



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 4 - How Did I Start Developing?

### Introduction

Hannah Macintyre: Hello and welcome to another Mediumship Mini!

Before we dive into today's topic, I want to remind you all that in July this year, I'm hosting my first big residential retreat! I've done retreats in hotels before, and they've been amazing (shoutout to the incredible group I'll be seeing in a few weeks!). But this time, it's a five-day retreat in the stunning Kent countryside of Tunbridge Wells.

🌿 Private accommodation

👤 A private chef

🌟 Loads of immersive mediumship sessions

🎉 A party night (because why not?!)

There are only 15 spaces, and six have already gone, so if you're thinking about it, now's the time to act! You can find all the details on my website. There's a low deposit and installment options with no extra charge, because I want this experience to be as accessible as possible. If you're ready to dive deep into your mediumship, come join us!

Now, let's get into today's question.

### How Do You Start Developing Mediumship?

Today's question comes from Helga, who messaged me through Instagram stories. She asks:

👉 What were your first steps in developing mediumship?

This ties in perfectly with how I'm starting the podcast in 2025, because I truly believe the most important thing in mediumship development is understanding the different energy frequencies. I've talked about this earlier this week, but let's go over it again—because if you don't understand the mechanics of energy, your development will feel confusing and inconsistent.

### Balancing Learning & Practice

One of the biggest challenges in development is finding the right balance between learning and practice.

- Some people consume too much theory and never actually put it into action.
- Others rush into practice without taking the time to understand the deeper mechanics of mediumship.

I'll be honest—I have a tendency to overload myself with information. It's easy to get caught up in learning because it's fascinating! But too much theory without practice can actually become confusing and overwhelming.

The key is to: ✓ Learn something new.

✓ Sit with it and ask yourself if it resonates.

✓ Try it in practice to see how it works for you.

✓ Adapt and refine your approach.

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Because here's the thing: Mediumship is deeply personal.

Your soul might want you to work differently than another medium. That's why no teacher—including me!—can tell you exactly how it should be done.

## The Fear of Practicing on Others

When we first start, it's incredibly difficult because we often feel we aren't good enough to practice on others.

But here's the truth: 🚫 Unless you start practicing with real people, you will never truly understand your abilities.

Evidential mediumship, in particular, is limited by your own beliefs about yourself.

The only way to overcome the classic "Is this me or is it spirit?" doubt is to put yourself in the vulnerable situation of working with strangers.

For example, imagine you sit with someone you've never met and say:

- "I have your grandmother here, and she's showing me a set of earrings that she used to wear, and you now have them."
- "I have a man in spirit, and I know he passed of a heart attack—I also know this is your dad."

These moments of clear, specific evidence prove to you that it's not just your imagination—it's real communication with spirit.

## Are You "Ready" for a Mediumship Course?

I get this message all the time: 🚫 "Hannah, I don't feel ready to take a course, but I want to develop. How can I do it?"

The truth? It's a stalemate.

Until you start actively practicing mediumship, you're not fully integrating what you're learning.

- You might have learned the theory.
- You might have absorbed other people's perspectives on how it works.
- But have you actually sat with spirit and worked out how it functions for YOU?

That's the key difference.

Mediumship is not one-size-fits-all. It evolves differently for everyone.

Yes, teachers can guide you, but ultimately, you have to: ✓ Take what resonates.

✓ Leave what doesn't.

✓ Experiment to find what works for you.

And that can only happen through doing it.

## Allow Your Mediumship to Evolve

At first, it's normal to do things the way you've been taught—because it feels comfortable.

But as you grow, you'll start to feel the pull to adapt and make it your own.

💡 Mediumship is not meant to be rigid. It's fluid, personal, and ever-expanding.

- So don't be afraid to step outside the framework you've been given and explore what feels right for you. That's how you find your true voice as a medium.

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## Final Thoughts & Takeaways

### 🌟 Key Lessons from This Episode:

- Understanding energy frequencies is essential for mediumship development.
- Finding the balance between learning and practice is crucial.
- You will never truly know your abilities until you practice with others.
- Waiting until you feel “ready” is just delaying your progress.
- Mediumship should evolve—it’s personal, fluid, and unique to you.

So my advice? Start now. Step into your mediumship, even if it feels scary. That’s where the magic happens. ✨

Thank you for listening! If you enjoyed this episode, please leave a review and share it!

And if you’re ready to take the next step, check out my courses and mentorship programme at [www.hannahmedium.co.uk](http://www.hannahmedium.co.uk).

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