



Mediumship Matters Podcast Transcripts

Season 1 Episode 33

The Edge of The void

Healing process, people pleasing, workload management, spiritual growth, energy alignment, void space, trusting spirit, mediumship journey, community engagement, self-reflection, future plans.

Hannah Macintyre:

Hello, beautiful souls, and welcome back to Mediumship Matters with me, Hannah Macintyre. Now, I know I promised more regular podcasts, and, well... here we are. Life had other plans. But today, I'm back, ready to share what's been happening in my world, and hopefully, there's something here that resonates with you.

Healing Isn't Linear (Surprise!)

Let's dive in with a truth bomb: Healing isn't a one-and-done situation. It's messy, repetitive, and often feels like you're treading the same ground over and over. Sound familiar?

Two big themes have surfaced for me recently:

1. People-Pleasing: That deep-rooted need to be liked by everyone (yes, even that random person from Year 9 you haven't seen in decades).
2. Overworking: The belief that I must hustle endlessly to prove my worth. If I'm not busy, am I even valuable? (Spoiler: Yes, I am. And so are you.)

The Membership Burnout Saga

Some of you know I moved my community from Facebook to Patreon. I poured my heart into it —adding more, doing more, being more... until I found myself managing an overwhelming workload. It got to the point where I had 20+ tasks every month just for the membership program. Exhausting, right?

Cue two chest infections (because apparently, my body had to shout before I listened).

The Spiritual Slap (or Two)

I had some wake-up calls:

- A student casually said, "I don't want to work as hard as you." Ouch. Why was I working so hard?
- A simple moment at a pub made me realize I didn't even have time to enjoy life. When did that happen?
- Watching other mediums focus more on self-promotion than spirit work left me feeling disillusioned. Was I losing sight of my own purpose?

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The Big Shift: Letting Go

So, I made a scary decision: I closed my membership program.

Why was this hard?

- People-pleasing: I felt like I was letting my community down.
- Financial fear: It provided a steady income, even if it drained me.
- Identity crisis: Wasn't this who I was supposed to be?

But here's the thing—growth requires space. And I had filled every corner of my life with “to-do” lists, leaving no room for spirit to guide me.

Embracing the Void

Now, I'm in what I call the “void space.” It's that uncomfortable, in-between phase where you've let go of what no longer serves you, but the new hasn't arrived yet.

It's terrifying. It's liberating. And it's necessary.

I'm learning to:

- Sit with the discomfort.
- Resist the urge to fill every gap with “busy work.”
- Trust that spirit will guide me to what's next.

Key Takeaways:

- Healing isn't linear. You'll revisit lessons until you truly integrate them.
- Letting go creates space. Don't rush to fill the void; trust the process.
- It's okay to change direction. Even if it feels scary. Even if others don't understand.

What's Next?

Honestly? I don't know. And that's okay.

I'll still be here, sharing my journey, answering your questions, and connecting with spirit in whatever way feels authentic.

Got Questions?

Email me at podcast@hannahmedium.co.uk. I love hearing from you, whether you agree, disagree, or just want to share your own story.

Thank you for being part of this journey. Until next time, trust your path, embrace the void, and remember: You are enough, exactly as you are.

SEO Keywords:

Mediumship, spiritual growth, healing process, people pleasing, burnout recovery, energy alignment, trusting spirit, letting go, void space, self-reflection, mediumship journey, community building, personal growth, Hannah Macintyre, mediumship podcast.