



Mediumship Matters Podcast Transcripts

Season 2 Episode 75 - If I Knew Then What I Know Now

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm your host, Hannah Macintyre. Today's episode is a bit of an experiment—because I'm recording it despite feeling some serious resistance. That's part of the spiritual journey, isn't it? Pushing through the doubt and self-sabotage to show up anyway. So, let's dive in!

Reflections on My Interview with TJ Higgs

Recently, I had the privilege of interviewing TJ Higgs, and let me tell you—it was transformational for me. Her confidence in her own mediumship, her openness, and her lack of ego really stood out.

One thing that hit me hard was how easy and generous she was with her knowledge. There was no holding back or keeping secrets. She just shared, fully and authentically. That experience made me reflect on some of my past teachers—realizing that, at times, I had been seeking recognition from people who were still dealing with their own insecurities.

Mediumship is such a vulnerable path, and I think we all just want someone to say, “You're doing okay.” And that's okay—it's human.

Teaching & The Mediumship Journey

When you step into teaching, you bring your own wounds, doubts, and growth into it. I know I wasn't the same teacher when I started as I am now, and I hope that's a good thing!

One of the biggest lessons I've learned is that validation matters. Not in a way that makes us dependent, but in a way that reassures us that we're on the right track. When you get that little boost of belief, suddenly, everything flows better—including your mediumship.

I've seen it firsthand: When I believe in my own abilities, my mediumship deepens. The energy shifts. And that's why teaching has to be about encouragement and growth, not ego and control.

Facing My First Negative Review

So, the universe always has a sense of humour, doesn't it? Right after my best demonstration yet, I got my first negative review!

This woman arrived in a mood—complained from the start, chose to sit outside for the second half, and then left a scathing review. Classic, right?

Luckily, I'm at a place where I can laugh about it now, but if this had happened earlier in my journey? It might have derailed me completely. That's why timing is so important in the spiritual path—we're given challenges when we're strong enough to face them.

And I had a bit of fun with it too! I turned the review into a TikTok with a sassy soundtrack, because why not? Not everyone will love what I do, and that's okay.

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The Evolution of My Demonstrations

It's wild to think that just 14 months ago, I did my first solo evidential mediumship demonstration. And now? I've just done my biggest audience yet—120 people—and loved every second of it. When I look back at last year's demonstrations, do I think I could do them better now? Absolutely. But does that mean they weren't good enough at the time? Not at all. Growth is part of the process. It's about balancing:

- Knowing there's more to learn
- Appreciating how far you've come
- Recognizing that every step was necessary

Spirit-Led Reiki: A New Path Unfolding

Here's the big revelation: I'm developing my own healing modality.

I've been teaching Usui Reiki and Angelic Reiki, but I've modified them so much to align with spirit's guidance that they've become something different. Then, during a recent class, one of my students asked, "Why don't you create your own Reiki?"

Cue imposter syndrome meltdown. Who am I to do that?

But the truth is, many of the great healing systems—Usui Reiki, Angelic Reiki—were created by people who trusted spirit. So why not me?

And then, spirit gave me the name: Spirit-Led Reiki.

This is Reiki with an emphasis on personal connection—teaching students to trust their own guidance, rather than following rigid systems. Because healing isn't about gatekeeping—it's about empowerment.

I've even come across a man online who trademarked his Reiki system, claiming that Jesus gave him special upgrades so only he can teach it online. The arrogance! That kind of hierarchical, exclusive thinking is exactly what I'm here to dismantle.

So, Spirit-Led Reiki will be about simplicity, accessibility, and trust. No complicated levels designed to drain your wallet—just pure connection with the energy.

Final Thoughts: Trusting the Spiritual Journey

If you're feeling stuck or uncertain about your path, trust me—I get it. Just a few months ago, I was questioning everything. Now, I feel more aligned than ever. The key? Keep showing up. Keep following the nudges, even when they make no sense. Spirit knows what they're doing—even when we don't!

So, here's my advice:

- Take the next step, even if it's small.
- Trust that your journey is unfolding exactly as it should.
- Give yourself permission to evolve.

And if you're struggling? You're not alone. But the only way to get to the next level is to keep going. Thank you for listening! If you've enjoyed this episode, please leave a review—it really helps. And I'll catch you next time on Mediumship Matters! ✨