



Mediumship Matters Podcast Transcripts

Season 1 Bonus Episodes - Interview with Medium Paul Smith

A Journey of Trust, Patience & Powerful Spirit Work

Hannah Macintyre: Hello and welcome to Mediumship Matters! Today I'm joined by a good friend and brilliant medium, Paul Smith, who just happens to live around the corner from me. Paul, thank you for being here!

Paul Smith: Lovely to be here, Hannah. I work as a clairvoyant and psychic medium—I do one-to-ones, demonstrations, teaching, and I love every aspect of working in the spiritual field. It brings such joy.

Paul's Journey into Mediumship

Paul has always been aware of Spirit. For much of his life, he experienced intuitive nudges and spiritual awareness but didn't want to label it. Things changed after a powerful, life-threatening experience when his wife Dawn gave birth to their sixth child.

Dawn had a near-death experience. Paul was in the room the entire time, deeply aware of spiritual presence. Afterward, as Dawn began to explore spirituality more openly, Paul tagged along—mainly to make sure the people she was connecting with weren't "lunatics."

"I made the fatal mistake of going to a couple of meetings... and I've never looked back."

A Profound Spirit Experience

Paul recalls a reading he gave in London where he saw a random image of a Holbein painting and nearly didn't share it—but did.

"Her mum had spent years writing about that exact artist and painting. That taught me to trust Spirit—those odd details matter."

He says it's those unexpected pieces of evidence that often land with the greatest power, creating a palpable shift in the room.

Ego & Mediumship

Paul is deeply aware of the line between ego and pride in mediumship. Spirit won't work well with ego—but they don't mind if you're pleased when things go well.

"It's okay to feel good about a job well done—as long as you stay humble."

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Work with the Spiritualist Association of Great Britain

Paul regularly works for the Spiritualist Association of Great Britain (SAGB) in London. It's one of the oldest organisations of its kind and has hosted many legendary mediums over the years.

He provides:

- Demonstrations of mediumship
- Church services
- One-to-one readings via Skype, phone, and in person

Paul loves the international connection—having read for clients from places like Boston and Detroit.

The Importance of Spiritual History

Paul is passionate about learning the history of spiritualism and mediumship. Understanding what has come before helps ground the work being done now.

“We must move forward—but with respect for the foundations laid by those before us.”

Development & Physical Mediumship

Paul's journey included learning meditation, joining circles, and working with respected teachers like Pauline Mason. He was also deeply involved in physical mediumship—including trance, ectoplasm, and phenomena.

He shares jaw-dropping stories:

- Seeing a full spirit hand materialise in red light.
- Watching Stuart Alexander (renowned physical medium) move his hand through zip ties and replace it, fully intact.

These experiences deepened his trust in Spirit—and in the reality of the work.

Favourite Part of the Work

“It's seeing someone leave better than they arrived.”

Whether it's through laughter, tears, or healing, Paul treasures the impact of Spirit communication. One memory includes describing a specific Swarovski elephant figurine a client's partner had gifted her before passing—something Paul could never have known.

Advice to His Younger Self

“Patience. Enjoy the journey. Don't rush.”

Paul believes development is unique to each medium. Some progress quickly; others take years or decades. But Spirit gives what you need, when you're ready—and will take it away if misused.

“There's no shortcut. It's a lifelong apprenticeship.”

On Circles & the Right Fit

Paul stresses the importance of finding a development circle that fits you:

“It's like finding the right pair of shoes. Not every circle is for everyone.”

He also praises Hannah's circles, saying many of her students feel like they've found their “spiritual slippers”—a place that feels safe, relaxed, and empowering.

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Reading, Learning & Staying Grounded

His top tips for beginners:

- Read spiritualist history—to ground your experience.
- Find a circle and good teacher.
- Believe in what you feel when you enter a space—it'll tell you if it's right for you.

Mediumship, Healing & Life Coaching

Paul is now expanding his work to include elements of life coaching alongside his clairvoyance and one-to-ones.

“They're so interconnected. Spirit always meets us in the real-world experiences too.”

He continues to offer readings, teaching, and demonstrations—including a surprising niche:

“Ladies' hair salons are brilliant for demonstrations—you've already got the seats and the audience!”

Final Thoughts

“I hope my work makes me more understanding, more compassionate. Spirit has taught me empathy.”

Paul believes mediumship isn't complicated—it's about opening the mind, trusting Spirit, and being in service.

Hannah: Paul, thank you for your wisdom, humour, and honesty. You've reminded us how beautiful, meaningful, and human this work truly is.

Paul: Thank you, Hannah. It's been a pleasure!