



Mediumship Matters Podcast Transcripts

Season 7 Episode 9 - How to Structure a Mediumship Reading – A Beginner’s Guide

The Structure of a Mediumship Reading: A Guide for Beginners

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you doing today?

I have a fantastic question from Grace, and I want to dedicate this whole episode to it because it’s such an important topic. Let’s start with her email:

Hi, Hannah. My name's Grace, and I've been a huge fan of your podcast for over a year now. I was so excited to see you posting again earlier than expected! I especially loved your ‘Cake’ episode—it was such a great metaphor. I made my girlfriend listen to it too! Sometimes my spiritual stuff confuses her, but your podcasts always keep her interested.

I've never attempted a mediumship reading before. I've done lots of tarot readings, but for some reason, I'm very intimidated by the idea of trying to make a spirit connection for someone else. Do you have any advice on what the structure of a reading should look like for a beginner? I haven't seen many videos of people just starting out, so I feel like watching someone else in the early stages would really help me understand what's going on in their head. Any advice would be greatly appreciated!

Grace, thank you for such a great question! Let's dive in.

Why Is Mediumship More Intimidating Than Tarot?

I completely understand your intimidation! I felt the same way when I started.

Why does evidential mediumship feel so much scarier than tarot?

- With tarot, there’s a structure. The cards provide a framework, and if a prediction doesn’t make sense immediately, the sitter can “wait and see.”
- Evidential mediumship is all about proof. There’s no hiding behind, “Oh, that might happen in the future.” You either bring through someone recognizable, or you don’t.
- Grief makes it high-stakes. Sitters often come hoping to hear from a very specific person, which adds pressure.

But here’s the thing—it doesn’t have to be intimidating! Let’s break down the structure of a mediumship reading so you feel more confident.

Your Unique Style of Mediumship

The first thing I want you to think about is what kind of mediumship resonates with you.

There’s no single “right” way to do a reading. Some mediums focus heavily on facts and proof, while others emphasize emotion and healing. What kind of reading would YOU want to receive?

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Take a moment to visualize it:

- Would you want a long list of facts?
- Would you want a conversation with your loved one?
- Would you want messages of healing?

Let this guide you as you start experimenting with your mediumship style.

The Ideal Structure of a Mediumship Reading

Here's the structure I recommend for one-on-one readings with a client:

1. Connection & Grounding

Before starting, take a moment to ground yourself and invite Spirit in.

2. Identify the Spirit

Begin with a few clear, strong pieces of evidence:

- Relationship: Who is this person? (Dad, grandmother, friend?)
- Cause of passing: How did they die?
- Time in Spirit: How long have they been gone?
- Appearance & Personality: A few defining traits (not a full head-to-toe description).

These quick facts anchor the reading and help the sitter recognize the Spirit.

3. Expand the Evidence

Once the sitter confirms they recognize the Spirit, take a deep breath and relax into the blend. Now, ask Spirit:

“What would you like to share?”

Spirit will provide memories, shared experiences, and deeper evidence that carries meaning for the sitter. This is where the emotion and personality of the Spirit shine through.

4. The Message

The final third of the reading should focus on the message:

- What does Spirit want to say?
- Are there words of encouragement, advice, or validation?
- Does the sitter have any questions?

Too many mediums rush the message! The evidence is important, but Spirit comes through for a reason—make space for their words.

How This Changes for Beginners

When you're just starting out, you won't be able to hold the connection as long as an experienced medium. That's okay! Here's how to structure a beginner-level reading:

1. Start with a List of Evidence

Write down 10 possible pieces of evidence that could come through, such as:

- Relationship
- Cause of death
- A favourite hobby
- Something they were known for

When you begin a reading, ask Spirit to give you ONE of these pieces. Don't demand all 10 at once—Spirit will give you what you're ready for.

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2. Keep It Short

Your readings will be 5 minutes at first. Over time, you'll slowly build to longer sessions.

3. Prioritize Clarity

At the start, be direct! It's better to say, "I have your mum here" (even if you're wrong) than to waffle, "I feel a female energy... might be mum, might be aunt, could be gran..."

Trust yourself. Say it with confidence, and let the sitter confirm or correct you.

4. Record Your Readings

You might hate the idea, but recording yourself is one of the best ways to improve. When you listen back, you'll notice things like:

- Evidence you received but didn't say out loud
- Moments where you hesitated when you should have trusted yourself

Building Your Confidence Step by Step

When you start reading:

- Begin with gender and personality. These are the easiest impressions to receive.
- Move to relationship. Who is this person?
- Slowly add more details. Cause of death, hobbies, messages, etc.
- When you're ready, stop planning and just let Spirit talk.

It's a gradual process. No one starts out perfect.

Final Thoughts

Grace, I hope this gives you the confidence to just start! You don't need to be perfect—you just need to practice.

Remember:

- Mediumship is a process. You'll develop over time.
- Spirit won't let you fail. They will always meet you where you are.
- You are NOT alone. We all feel intimidated at first!

Good luck on your journey! And if you want to practice in a supportive space, join The Gateway at www.mediumshipmatters.co.uk!

Thanks for listening, and I'll catch up with you soon!