



# Mediumship Matters Podcast Transcripts

Series 1 Episode 12

## How Do I Know If It's Me Or Spirit? Making Mistakes

Mediumship Matters – Episode 12

Hello and welcome to Mediumship Matters with me, Hannah Macintyre. As I'm recording this, I've just glanced at the clock, and it's 4:44—what a sign!

We're on episode 12, and I hope you're all doing really well. I've got a few different things I want to talk about today, and as always, we'll see where the conversation takes us. It's funny how I plan to cover things briefly, and then suddenly, 20 minutes have passed.

Is It Spirit or My Imagination?

A big topic that's come up this week with people I've read for is how we know when it's spirit versus our imagination. I wish I could give you a definitive checklist that guarantees you'll always know when spirit is communicating, but the reality is, I don't always know myself. I'd love to sit here and tell you that I'm 100% sure every time, but I'm not. What really helps is working with others. When you share information and find that it's accurate—that's when you know you're working psychically or mediumistically. But until you take that leap and start working with others, it's really difficult to build confidence in your connection.

We've been conditioned to believe that spirit is separate from us, that when we die, we go somewhere else, looking down from heaven. But I believe it's more like dimensions within dimensions—spirit is all around us, always present. If we could feel them fully all the time, it would be overwhelming. Our consciousness isn't evolved enough yet to handle that constant connection.

So when you start developing mediumship, you'll doubt yourself—a lot. The trick is to trust. The more you trust, the more freely the information flows. And the better your flow, the better your evidence. But there's no magic switch, no foolproof way to always know for sure—it's subtle, incredibly subtle.

Mediumship Is a Skill, Not an Exclusive Gift

Another thing I want to talk about is the term gift. I absolutely believe that mediumship is a gift—it's completely changed my life. But it's not a special gift that only belongs to certain people. Everyone has the ability to connect to spirit. It's not some magical inheritance given to a chosen few.

Some mediums out there make it sound like an exclusive club—like they were specially chosen and are somehow more spiritual than others. That's rubbish. Mediumship is about practice, trust, and allowing the connection to unfold.

A sneaky trick I've seen in psychic readings is telling people, "You have the gift!" It makes the person feel special, and they leave thinking the medium is amazing. But unless it's backed up with real guidance and insight, it's just flattery.

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So if you've ever doubted yourself because you weren't "born gifted," let that go. You can develop your connection. You do have the ability.

## The Reality of Seeing & Hearing Spirit

When I first started my development, I sat in circles where people said they could "see" or "hear" spirit. But when I asked for details—"Are you seeing them with your physical eyes?"—they'd say, "Oh no, in my mind." Or if I asked what spirit sounded like, they'd say, "It's my voice in my head."

That's exactly how it works for most of us. Seeing spirit is seeing in your mind's eye. Hearing spirit is hearing in your own voice inside your head. There are exceptions—some people do have physical experiences—but they're rare. And yet, so many developing mediums doubt themselves because they think they should be experiencing something different.

So let me be clear: If you're "just" seeing impressions in your mind, or hearing your own thoughts with no external voice, that is spirit communication.

## Judgement & Compassion

Something else that's been coming up a lot this week is judgement.

I had a moment recently that really humbled me. I was walking my dog, and I saw a car with a mum, a dad, and six kids. The kids were wailing, and I thought, "Oh, for goodness' sake, what a racket."

Then I got closer and realised the parents were having a huge argument—swearing, shouting, completely wrapped up in their emotions. The kids weren't just being noisy; they were distressed.

And I felt awful. I had judged the children without understanding their situation.

It was a powerful reminder that we never know what people are going through. It's easy to judge quickly, but compassion is what's needed.

So my lesson for the week? Catch yourself when you judge. Because so often, judgement isn't really about the other person—it's about something unresolved in us.

## Final Thoughts

So that's where I'm at this week. Trust your connection, let go of unrealistic expectations, and try to meet others with compassion instead of judgement.

If you have any thoughts or questions, drop me a message! And a big shout-out to Marcel from Holland, who sent me such a lovely message—it made my day.

Thank you for listening, and I'll see you in the next episode!