



Mediumship Matters Podcast Transcripts

Season 3 Episode 46 - Holding Space

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

We are officially in March! The long winter in the UK is hopefully starting to ease—I can see daffodils, even if it's still freezing. Today's theme is holding space. This is something I've been talking to spirit about a lot recently—how it plays into our spiritual journeys, personal growth, and development as mediums. It's one of those concepts that feels simple, but in reality, none of us like doing it.

So, let's explore what it means to hold space, why it makes us uncomfortable, and how we can start embracing uncertainty instead of fearing it.

Holding Space for Yourself

We all talk about spiritual development, but what if the most important part of that journey is learning to sit with yourself?

💡 **Biggest spiritual lesson:** You need to make friends with yourself before you can connect with spirit.

- 💡 Find time to be with yourself without distractions—no TV, no music, no scrolling, just you.
- 💡 Stop labelling emotions as good or bad—all feelings are valid, and part of your journey.
- 💡 Listen to what your mind and body are telling you instead of numbing discomfort.

True meditation isn't about escaping reality—it's about being present with yourself, even when it's uncomfortable. If you struggle with that, that's your real work.

Holding Space for Mediumship Development

If you're working on your mediumship, you must learn to hold space—for yourself and for others in practice groups.

💡 **Key to good practice groups?** Letting people struggle.

Many sitters jump in too quickly to help the medium interpret things. But here's the truth:

- Mediumship is about discovery. If you're given all the answers, you don't grow.
- A good sitter allows the medium to figure it out, even if it feels uncomfortable.
- If you're always saying yes to things that aren't true, you're not helping anyone!

Holding space means resisting the urge to rescue people from discomfort. That's where the real growth happens.

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The Power of Saying “No” in Mediumship

I love a good no. A no means you’re pushing your limits, taking risks, and growing as a medium. However, some mediums are so convinced of their abilities that they start forcing evidence on emotional sitters.

- 💡 Instead, hold space for your sitters. Let them process what you’ve said.
- Sometimes, sitters need time to understand a message.
- A no might turn into a yes later—but only if you let it unfold naturally.
- If spirit gives you a message, trust that it’s meant to be there, even if it’s not understood right away.

Holding Space for Healing & Growth

One of the most powerful things we can do as healers and friends is allow others to figure things out for themselves.

✳️ Most of us are fixers. When someone tells us their problems, we rush to offer advice. But what if the real spiritual practice is holding space and believing they can solve it themselves?

💡 Next time a friend shares a struggle, instead of fixing, try saying:

👉 “I believe you have the wisdom to work this out. What are you going to do?”

We need to stop disempowering people by making them dependent on our guidance.

The Struggle of Leaving Space Open

Spirit will sometimes ask us to put things down before they reveal what’s next.

For example, I stopped selling crystals because spirit told me, “Anyone can sell crystals. Your energy is needed elsewhere.” It was hard, but when I let go, new opportunities flooded in—this podcast, my courses, more demonstrations.

More recently, I stepped down from volunteering at Rainbows, and instead of leaving that space open, I filled it with random little projects—because I hate empty space.

💡 But here’s the thing: Holding space means resisting the urge to fill it just for the sake of it.

Final Thoughts—Embrace the Uncertainty

Holding space is hard because it forces us to sit with uncertainty. But what if uncertainty is actually where the magic happens?

- Let yourself be in a quiet space without rushing to fill it.
- Allow yourself to feel uncomfortable emotions instead of avoiding them.
- Hold space for others by trusting they can find their own answers.

💡 And lastly—if you found this episode valuable, please share the podcast and leave a review! I’ve completely dropped off the charts (oops), so if you’d like to help me back up, I’d be forever grateful!



✉️ Have thoughts? Email me at podcast@hannahmedium.co.uk.

Thank you for listening, and as always—have a bloody marvellous day!