, Hannah MacIntyre, how are you doing? I am freshly, very freshly back from my adventures in Texas. So I want to take a bit of time to talk to you all because it has been an incredibly transformational experience for me. So where do I want to start with all of this? Well, first of all, I'm going to tell you all, it went really bloody well. And you know me, I'm the first to say when things aren't working the way that I feel like they should, or Yeah, pull it all apart and suck all the joy out of it. But I'm going to hold on to the joy with this. And I had to do some grounding with myself earlier because I was still floating, so high from the energy of it that I needed to pull myself back to Earth. So I wanted to start actually with talking about how this all came about. So Jennifer, and I, Jennifer Fazio, who's been on this podcast, who's a teacher on the mediumship matters school, and is somebody that I have known for a few years. Now, we have known each other we have Kate stayed sort of in contact, there's been an occasional message, we learnt in a cut on a course and online course being run by another teacher. And it was an online course that I really struggled with, I really struggled with finding my way through my fear, and my self doubt. And I didn't feel that I was particularly well supported in that course. And I'd had a bad experience which I've shared on this podcast. It was the lady that said no to everything, and then ended with them. Did you say you do this for a living? How's that working out for you? And broke my heart. So I'd had that experience that had been very painful. And by some amazement, I'd managed to come back the following week. And this is the thing about mediumship is not all hearts and flowers. It is that resilience of bouncing back when it's been very painful. Very difficult, very upsetting. So I came back, and I went into a breakout room with Jennifer. And my bottom lip was wobbling. And I said, Oh, she reminded me what I said, because I didn't know exactly what I said. But what I said to her was so conscious shit. So traumatic, it's so embarrassing when I think about it now, it's so gone to shit. And I don't think I can do this. And I don't remember saying that. But I remember saying something like that, you know, I knew I was struggling, went into that Zoom Room pretty much prepared for that to be the last spirit link that I would ever do. And that I was going to quit mediumship and Jennifer was so kind. And so absolutely. She just wouldn't let me off. You can do this. Who have you got with you? Yes, you have. Tell me more. And that moment of kindness changed everything for me, because it helped me get back on the horse after I'd fallen off. And I think that that piece of kindness. I mean, I don't know, I honestly don't know if I would even be doing this work still, without that moment of kindness, because I was

very broken. Very, very, very lacking in belief, finding it really difficult, thinking that spirit didn't want me and buying into all that dialogue. Now I want you guys to never, ever underestimate the power of being kind to another student in a Zoom Room. Because because of that moment of kindness, Jennifer and I have always stayed in touch. And she invited me to come to Texas, and that is an absolutely massive thing is a massive thing because she hasn't seen she hadn't seen me He read, since I botched through that reading for her sniffing in that Zoom Room. Now she is an incredible psychic. It's so hilarious to be around her, because you haven't even asked asked a question and she's answering it, you're still forming the question in your mind. And she is answering you is just absolutely hilarious to be around very cocooning. It's very nice, because she's so aware of your energy and responsive to it that it's it's a lovely thing to be surrendering into that space. But yeah, it's incredible. So maybe she psychically picked up that it was all going to be okay. But for me, the act of my first ever plane journey by myself, I think it's my first ever plane journey by myself ever. I'm trying to think if there's been another one, certainly long haul there hasn't travelling out to an unknown space to somebody that I know. But I don't know know if that makes sense, was a big and brave thing to do. And I don't think I could have done it with anybody else. It's just the energy and the nurturing that she brings. You know, it was a big thing for me driving to Heathrow and getting on a plane, I felt very proud of myself I did. And then that is the lessons very much like everything I learned with the shamans and Ling Gosney. The big moments of development in your spiritual journey are not in the work with spirit, but in the doing things that make you desperately uncomfortable, and desperately fearful. And doing it anyway. So I had this huge just growth in myself from just the act of getting the plane going. I could feel it on the plane. And I had to keep really, the whole time I've been there. I've been really trying to make myself present. And the whole thing is like a shamanic experience because on my first full day, to have Jennifer students took me out and Jennifer said to me, you're not going to be outside. We're going to keep you cool because it was 112 in American temperatures, bloody hot to UK temperatures, I mean, absolutely roasting. And she said, Well, you won't be outside, we're only doing indoor stuff. And then they took me on a on an outdoor outdoor tour, which was amazing. It was so amazing. But also I'm surprised I'm still alive. It was such a good thing to do. We went to go and see historic houses and look around them, which was obviously a fantastic thing to do. And it's so weird. You're in the middle of Houston and there's this all these skyscrapers, these shiny, mirrored skyscrapers that go up into the sky, the sun is blazing. And then there's these tiny little historic homes have been relocated to this outdoor museum. And the whole thing is just made really surreal by jetlag, and the temperature. I just felt like I was in a dream, but it was really cool. And the students freedom and Alex who I went with were just so lovely. It was so good and freedom had a really cool Jeep that she drove us around in that was just brilliant. Anyway, going back to arriving so I arrive in Texas and I go to customs and customs say What are you doing here? And I say I'm here to work with my friend Jennifer FYI that's not a good idea. Oh my god. So I had put on my esta which is the little visa thing you have to do. The I thought I'd put that I was working I put the address of intuitive insights into it. I honestly I'm I so naive, didn't realise that that wasn't good enough. And I got scouted by a man with a gun

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into and handcuffs into a back room not for for fun to sit with all the people fighting immigration problems. Sleeping under silver blanket. hits plastic blanket things like runners crying. And there's all signs up saying you are being recorded. And so crazy. And you may not use your phone. So I knew that Jennifer was waiting for me at the airport, and I couldn't text her. And they kept me for half an hour where they grilled me about my purpose in the States. And what I was doing there, how mediumship I mean, the questions were crazy. Things like,

what is it that you're doing that Jennifer can't? Do? You believe you can really speak to the dead. I thought this was something people were born with. Are you saying that you can teach it to your flying back on 911? Do you think that's a good idea? Don't you think that's suspicious? I mean, it was just a roller coaster. But eventually they decided oh, and sentences like we did will not have you earning one cent that is meant for American people. And I've really tried to be polite. Yes, sir. Yes. Absolutely. Breaking it, thinking, Oh, my God, what happens if I get just deported? What's gonna happen with the classes? I don't want to let Jennifer down. But anyway, he took pity upon me or I was allowed in any way. I don't know. They decided I wasn't a threat. I'm not really sure. They wrote a huge amount of information about me onto their computer, and finally got through customs. I mean, when he said I could go, I was shaking so much. I couldn't open the door. And he was going push it, push it. last clip. Yes. Thank you trying to get through in all of that chaos. I get out to get my case. And I get out to the OC only case going round by that time. Just this lonely case. And I get to Jennifer where she's waiting for me. And then the weirdest thing happens. And the weirdest thing is we forget to act like we've never met each other before. And from the moment that I was with her. It was like coming home. And we've been talking about this because I'm always a little on the fence about soulmates when we say little on the fence, I'd find the whole thing a little saccharine sweet for me, which would mean I'm off the fence, doesn't it? I don't believe that there is one person that you are destined to be with. And that is that. However, I do believe that there are people we have lived lives with before. And I do believe that there are people in our soul group that we recognise. And I do believe that we are we call to us the people for the lessons that we need. And Jennifer and I, there is a connection there. So much bigger than I realised. I mean, I was there on day one. And we were welling up at the thought of being separated from each other. It was just the most incredible connection. And because of that incredible connection, it made it just feels so safe for me. She's always brought a sense of safety to me, and nurturing. And yeah, so we went and we did it and I met her students and her students were amazing. And then I met some of you guys who listened to the podcast and flew out to meet me. Sarah, Amy. Kate J. Nicole. Akina. Ashley, I know you were near Ashley, but still shout out. It was so monumental for me to meet you guys in the flesh. Thank you for making the effort. UK listeners. I never ever want to hear any of you say that an hour is too far to travel to come and see me. There were students that were coming. Yeah, four hours on a plane to come and see me. I I just couldn't believe it. I still can't believe it. What, what an incredible honour. And then Jennifer's space. If you've seen the film, the Disney film Cars I was obsessed. Were her The Centre is based is on this high street that looks just like it's out of the movie cars. And just to add to that feeling, we had a classic car show there one of the days, it was incredible, the most incredible place. I was like a kid, I mean, for freedom, Alex and Jennifer driving me around, with my face pressed up against the glass just going, Oh, everything's so big, everything's so shiny. It was just so huge as as a Brit. It was, everything was so big, so bright, there was so many neon lights on everything. It was just incredible. Just incredible. What an amazing opportunity. And the students were so receptive to all of it. It was like talking to a bunch of sponges who were just absorbing it all, which just made it that much more. not exciting. Not monumental, but worthwhile. For me, it just felt like everything I was saying they were really up for. And then the most amazing thing happened, Jennifer and I demonstrated on the Saturday night now, it has been an age since I demonstrated with anybody. And when me and my friend Abby used to do it. It used to be me go first for the first 45 minutes and then hug her go first. So I have a second, I can do first. And second, I'm a little jet lagged. It was amazing to be taking turns with another medium. And I suppose building this power on the stage. And just incredible for me to see another medium who is at the top of their game. absolutely excellent, but has a very different approach to mediumship. To me. I learned so much from it. And I know you're gonna say well, how, how was it different. So in a nutshell, it's very hard to explain. Jennifer is very much about conversational mediumship, it unfolds really naturally with her. She is very, it's it's

much gentler, and much more nurturing. There, my medium ship is it's got a really lovely paste to it. And it's really beautiful to watch. She really goes deep with it and really allows that deepness of blend with the Spirit. I'm much more energy based, let's build this momentum. Let's get this show on the road. Let's get going go go. And I like my style of mediumship it works perfectly for my personality. But it was really wonderful to watch somebody else's mediumship that works perfectly for their personality. Because this is the thing about mediumship it needs to be your style of mediumship because that is the most aligned to your energy, your personality, your frequency. And that's what creates the really great stuff. So it was absolutely amazing. Also, I just want to say she wears a cowboy hat when she's inviting everyone in for demonstration, which was probably one of my favourite things I've ever seen. So that was really exciting and fun and just a great thing to be in that space and be working with somebody else and demonstrating with somebody else not on my own for once really was so amazing. And then of course the next day teaching some more. So it was a really full on and then they took me around places are the food. That is my kind of food in Texas. Ha it was just amazing. They took me to this incredible fish restaurant one night, I fried fried green tomatoes, because anyone who's watched fried green tomatoes at the Whistle Stop Cafe will have to have them when they see them on a menu. So I had those and it was just brilliant got to hang out with Jen's family. Just the whole experience was completely transformation really life changing. And I think I've really learnt about myself and what I'm capable of. And it's been a big boost for my self esteem which I'm going to try and hold on to for as long as possible. May may be

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melted within a matter of days, but we will have to see but I absolutely loved it. And I think this is just the start of me travelling and teaching with my medium ship. And it was absolutely the best start a girl could ask for so incredible And this is what we mean about being brave, because a lot of people talk to me about the fact that I'm really confident. And then I tell them I'm not. And they say, Yeah, you are. And it's always a surprise to me, because I'm really not. Naturally, I am not, I'm quite anxious. But I absolutely have the ability to push through that energy. So it doesn't mean that the energy of the fear doesn't rise in me, it just means that I have learnt to push through it. So if you are listening to this, and there's something in your journey that you are being invited to step up for, that's where the growth is. It's not in waiting for the feeling of fear, to subside, and then stepping forward. It's in working through the fear, anyway. And I was I mean, I had nightmares. For two weeks before I went, I had, I was like the equivalent of being naked at school, I had a demonstration where I got heckled off stage, a demonstration where the mic broken, nobody could hear me a demonstration where a children's choir was singing. And everybody paid attention to them and ignored me a demonstration where I was late, and I couldn't get where I was going, because I didn't know the way there was a lot of stuff processing through me. But I still went and I still did it. And that is the most important thing is just not to let it stop you feel the fear and do it anyway. So there are stuff like that all the way through. And I really honestly feel like this entire journey has been me learning to push through miniature fears to be able to deal with the bigger ones. And the bigger ones are demonstrating, I had to demonstrate without my comfort blanket of Amanda or Kim. That's unusual for me, I had to just step up in front of a different group of people who've never seen me have no idea and prove myself. And that is that is big, but I did it. So whatever you're being asked to do, because you will be being asked to do something by spirit. That's always how it works. Please feel into that fear and push through it anyway. And I just want to say that I feel that this was all a plan by spirit. So five years ago, or whenever it was when I was in that group, and I was crying, and saying that I couldn't do it. And meeting Jennifer that way. The Spirit knew then that I needed to go through that process because it would create that

bond that would enable me to get on the plane and take that journey. And that's what we mean when we say even your bad times lead to good times, Spirit knew that I needed to have that horrible experience, so that I could have the darkness of it so that Jennifer could be a light in it. So that when it came time, five years later, to follow the light once more, and trust it and travel miles and miles away from my home, my family and everything like that to do it. I would be able to do it because I'd already experienced it. Cool, huh? Okay, there we go. So Texas was amazing. Now I'm going to move on to some listener feedback and listener questions. So first up following my podcast about faith. I've had quite a few messages from people saying thank you for sharing that which made me feel a lot better, including this lovely one from psychic medium Ali Cox. Hello,



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Hannah. I would just listen to your podcast and I just wanted to carry on with what you was talking about. About the not believing but being a firm believer I'm I'm a psychic medium as well. And I completely have this exact same thing. I think part of it is I'm waiting for the day that I see a spirit standing in front of me and talks to me, like you see on a film. And that'd be the day that I can say yep, I am a medium and I can just rely everything that they're saying. And spirit isn't like that spirit is subtle. Spirit uses our own thoughts. her own mind to be able to communicate in a way that we can understand and interpret. And I think you've just made me realise as well that like, I'm actually not going crazy, like I have this crazy constant. I'm not good enough imposter syndrome, all of this stuff that I ended up not being able to do readings for quite a few months, because I get myself worked up in these stages, and it usually happens over winter. I definitely think that that's part of it. And I think that sometimes we're expecting too much of ourselves expecting too much from spirit, and expect too much of other people, we can sometimes be really let down in all these different ways. And sometimes that just affects how we are and how we believe, energy to be.



Hannah Macintyre 25:50

Thanks so much, Ali, for messaging. And that was really interesting, because that really gave me another thought about it is, are we just going back again and again and again, to how mediumship is presented in the media? Is that the problem? I wonder? And yeah, you're right. I mean, as well, there's part of me that knows, I've seen spirit out the corner of my eye. I've seen stuff, but then equally, I disregard it go well, that was Trick of the Light, or that was this? Or are you making it up? So I mean, poor spirit, like I said, in the in the podcast itself, poor spirit having to work through me, and my cynical, doubting nature. And is it just another reflection of my self doubt? I think it probably is. But it's interesting, isn't it. And I really, really appreciate you messaging like that, Holly, because it's nice to hear your voice. But it's also nice to know, I'm not the only one, which is obviously the purpose of why I recorded that podcast in the first place is so that other mediums and other developers keep developing people can have their crises of faith, but not feel like there's anything wrong with that. That's part of the human condition. And I guess I've been talking to spirit about this recently. It's about us being the word. The reason we come here is to be disconnected from the spirit world in some form. So maybe if we just had absolute blind, non doubting faith, that isn't actually what we came here for. I don't know, playing around in that space, too. So thank you again. Next up is a whatsapp I received from Terry Terry says, Hey, Hannah, my name is Terry, and I'm 16. I've only recently come across your podcast. So I apologise if you've already answered this. For some

background, I've seen and heard spirits for as long as I can remember, but can't control it. I can't ask for help as my family or from my family, although they are believers, they have no clue how to help me. I've just signed up for a week of spiritual unfoldment. I respect you so much as it's free and accessible to all. What can I do as a 16 year old to start my spiritual journey to become a medium when I'm not legally an adult? And I don't have a secure income to join groups or spiritual retreats? Should I wait until I'm older to pursue this journey? Or start now? And do you have any general advice? Thank you for your time. Which Terry, that was a lovely message. And that just gives me a chance to plug my a week of spiritual unfoldment course, which is, as you said, completely free. So if you want to take part in that, visit [HanaMedium.co.uk](http://HanaMedium.co.uk). And you'll see it at the top of the first page. So getting back to your question, Terry, it is really hard when you are young, and you want to evolve now, for me, all spiritual development comes from a knowing of self first so you can do the work that you need to do on yourself to be able to expand into if you for example, decide you want to follow evidential mediumship when you've got an income to follow it. Now in your local area, Terry, there might be spiritualist churches and they run groups very, very affordably. But again, sometimes they're not the best space I didn't learn in churches because the energy of them just didn't resonate with me. Some people I know love them. So you have to allow yourself to do what works for you and what feels right to you. So I would start with journaling, meditating. There are hundreds of 1000s of free meditations on YouTube and out there for people to listen to and take part in. So start with those visualisations that are going to help you connect to your guides. Start with clearing your slate and your space. And then you can start with building that relationship with your guides. Now I know that evidential mediumship is the one, the money, one that everybody loves, not the money one, but the big ticket item. That's what I mean, the one that makes everybody go through an AR, and don't get me wrong, because it makes me Oh, and are two. But spirit guides are phenomenal. And I have learned everything that I have learned about spirit, evidential connection from my Spirit Guides, so the greater the relationship you have with your spirit guides, the greater the ability to receive the information is. So start with asking your guides to step forward, ask for a pack of oracle cards for Christmas, those of you that listened for a long time will know that I recommend the sacred traveller by Denise Lin, particularly as a really great learning pack is so easy to understand. And then bless Denise Lin, she's put all this effort into the meaning of all the cards and I don't want you to look at those at all. I want you to go straight into pulling a card. And then asking spirit what that card means and letting the answer come and work in that for a good long time. Pull yourself a daily card, pull yourself more than one on a weekly basis. So you've got the energy of the day, the energy of the week, overall, you could ask questions to your cards, like, what do I need to learn? What do I need to know how do I need to do things differently this week, that kind of thing. And you stay working in that energy and expanding it. When you want to take it further you can do guided writing, which is asking your spirit guides to come in, and you just start writing. And it starts off as you and as that blend expands you. It becomes less you and more spirit. So that's a really great way of doing it, you can also do that speaking. So you can record yourself voice notes on your phone, you can start off as you and then ask Spirit to come and just keep talking. So you're learning to build that momentum, learning to get in the flow of that energy, that kind of thing. When you want to take oracle cards further, you can do an activity where you pull a card, but you don't look at it, you write down the message from spirit, and then you look at the card and see how it tallies up. So that's all really good ways of expanding your gifts that don't cost a lot of money or any money. The only thing you need there is your oracle cards. So I hope that that helps. I know that it's really, really hard when you really are called to do something, just know that the spirits that you are perceiving around you, they're not coming to you because they need help. They're not coming to you. Because you need to take any action. They are just around the spirit world is beside us all all the time. And so know that they're there. And you can start by acknowledging them and saying hello, if you want to, if

you don't want to, that's fine, they won't judge you. And just allow that unfoldment to happen with your guides allow that unfoldment and that energy to happen within yourself. And then when you're a bit older, and you've got a job and you're ready to develop, it will all be there for you. I hope that this helps. Thank you for submitting your question. Next up, I've got a whatsapp from Grace, who has been having experiences and dreams and premonitions since she was a child, she has been doing some reading for people. And that sounds really, really great. Now you've asked me about a book grace, and you've said you've never met anyone who's read it, I'm afraid you're gonna have to add me to that list. I haven't read it either. So I cannot give you my opinion on it. But you've got to this story here where you are talking to me about a dream. And you were dreaming. I'm going through it hang on, that your girlfriend's grandfather was at the cabin with us. And you weren't scared, but you knew in the dream that he had already passed. But you can't remember what he said. But you felt you need to tell your girlfriend when she woke up that your grandma her grandpa was at the cabin.

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I should also mention I kept feeling like I needed to tell her grandma that her husband was on the trip. But it felt insensitive to say that without any proof. And I kept filling up the whole trip. I wanted to give her a reading but she had a bad experience. And I took this as her not being able to read have a reading yet. Absolutely agree grace. So I think that you are very aware of the spirit world. And that comes with a responsibility. So the responsibility is that you can be aware of spirit but also respect that some people aren't ready to hear from them. So I'm often aware Have spirits around people when I'm talking to them in rooms in spaces. But I also know that that person knows what I do for a living, and hasn't asked me for a reading. So there's been two times in my entire journey with spirit, where they have approached me in spirit have said, can you let that person know that I'm there and it has been so strong, the energy was so strong that I wouldn't have been able to walk, it was absolutely mind blowing. So that has happened to me twice in 14 years. And that's the only time the rest of the time I'm aware of spirit, I give them a little nod, they nod at me back. And we just allow them to be beside the person that they want to be with, because they love them while that person is unaware of it. So I think you did exactly the right thing, not approaching her grandmother, people have to be really in a ready space to receive a reading. And yes, she might have seen a rubbish medium because they do exist. But equally, she might have expectations, but her medium ships should be that are holding her back from receiving a reading the way that it's intended. And so therefore, if you approached her with your mediumship, and said, I've got your husband here, and you didn't have any proof, it might add fuel to the fire, rather than helping, and it might also damage your relationship with her. So I think that you have done this exactly right. You can be aware of the spirit world, and not needing to draw everybody's attention to it, which is the weirdest experience to have don't get me wrong. But it's also I believe, the most ethical experience to have. Now I know that in the media, we have a lot of things that people walking up on TV shows and saying, you've got someone with you and doing readings in supermarkets, seatbelt psychic and stuff like that. Now I personally don't think a lot of those are real. They're actors. But even for the ones if they were real, I personally think it's really unethical. If that person isn't looking for reading hasn't prepared themselves to receive a reading isn't open to it. It's not your job, that's only ego work to smash them open and crack them open. And give them a message from their loved one when they aren't even looking for one. So I believe grace that you've done exactly the right thing. And it sounds like your journey is going really really well. So just keep up the good work. And keep that integrity keep those ethics is really so, so important. And yeah, keep that work up for spirit. Well, there we go. We're going to end on that note. I hope that you are all doing really, really well and you've enjoyed today's podcast and on

a Tuesday. I am talking to the Rebecca Campbell. So make sure you click follow to be notified when that podcast goes live because it's not one that you are going to want to miss. And I will catch up with you all next week. Have a good one.