



Mediumship Matters Podcast Transcripts

Season 5 Episode 17 - Pink and Red Flags

Red Flags in Mediumship, Trance Gone Wrong & Spiritual Integrity

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! As we near the end of Season 5, I wanted to take a deep dive into something I think is crucial—red flags in mediumship, integrity in spiritual practice, and the moments that make us go, “Wait... what?!” We’ve got some incredible listener stories today, so let’s get into it!

Red Flags: When Mediumship Becomes Manipulation

A listener, who asked to remain anonymous, shared a troubling experience about their early development.

- They found a well-respected teacher at a spiritualist church and took her courses.
- The classes were informative and evidential, but something felt off.
- Over time, the teacher pushed them into more expensive courses, creating a sense of dependence.
- The final red flag? They were told that if they didn’t continue training with her, spirit would leave them.

“I was devastated because I was trying so hard. But I knew in my gut—spirit wouldn’t abandon me just because I stopped paying for a course.”

If any teacher ever tells you that spirit will leave you unless you pay them—run.

- Spirit doesn’t work on a paywall system.
- Your connection is yours, not someone else’s to control.
- No teacher should make you feel afraid or financially trapped.

I’ve heard this so many times, and it makes me furious. If you’ve ever been in this situation, know this: spirit is always with you. No one can take that away.

Trance Mediumship & The Case of the Offensive Accents

Another listener, Aaron, sent in a jaw-dropping experience from a trance mediumship demonstration at his local spiritualist church.

- The medium explained how their spirit guide “took over” their voice.
- When the demonstration began, the medium put on the worst Italian accent imaginable.
- The audience sat in stunned silence as this stereotypical “Italian nun” gave vague messages.
- Just when Aaron thought it couldn’t get worse, the medium shifted into an Irish accent, complete with “Top o’ the morning!” and “Up for the craic!”

Aaron was horrified.

“It was like watching a bad Mario Brothers audition. If there had been any actual Italians or Irish people in the audience, there would have been a riot.”

- This, my friends, is not trance mediumship.

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Why This Is A Huge Problem

- Spirit uses your voice box—they don't "change" your voice.
- Offensive accents are NOT evidence.
- Trance mediumship should feel uplifting, not embarrassing.

It's one thing if a trance guide has a distinct presence—but no spirit needs to sound like a bad pantomime character. If you're in a trance demonstration and the medium sounds like a cartoon stereotype, it's okay to call it out.

Spiritual Abuse: The Myth of "Stuck Souls"

Another listener, Miranda, sent in a message about a huge red flag in mediumship:

"It makes my blood boil when mediums tell people their loved one's soul is 'stuck.'"

- This idea is often passed down from teacher to student, but it's simply not true.
- Spirit moves back into their natural state with ease.
- No medium should ever make you feel like your loved one is trapped.

"If you tell me my husband's soul is stuck, how can you prove that? Are YOU stuck? Is it just your interpretation?"

This is so important.

If someone tells you a loved one is stuck, they are planting fear in you. And fear is never spirit-led.

The Responsibility of Mediums: Don't Trauma-Dump on Sitters

Juan from New York shared a big frustration:

"It's deeply unethical for mediums to pressure sitters into forgiving someone in spirit who abused them in life."

- A medium's job is to pass messages, not force healing.
- Forgiveness is personal—it can't be demanded.
- No one should feel pressured to love or forgive a spirit.

I completely agree. Spirit respects free will. If a loved one comes through apologizing, it's up to the sitter whether they accept it.

No medium should ever say, "You must forgive them so their soul can move on." That's manipulation, not mediumship.

Final Thoughts: What We Can Learn From These Stories

The common theme in all these experiences? Integrity.

- Mediumship should empower, not manipulate.
- Trance should inspire, not embarrass.
- Spirit respects free will, always.
- If it feels wrong, it probably is.

To all of you sharing your experiences—thank you. Your voices matter, and your honesty helps others avoid these traps.

Mediumship is beautiful, profound, and healing. Let's keep it that way.

Until next time—

Trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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