



Mediumship Matters Podcast Transcripts

Episode S7, Ep 33 - Mediumship Q&A: Boundaries, AI and Big Plans

Catching Up

Hello, my loves — it's been a little while! Welcome back to Mediumship Matters with me, Hannah Macintyre.

This year has been... a lot. I don't know if you've felt it too, but 2025 has definitely been testing my limits. I set myself some pretty ridiculous goals (no one's shocked, are they?), and it's been a juggling act of body, business, and spirit. Between working out, writing, teaching, and building Spirit Social, I feel like I've been running a spiritual marathon — limping towards the finish line of Season Seven with determination and a touch of chaos.

What's Been Going On

Aside from teaching and working with students, Spirit Social is thriving — I'm so proud of how it's growing. I've also launched my Mediumship Matters Mini Guides on Amazon — short, to-the-point guides for different areas of mediumship. Five are already out, with many more planned!

And, finally (finally!), *Spiritual Slaps* — my autobiography — is complete! Holding it in my hands after such a long and emotional process feels surreal. Writing it meant diving back into who I was — a version of me that feels distant now, like watching a story rather than reliving my life. I've also been recording new things — I even went up to London recently to appear on the *Made by Mamas* podcast. Imagine: a real studio, an actual producer, and professional lighting! I turned up with perfect hair, a full face of makeup... and promptly got drenched in the pouring rain.

Typical, right?

That episode comes out on Halloween — so we'll see how it goes!

Listener Question: Can Spirits We Don't Want Still Come Through?

Michelle wrote to me with a question after reconnecting with spirit for the first time in years. She asked whether spirits we don't want to hear from — like estranged relatives — can still come through in a reading.

The short answer? Yes — but only with intelligence and love.

Spirit doesn't barge in uninvited. They only step forward if you're ready and if it will truly help your healing or your path forward. Mediumship is a sacred exchange — and consent matters. As a medium, emotional intelligence is crucial here. I've heard mediums say things like, "Well, the spirit needs to come through for closure," but that's simply not true. Spirits don't need closure — we do.

If a client says, "I don't want to hear from them," it's my job to respect that. I'll always thank the spirit and explain that their loved one isn't ready. Spirit understands; there are no hurt feelings. You have every right to set boundaries in mediumship — just as you do in life.

And no, forgiveness isn't some spiritual obligation either. Use it if it helps you heal, but don't force yourself to forgive people who've hurt you. That doesn't make you less spiritual — it makes you human.

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Early Lessons and Learning Moments

When I first started practising, I once brought through the spirit of a man who had abused my sitter. She instantly said she didn't want to hear from him — and rightly so.

Back then, I didn't understand how much control we have as mediums over what we allow. Now, I'd handle that situation with much more care and softness. Experiences like that shape us; they teach us how to be compassionate and aware.

Question Two: Why Are Some Seances Done in the Dark?

Kayla wrote to say she's been watching Paranormal on BBC iPlayer, where they investigate Helen Duncan — the infamous medium who was jailed for fraud. Her question was: Why are seances and physical mediumship often done in the dark?

Good question.

Now, you'll often hear people say it's because "ectoplasm reacts to light," but honestly — I think that's a convenient myth. When I teach transfiguration, we dim the lights simply because it makes subtle energy changes easier to see, not because light is dangerous.

If spirit can move trumpets and create phenomena, they can absolutely do it in daylight. So yes, dim lighting can help focus, but the whole "ectoplasm kills the medium if exposed to light" story? That's the ultimate gaslight.

Question Three: AI in Mediumship

Sarah emailed about people using AI tools like ChatGPT to do readings, write channellings, or even "speak" as spirit guides. Some even admit to using it for scam readings — yikes.

It's such an interesting — and complicated — topic.

Now, I love ChatGPT (sorry, Sarah Connor, I've failed you), but I use it for admin, not mediumship. It's great for proofreading, summarising analytics, or helping me reword a caption — but not for connecting with spirit.

Energy matters. When we post online, people connect to our vibration, not a robot's. If AI writes it, they're connecting with AI — not you.

That said, I think tech can support spiritual growth. Used wisely, it can make learning and sharing easier. But pretending an AI-generated message is a spirit reading? That's not just misleading — it's unethical.

AI can never replace authentic, heart-led connection.

Question Four: Dealing with Negativity and Trolls

Jody wrote a heartfelt email about struggling with negative comments on social media — especially from people who say mediums shouldn't charge for their gift.

Oh, Jody... I feel this one.

Let's start there: I used to be so triggered by those comments. Now? Not at all. Why? Because I've healed my relationship with money. I know my worth, and I know what I offer.

We don't charge for the gift — we charge for the time, energy, and presence it takes to serve others. Just like an athlete isn't paid for having natural talent — they're paid for training, discipline, and showing up.

If someone doesn't want to pay for your service, that's fine. They don't have to. There are plenty of other options.

It took me 15 years to get comfortable with that truth.

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And when it comes to trolls — yes, they can sting. But I try to see them with compassion (and a healthy dose of sass). Sometimes I block them. Sometimes I clap back. Sometimes I just laugh. Remember: people's hate says more about them than it ever could about you.

You can't control what they project, but you can control how much power you give it.

Staying Grounded

So, Jody — and everyone else navigating this work — here's the truth: people can't wound you unless you let them.

The only way through is through.

Keep showing up. Keep walking the coals.

Heal. Retreat. Then rise again.

And when in doubt, remember why you do this — not for approval, not for validation, but for love, truth, and connection.

Wrapping Up

And as I was finishing this episode — typical timing — the power cut out completely. Total darkness. Even spirit likes to troll me sometimes!

So that's my cue to sign off.

I'll be back soon with the final episodes of Season Seven of Mediumship Matters, including a few more listener questions, some special interviews, and a reading from Spiritual Slaps.

Thank you for sticking with me on this wild, beautiful ride.

Until next time — keep trusting your connection, keep standing in your truth, and keep shining your light.

Mediumship, Spiritual Development, Spirit Social, Mediumship Matters Podcast, Spiritual Slaps, AI in Mediumship, Spiritual Growth, Psychic Development, Healing, Spiritual Business, Evidential Mediumship, Energy Work.