



Mediumship Matters Podcast Transcripts

Season 6 Episode 8 - Believing You Can Do It

Getting Unstuck: Practice, Progress & Pushing Through Fear

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, we're talking about something I see all the time in developing mediums:

- ◆ Feeling stuck in your progress
- ◆ Doubting whether your messages are from spirit or just your mind
- ◆ The fear of getting things wrong

And most importantly, how to break through the cycle of inaction. So if you've been waiting for a sign—this is it! Let's get into it.

The Biggest Block: Waiting to Feel Ready

One of the biggest development traps I see is this cycle:

1. You're waiting until you feel sure that your messages are from spirit.
2. But the only way to be sure is by doing readings.
3. But you don't feel ready to do readings...

And round and round we go. The only way to stop this cycle is to accept this uncomfortable truth:

You will have to start before you feel ready.

It's not comfortable. It's not easy. But it's the only way.

Practice Readings: What They Actually Are

If you are doing practice readings, there are two key things to remember:

- 1** You are learning. A practice reading is not supposed to be life-changing or flawless.
- 2** Your sitter should know that too. They are not there expecting a full professional-standard reading. You will get things wrong. Your brain will interfere. You will fumble. And that's okay. Mediumship isn't a skill you perfect before you start—it's a skill that develops through practice.

The Perfectionism Trap

I don't know why we do this to ourselves, but mediumship is one of the few things where people expect perfection from day one.

Think about it:

- A painter doesn't expect their first painting to be gallery-worthy.
- A singer doesn't hit every note perfectly on their first try.
- A bricklayer doesn't build an ornate cathedral wall on day one.

So why do we expect ourselves to get mediumship right immediately?

I know this perfectionism well—I'm already annoyed that my dog barked while recording this episode. But here's the thing: you have to start somewhere.

- Allow yourself to be a beginner. Allow yourself to make mistakes. That is how you grow.

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Vulnerability: The Price of Progress

I totally get it—putting yourself out there is scary. It will make you feel:

- Exposed
- Uncertain
- Like you're making things up

But every successful medium has been through exactly that stage. Even me! I used to think:

- “I just got lucky.”
- “That was a coincidence.”
- “This is too generic to be real.”

But the more I practised, the more I saw patterns, repetition, and proof. You cannot reach that stage without first going through the awkward phase.

The Reality of Getting Things “Wrong”

Let's be honest—sometimes, readings don't land.

- Your sitter doesn't recognise the spirit you're describing.
- You say something they disagree with.
- You feel certain about a detail, but they say no.


It happens. And it's normal.


But instead of taking that as a failure, reframe it:

- Maybe they'll realise later that you were right.
- Maybe spirit is showing you something in a way you need to interpret differently.
- Maybe you're just learning—and that's okay.


Who Should You Be Reading For?


If you're in the early stages, be mindful of who you practise with. Not every sitter is a good fit for a beginner.


Who you should avoid:  Someone desperate for a very specific message

 Someone in deep grief who needs an urgent connection

 Someone who puts too much pressure on you

Instead, work with:  People who already believe in spirit

 Other developing mediums who understand the process

 Sitters who want to help you grow

This takes the pressure off and makes the experience more about learning rather than proving yourself.

Recording Messages: A Confidence Booster

If you're feeling too scared to read for someone else, try this first:

- Write down or record messages you receive.
- Keep a log of what comes through.
- Review it later—see if patterns emerge.

One of my students did this, and one day, she realised she had written down a message nearly word-for-word two months before I gave her the same message in a reading! Even stranger? She had drawn a little doodle that turned out to be exactly like the earrings I was wearing the day she got the message from me.

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Had she not recorded her insights, she wouldn't have seen that incredible proof.

If you need to ease into trusting your connection, start with recording. Then, when you feel ready, take the next step and start reading for others.

Final Thought: Celebrate the Wins!

I need you to promise me something:

Stop fixating on what you get wrong and start celebrating what you get right.

Most mediums beat themselves up over:

- The 10% they got wrong
- The things they couldn't validate
- The nerves and self-doubt

But what about the 90% you got right?!

Even getting one yes is incredible. It's proof that you're connected.

Milk those moments for all they're worth! Sit with them. Soak them in. They are your evidence that this is real.

We Need More Mediums!

There are so many of you stuck in a bottleneck—you've trained, you've learned, you've connected... but you're not stepping out and doing the work.

And we desperately need more evidential mediums out there.

So please—start. Even when it's messy. Even when it's awkward.

- Find a practice group.
- Book a sitter.
- Start small.

But whatever you do—don't stay in stasis.

Final Words: Be Brave & Begin

I hope this episode gives you the push you need to take action. Remember:

✅ You'll never feel fully ready—start anyway. ✅ Practice readings don't need to be perfect. ✅

You will get things wrong—but that's part of learning. ✅ Celebrate every “yes” like it's a miracle.

As always, let me know your thoughts! Email me your questions, share your experiences, and keep going—you are needed. 💜

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

Love,

Hannah x

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