



# Mediumship Matters Podcast Transcripts

## Season 6 Episode 14 - Instagram Questions

Overcoming Imposter Syndrome, Photo Readings & Trusting Your Connection

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

Today, we're diving into some big topics—imposter syndrome, self-doubt, feeling disconnected from spirit, and the rollercoaster that is mediumship. I asked on Instagram what you wanted me to cover, and you delivered! So, let's get stuck in.

“I Stopped Doing Photo Readings Because I Question If I’m Really Good”

(Barbara’s question)

Barbara, I get it. Every single medium experiences this.

- One day, you feel like you’re smashing it. 🎉
- The next, you question everything. 😬
- You tell yourself you’re too busy—but really, you’re just exhausted from fighting your own self-doubt.

I used to think that one day I’d break through the self-doubt for good. But now? I realise this is just part of the journey.

The imposter syndrome never fully goes away because:

- You care deeply.
- You know the responsibility of this work.
- You’re constantly pushing yourself to improve.

The key? Don’t let it stop you.

- You already know you’re good—you even said “I stopped doing great photo readings.”
- That means you’re aware of your ability, but fear is getting in the way.

So my advice? Push through it. Take breaks if you need to, but don’t give up. The world needs more good mediums.

“Should I Always Feel Spirit to Be Legit?”

(One’s question)

No. Absolutely not.

There’s a huge misconception that mediums should be “always on,” constantly sensing spirit.

But here’s the truth:

- You are here for a human experience.
- You are not meant to be connected 24/7.
- Constant connection isn’t a badge of honour—it’s unhealthy.

I’ve met people who claim they’re always connected, but often:

- They’ve lost touch with reality. 🌀
- They struggle with daily life.
- They wear their “constant connection” like a spiritual badge of honour.

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For me? Mediumship is like a light switch.

- My default state is OFF.
- I consciously turn it ON when I want to connect.

Spirit is always around, but that doesn't mean we have to be in tune with them constantly. You're not disconnected—you're just living your life, and that's how it should be.

“Why Is My Mediumship Clear One Day & Gone The Next?”

(Nikki's question)

Oh, Nikki. I love this question because the answer is simple:

● It's not spirit—it's YOU. ●

Spirit is always aligned. Spirit is always there. The problem is always on our end.

- Energy levels – Are you tired? Stressed? Drained?
- Self-doubt – Are you second-guessing every message?
- Overthinking – Are you waiting for spirit to hit you over the head with something huge?

This is the frustrating part of mediumship. It feels like nothing.

When I first started, I expected a BIG feeling, a strong presence—but 99% of the time, it's incredibly subtle. It feels like:

- A random thought.
- A vague impression.
- Something so slight you could dismiss it entirely.

And the worst part? Sometimes you do make it up.

But you have to keep going anyway. Trust that even the small things matter.

The Fast-Track Trick: Don't Give Resistance Time to Build

When beginners start, they overthink:

😞 “Is this real?”

😞 “Is that a man or a woman?”

😞 “What if I get it wrong?”

All of this creates resistance—like an energy wall between you and spirit.

So here's my trick: Go fast.

💡 I imagine a Viking longboat with a drummer keeping time:

Boom, boom, boom, boom.

- Spirit steps forward.
- I start talking.
- I don't stop. I match the beat of the drum.

Example:

👤 “I have a man here. He feels like a granddad. He had a big nose. He drank a lot. He's saying sorry. He lived alone. He had a moustache.”

You just keep going—because the second you stop and doubt, you break the flow.

Try it. It works.

“I Feel Guilt & Shame From My Past—Does Spirit Judge Me?”

(Shah's question)

No. Spirit does not judge.

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They love you unconditionally. They always have, and they always will.

If you are struggling with guilt from the past, know this:

- You were always worthy of love.
- Your past does not define your connection to spirit.
- The only person blocking spirit's love is YOU.

Spirit isn't punishing you. They're waiting for you to forgive yourself.

The more you let love in, the stronger your connection will become. 💜

Final Thoughts: Keep Going & Keep Trusting

If there's one thing I want you to take away from this episode, it's this:

- ✓ Self-doubt is normal—but don't let it stop you.
- ✓ You're not meant to feel spirit 24/7—that's not how it works.
- ✓ Your "off days" are about YOU, not spirit.
- ✓ Go fast—don't give resistance time to build.
- ✓ Spirit loves you, no matter what.

Thank you to everyone who sent in questions! If you have more, send them my way. I love hearing from you, and your questions help shape these episodes.

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

Love,

Hannah x

Keywords for SEO: Overcoming imposter syndrome in mediumship, photo readings self-doubt, mediumship confidence, connecting with spirit, why does mediumship feel inconsistent, mediumship resistance, how to trust spirit messages, spirit's unconditional love, developing mediumship, beginner mediumship struggles.