



# Mediumship Matters Podcast Transcripts

## Season 5 Episode 7 - Red Flags

### Red Flags in Mediumship & Spiritual Teaching

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today, we're talking about something really important—red flags in mediumship and spiritual teaching. This isn't about being negative but about empowering you to trust your gut and know what to look out for when seeking a reading, training, or spiritual guidance.

This topic keeps coming up, and spirit has made it very clear: we need to talk about it. So, let's dive in!

### The Spiritual Guilt Trap: Are You Gaslighting Yourself?

Let's start with something I've struggled with for years—the idea that if you question something in the spiritual world, you're somehow not being a good spiritual person.

- Ever had a reading and thought, That was rubbish—then immediately told yourself, I mustn't think that. I should be grateful for the message?
- Ever listened to a spiritual teacher and thought, I don't agree with this—but then convinced yourself, I must be the problem for questioning it?

This is spiritual gaslighting, and I did it to myself for years. I handed my power to people who didn't deserve it because I was conditioned to believe that questioning was wrong.

Lesson #1: You are allowed to have discernment. You are allowed to say, “This doesn't feel right.” If something feels off, pay attention. Your intuition is there for a reason.

### Red Flags in Mediumship: What to Watch For

If you're booking a reading, you're in a vulnerable position—so it's important to work with mediums who operate with integrity.

#### 1. Do They Know Who They're Communicating With?

A medium should always know whether they're working psychically (reading your energy) or evidentially (connecting with spirit).

If they keep switching between psychic, mediumship, and spirit guides without clarity, it creates confusion for both them and you.

I once saw a medium who:

- Jumped from psychic to mediumship to spirit guides with no rhyme or reason.
- Gave vague “evidence” like, There's a male energy... could be your dad, granddad, brother, or son. Do you recognize them?
- Said You've been in a car in the last three months? Well, there you go—that's spirit proving they're with you!

Lesson #2: Mediumship should be specific and clear. You are allowed to expect quality.

If the reading leaves you confused or underwhelmed, trust that feeling.

# Mediumship Matters Podcast Transcripts

## 2. Predictions Without Context

Predictions can be amazing—but only when given with context.

- Saying “You’ll meet the love of your life in six months” without explaining the energy shifts required sets people up for disappointment.
- The future is not fixed. We create our path based on alignment and choices.
- If a prediction feels too definite, be cautious.

Lesson #3: A great medium won’t just tell you what’s coming—they’ll help you understand how to align with it.

## 3. Spirits You Can’t Recognize? That’s a Red Flag.

I’ve seen mediums claim that if you don’t recognize the spirit they’re bringing through, it must be your spirit guide.

No. Just no.

- A great medium should validate spirit with clear, specific evidence.
- If you can’t take the connection, the medium should be willing to shift and refine.
- If multiple spirits come through and none make sense, something isn’t right.

Lesson #4: Spirit communication should be verifiable. If it’s not, question it.

## Red Flags in Spiritual Teachers

Finding the right mentor is crucial for your development, but not all teachers have your best interests at heart. Here are some things to watch for:

### 1. Teachers Who Talk More About Themselves Than You

A great teacher shares stories with purpose—not just to show off.

- If the first half of every lesson is just them recounting their “best bits,” that’s a problem.
- Your time and investment should be focused on your development, not their ego.

Lesson #5: A teacher’s role is to teach, not to impress you with their past achievements.

### 2. Teachers Who Leave the Room During Exercises

I’ve had teachers set an activity and leave the room entirely.

- A good teacher should be present to answer questions and guide you.
- If they regularly disappear during practice sessions, are they really invested in your growth?

Lesson #6: If your teacher isn’t engaged, they’re not the right teacher for you.

### 3. Teachers Who Keep You Stuck in Perpetual Student Mode

A great teacher wants you to grow. A bad one keeps you dependent on them.

- If a teacher never encourages independence, that’s a red flag.
- If you’ve been in their class for years with no real progress, ask yourself why.
- You should see students being encouraged to shine—not just the teacher holding the spotlight.

Lesson #7: A great mentor empowers you to evolve, not to stay in their shadow.

# Mediumship Matters Podcast Transcripts

## 4. Teachers Who Discourage Learning From Others

Some teachers tell students they shouldn't train with anyone else because it's "confusing."

- That's a control tactic.
- The best way to grow is to learn from multiple sources and find what resonates with you.

Lesson #8: If a teacher discourages outside learning, they're limiting your growth.

## 5. Teachers Who Make You Feel Small

I've had teachers:

- Shame me in front of a class.
- Tell me my mediumship was imaginary.
- Act like they held secret knowledge I wasn't "worthy" of yet.

Lesson #9: If a teacher makes you feel unworthy, they're not a real mentor—they're in their ego.

## Final Thoughts: Trust Your Gut & Speak Up

Spiritual development is personal and sacred.

- You deserve to be treated with respect.
- You deserve clear, evidential mediumship.
- You deserve teachers who uplift you, not diminish you.

If something feels off, it's okay to walk away.

And I'd love to hear from you—what red flags have you encountered in mediumship or spiritual teaching? Drop me a message, and let's continue this conversation!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Mediumship red flags, spiritual teacher warning signs, finding a good medium, how to spot a bad psychic, developing mediumship skills, spirit communication accuracy, spiritual mentors to avoid, trusting intuition in readings, learning mediumship ethically, empowerment in spiritual growth.