



Mediumship Matters Podcast Transcripts

Season 2 Episode 86 - Listener Questions

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you all doing? Today, we're diving into listener questions—and wow, I have so many! I was clearing out my phone the other day and realized I had loads of screenshots of questions I meant to email myself but never did. So, there are even more than I thought!

I love these Q&A episodes, and I hope you do too. Let's dive in!

Sitting in Circles & Navigating Practice Groups

Question from Eleanor (California)

“Hannah, your podcast has been life-changing! I've been guided to sit in a circle, but I have no experience. My worry is that because the need of the sitter isn't as high in a practice group, I won't be able to connect, and that will make me lose trust in myself and spirit. Any advice?”
Such a brilliant question, Eleanor! Let's be really honest about circles—because they are a mixed bag.

Yes, you're absolutely right—when the need of the sitter is greater, the connection is stronger. It's why readings for grieving people often flow beautifully. But in practice circles, the sitter isn't always desperate for a message, and that can make the energy harder to work with.

However, here's the thing: Spirit wants you to develop. They will work with you, even in a practice setting, because your growth matters to them.

That said, not all circles are created equal. Some are amazing, and others? Total nightmares. Here's what I've learned:

- Developing mediums can be the hardest people to read for. They overthink, analyze, and sometimes unknowingly interfere with the process.
- Some people join circles for therapy, not mediumship. They aren't there to learn, but rather to share their personal struggles—which can be frustrating for those serious about development.
- Not all teachers are great. Some hold space beautifully, while others let the group become a free-for-all.

My advice? Be choosy. If a circle doesn't feel right, don't force yourself to stay. Try different teachers and environments until you find the right fit.

And remember: Your need to develop is just as important as the sitter's need for a message. Spirit will bring what you need—even if that's a tough experience to help you grow!

Receptivity, Surrender & Preparing for Readings

Eleanor's Follow-Up Question:

“How do you get into the energy of receptivity and surrender before a reading? Do you have a specific visual or technique?”

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Brilliant! Here's my take on surrender and receptivity:

- All readings start psychically. At first, you'll be seeking information, and that's fine! But once your energy builds, you naturally shift into mediumship.
- Surrender isn't instant—it's a process. The first few minutes of a reading are always clunky. But once you start getting yeses, you relax, and spirit flows more easily.
- Affirmations help! I have one written on my desk: "I am a phenomenal medium. I get evidence with ease and clarity." Repeating affirmations can calm your nerves.
- Energy clearing is key. I visualize a snow globe settling to clear my mind before a session.
- Live and fresh is best. Avoid trying to connect to spirit before the session—it's better to start with a clear, open space.

Blending Healing Modalities & Following Your Own Path

Email from Karen Hall:

"Hannah, OMG, thank you! I was just talking to a friend about going 'off script' with my Reiki healing practice. I blend Reiki with shamanic practices, but I feel guilty for not following the traditional structure. Hearing you say we should create our own styles was such a relief. Should I feel guilty for adapting?"

Karen, absolutely not! There's no need for guilt—you're evolving.

Yes, traditional Reiki has structure, but that doesn't mean it can't grow. In fact, I'm currently writing my own Reiki system—Spirit-Led Reiki—because I feel that the old ways need updating. Healing should be fluid, intuitive, and unrestricted. As long as you're working with integrity and intention, you're on the right path. So, keep blending, keep evolving, and trust your instincts!

Emotional Experiences & Spirit's Love

Email from Lee Clark:

"Hannah, I did your spirit guide meditation, and I felt an overwhelming wave of love—so strong it made me cry. I didn't see my guides, but I felt them. Is this normal?"

Lee, yes! In fact, when I first started, I cried every single time I connected with my guides. It became a running joke in my circle—"Here come Hannah's guides, grab the tissues!"

Why? Because spirit's love is pure and unconditional. It's unlike anything we experience in daily life.

- Human love comes with conditions. Even with our closest family, there are expectations and social norms.
- Spirit's love is absolute. They see you, flaws and all, and think you are perfect as you are.

So, if you're feeling that deep emotional response, know that it's completely normal—and a sign you're truly connecting.

Final Thoughts

This was such a great episode! Thank you to Eleanor, Karen, and Lee for your amazing questions.

🌟 Key Takeaways:

- Circles can be amazing or awful—be selective!
- Surrender in mediumship is a process, not an instant state.
- There are no rules in healing—trust your intuition.
- Spirit's love is overwhelming, and that's okay!

If you enjoyed this episode, please leave a review! And if you have a question for a future episode, send it to podcast@hannahmedium.co.uk. Until next time—keep shining your light! ✨