



Mediumship Matters Podcast Transcripts

Season 3 Episode 19 - Being Brave

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! It's Friday—yay! And here we are at Season 3, Episode 19. We're flying through the episodes, aren't we?

Today's Mediumship Mini is based on a brilliant question from Lisa, who messaged me back in November (yes, I know, I'm catching up!). Lisa writes:

👉 Hannah, love, love, love your podcast! It gets me through my tricky journey.

👉 I have a question: As you may remember from our session last week, I am not brave. I'm brave for a day or two, and then I revert backwards. I keep annoying myself with this, and I can't imagine how my sitters feel when I keep rearranging due to nerves. How do I keep being brave every day?

Lisa, this is such an important topic, so let's get into it!

Fear in Mediumship: It Never Really Goes Away

First, let's address a hard truth: Fear never fully disappears.

Now, before you throw your phone across the room in frustration, hear me out!

- Mediumship is a vulnerable process. Every time we step up to work, we're putting ourselves on the line.
- Even experienced mediums still get nervous before readings and demonstrations.
- The difference is, over time, you learn to manage fear instead of letting it drive.

There's a misconception that one day, it will just "click," and fear will vanish. Nope. Instead, you reach a point where you accept: ✓ Fear is part of the journey.

✓ You don't have to let it control you.

✓ Bravery is a choice you make every single day.

Who's Driving Your Mediumship?

I always visualize my spiritual self and my fear-based self as two people in a long car, driving through an American desert. Mountains in the distance, nothing but open road.

- Some days, my spiritual self is in the driver's seat. Everything flows beautifully.
- Other days, my fear-based self—who I call Celeste—is at the wheel. Celeste is mean, self-doubting, and loves to tell me I'm not good enough.

But here's the trick: You have to drag your fear-based self OUT of the driver's seat.

- I literally imagine grabbing Celeste by the scruff of the neck, chucking her in the boot, and slamming it shut.
- She'll still shout from the boot, trying to control things. But she's no longer driving.
- That's how you step back into your spiritual power.

So, Lisa—who is driving your mediumship right now?

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Practical Ways to Shift Your Energy

When you feel fear creeping in, you need a strategy. Here's what works for me:

1. Movement & Music 🎵🕺

- Before every demonstration, I blast music in the car and dance like a lunatic.
- When we hold onto fear, our energy gets stagnant. Movement shifts it instantly.
- I learned this on my retreat—before students demonstrated, they tried to meditate and ended up in an energy chokehold of nerves.
- So we ditched meditation, put on Fatboy Slim, and danced around the room instead.
- The energy skyrocketed, and their mediumship flowed.

Lisa, before your clients arrive, put on your favourite uplifting song and sing at the top of your lungs!

2. Affirmations (Even If They Feel Silly)

I used to think affirmations were a load of crap. But they work.

- Before a demonstration, I repeat to myself: 🗨️ “I am a phenomenal medium. I get evidence with ease and clarity.” 🗨️ “My audience is lucky to have me.”
- Sometimes, I even walk to the rhythm of my affirmations to cement them into my energy.
- It feels ridiculous at first—but it rewires your mindset.

3. No More “Escape Routes”

Lisa, you mentioned rescheduling sitters due to nerves—that's giving yourself an out.

- If you let yourself cancel, fear wins.
- Instead, make a commitment: “I only cancel if I'm genuinely unwell.”
- The more you push through discomfort, the more confidence you build.

How to Strengthen Your Mediumship Moving Forward

Lisa also asked:

🗨️ How do I put the work in going forward? There's nothing decent around here group-wise, and I prefer in-person energy. I do sit in the power, but how else can I improve my connection?

Here's the thing—there comes a time when you just have to do the work.

- There's learning time, and then there's integration time.
- Right now, I feel like you're in the integration phase.
- The best way to improve is to stop searching for more information and just practice.

1. Find a Mentor

At this stage, I'd recommend working with a mentor who can give you personalized feedback on your mediumship.

- Someone who can help you navigate your experiences with the public.
- Someone who can push you out of your comfort zone.
- If you're interested, my mentorship programme might be a great fit. 😊

2. Let Your Own Style Emerge

- You don't need more techniques—you need to trust what's already working.
- Your personal mediumship style is developing—follow it!
- The best mediums aren't clones of their teachers—they're people who embrace their unique connection.

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Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Fear never fully disappears—but you don't have to let it drive.
- Visualize your fear-based self as a separate entity—and take back control.
- Music and movement instantly shift your energy before readings.
- Affirmations work—even if they feel silly at first.
- Stop giving yourself an “out”—commit to showing up, no matter what.
- You're in an integration phase—trust your own mediumship and let it unfold.

Lisa, I hope this helps! And for anyone else struggling with confidence, you're not alone. We all feel it—but we push through anyway.

If you enjoyed this episode, please leave a review and share it!

And if you're ready to take your mediumship to the next level, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨