



Mediumship Matters Podcast Transcripts

Season 2 Episode 47

Mediumship Matters Episode 3

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I am joined by the lovely girls, and we are diving into an important and sometimes difficult topic—coming out of the spiritual closet. This is about navigating personal transformations, dealing with family and societal reactions, and embracing the spiritual journey fully.

Let's introduce our panel:

- Louise Walton – A spiritual medium from Essex, England, with 11 years of experience.
- Jennifer Fezio – Joining us from Texas, USA, excited to be part of the conversation.
- Lisa Jesswein – Representing Michigan, USA, and bringing her unique perspective.
- Sue Quigley – From Broadstairs, Kent, a healer and spiritual practitioner.

Navigating the Spiritual Journey: Different Experiences

Each of us has a unique story of how we embraced our spiritual calling and how the people in our lives responded.

Lisa's Experience: Early Recognition & Acceptance

Lisa was fortunate to have a supportive aunt who introduced her to spirituality early. At eight or nine, she was already experimenting with psychometry, unknowingly stepping into mediumship. After a near-death experience at 16, she had a profound moment of spiritual clarity when a stranger validated her connection with spirit. While her close family was supportive, Lisa kept her abilities private from extended relatives until adulthood.

Sue's Experience: A Staggered Awakening

For Sue, the transition into spiritual work was gradual. She always sensed a deeper purpose but hesitated to make a full career shift. Health struggles forced her to slow down and reevaluate her path. Unexpectedly, clients and colleagues began opening up about spirituality, reinforcing that she was on the right path. She ultimately took the leap into healing work and found profound peace, even as certain friendships naturally faded away.

Louise's Experience: Overcoming Fear of Judgment

Louise discovered her abilities in her late teens but ignored her calling due to concerns about how others, particularly her family, would perceive her. Years later, while on holiday with her now-husband Billy, she experienced a strong intuitive knowing that compelled her to finally embrace her abilities. With Billy's support, she gradually built her confidence, starting with readings for close friends before expanding into professional mediumship. Despite years of success, she still finds it challenging to openly discuss her work in social settings due to fear of judgment.

Jennifer's Experience: Facing Religious Resistance

Jennifer had the hardest journey of all. Raised in a deeply Catholic family in the American South, she faced immediate and ongoing rejection when she revealed her abilities. Unlike her

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supportive friends, her family dismissed her gifts, labelling them as sinful or deceptive. Despite the pain, Jennifer remained committed to her calling, finding solace in the spiritual community she built. She now mentors others facing similar struggles, turning her hardships into guidance for those seeking acceptance.

Common Challenges in Coming Out as a Medium

Religious and Cultural Barriers

Many spiritual practitioners, especially in deeply religious families or communities, experience rejection and criticism. There's often a fear of being seen as engaging in "forbidden" or "dark" practices, despite mediumship being rooted in love and healing.

Social Stereotypes and Misconceptions

The media often portrays mediums as eccentric or fraudulent, making it difficult for people to take the work seriously. This leads to scepticism, unwanted "tests" at social gatherings, and dismissive remarks.

Fear of Losing Relationships

Some find that stepping fully into their mediumship practice results in friendships drifting apart. However, as Sue noted, while some people leave, new and more aligned connections often enter.

Personal Insecurities and Doubts

Even experienced mediums can struggle with imposter syndrome or fear of judgment. Louise and Hannah both shared moments where they wanted to hide their abilities in social situations to avoid scrutiny.

Embracing the Journey: Lessons & Growth

Despite these challenges, every panellist agreed on one thing—coming out as a medium is an intensely personal journey that unfolds in its own time. Key lessons include:

- **You Don't Have to Announce It to Everyone** – It's okay to choose when and where you reveal your spiritual path. Some days, you may feel confident, and other days, you might prefer to keep it private.
- **Sceptics and Critics Will Always Exist** – It's important to remember that their disbelief says more about their fears than about your abilities.
- **Spirit Will Guide You to the Right People** – Even when old relationships fade, new soul-aligned friendships and communities will emerge.
- **Your Hardships Can Help Others** – Jennifer's struggles with religious pushback made her the perfect mentor for others navigating similar journeys.

Mediumship is Rooted in Love and Healing – Regardless of external opinions, the work itself remains sacred and transformative.

Final Thoughts & Encouragement

If you're listening and struggling with how to embrace your spiritual calling openly, know that you're not alone. Whether you're taking baby steps or diving in headfirst, your journey is valid.

Hannah's parting words:

"The spirit world is non-judgmental. The only judgment you feel is your own. It's okay to step forward, and it's okay to step back. There is no 'right' way to navigate this—only the way that feels right for you."

We'd love to hear your experiences! Have you come out of the spiritual closet? Are you still navigating how to do so? Send us your thoughts at podcast@hannahmedium.co.uk.

Thank you for listening, and we'll catch you in the next episode!