



# Mediumship Matters Podcast Transcripts

Season 2 Episode 60

## Giving People Messages They Don't Want To Hear

Hello, and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? Today's episode is packed with deep reflections, honesty, and, as always, a little bit of humor. I've had an interesting 24 hours—completely triggered by my own inner critic, questioning whether my mediumship demonstration was good enough to share. Sound familiar? It's that voice of doom we all battle at times. So today, I want to talk about the reality of mediumship—the highs, the lows, and the uncomfortable moments of growth that come with this path.

### The Challenge of Giving Unwanted Messages

One of the hardest things in mediumship? Delivering messages people don't want to hear. This week, I gave a reading where I knew, without a doubt, the sitter did not want the message I was being given. It wasn't the answer they were hoping for, and yet, my job is to be truthful. Mediumship isn't about telling people what they want to hear—it's about giving them what they need to hear.

This comes up a lot in love readings.

So many people ask, "When will I meet the one?" But here's the thing—I don't believe in "the one." I believe we come here to learn, grow, and experience relationships that shape us. Love isn't about finding someone to complete you; it's about being whole within yourself and attracting someone who aligns with your energy.

If you're sitting at home, waiting for the universe to drop a soulmate into your lap, I hate to break it to you—but it doesn't work that way! Your frequency attracts your experiences. If you want a loving, balanced relationship, the work starts with you.

### Free Will & Soul Contracts

One of the most fascinating aspects of mediumship is the balance between free will and soul contracts.

Yes, I believe we come into this life with agreements—lessons to learn, relationships to experience. But I also believe we have free will to make choices that shape our journey. For example, let's say you're in a relationship that isn't fulfilling. You might wonder, "Is this a soul contract?" Maybe. But that doesn't mean you have to stay in it forever. Sometimes, the lesson is to choose yourself.

### Permission to Step Into Your Spiritual Work

So many people come to me asking if it's okay for them to start working with spirit. They want validation, a sign, a message that says, "Yes! You're meant to do this!"

And do you know what spirit always says? Yes.

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If you feel called to mediumship, if you feel pulled toward working with spirit, then trust that feeling. You don't need anyone else's permission. The spirit world wants to work with you—they are waiting for you to step up.

But stepping up requires self-love. It requires belief in yourself. And that, my friends, is often the hardest part.

## The Role of Self-Love in Spiritual Growth

I truly believe that all spiritual growth leads back to self-love.

- Saying no to toxic relationships? Self-love.
- Setting boundaries? Self-love.
- Trusting your intuition? Self-love.
- Choosing happiness? Self-love.

The spirit world isn't here to hand you all the answers on a silver platter. They're here to guide you—but you have to take the steps. And sometimes, that means failing. Sometimes, that means getting it wrong before you get it right. But every misstep is still a step forward.

## Physical Mediumship & Spirit Boards

Now, let's talk about something a little different—physical mediumship and Ouija boards!

Someone emailed me recently asking if I believe in physical mediumship and whether I think spirit boards (Ouija boards) are dangerous.

Here's my take:

- Yes, I believe in physical mediumship. I've seen table tipping, energy manipulation, and even moments where the physical world seemed to dissolve into the non-physical. It's incredible.
- No, I don't think Ouija boards are dangerous. I think the fear around them comes from Hollywood and horror movies. The truth is, they're just a tool—like tarot cards or pendulums.

The key? Your energy and intention. If you sit down expecting something scary, you might create an experience that feels unsettling. But if you approach spirit communication with love, trust, and respect, you'll receive the same energy in return.

My personal experience with spirit boards has been wonderful. I often connect with my grandmother, and the messages are clear, loving, and uplifting. So, if you feel drawn to exploring this, go for it! Just set the right intention and trust the process.

## Final Thoughts: Celebrate Your Growth

If you're on this path—whether you're just starting or years into your mediumship journey—I want you to know that every single experience is shaping you.

You will have amazing readings, and you will have readings that make you want to quit. You will have moments of doubt, and you will have moments of absolute certainty. And all of it is part of the process.

Mediumship is not about perfection. It's about commitment, trust, and continuous growth.

So, whether your last reading was brilliant or completely pants, celebrate it. Because no matter what, you are learning, evolving, and expanding your connection with spirit. And that, my friends, is magic.

## Join The Gateway: Your Spiritual Development Community

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Join us today at [www.mediumshipmatters.co.uk](http://www.mediumshipmatters.co.uk).

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See you next time!