



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 119 - Interview With Lee Mills

The Realities of Platform Mediumship, Psychic vs Mediumship & Ethical Practice

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

Today, I'm joined by the wonderful Lee Mills, an international spiritualist medium from West Wales. Lee is an evidential medium and platform demonstrator, and we're diving deep into the realities of platform work, audience energy, spirit communication, and the difference between psychic and mediumistic readings. Let's get into it!

### Lee's Journey into Mediumship

Unlike many who discover mediumship later in life, Lee was aware of spirit from a young age.

- His grandmother was also sensitive to spirit, and his experiences were accepted rather than dismissed.
- As a child, he visited a spiritualist church and instantly knew this is what I'm meant to do.
- He was inspired by evidential mediums who delivered incredible, detailed messages.
- He dedicated himself to becoming the best medium he could be, striving for accuracy and integrity in his work.

### Seeing Spirit—How It Works for Lee

Lee describes his experience of seeing spirit as a mix of physical sight and third-eye imagery.

- As a child, he saw spirit much like he saw living people.
- As he got older, he started seeing them in his mind's eye, while still sensing their presence.
- Now, he sees spirit physically, but as a negative image—like a black-and-white photograph.
- His third eye adds in details like hair color, eye color, and clothing.

Does he see exactly where the spirit is standing in a demonstration?

- Sometimes, a spirit will appear to his right before moving towards the correct recipient.
- Other times, he has to deliver the evidence and let the audience claim the link.
- It's not always the same—spirit works differently depending on the setting!

### Does Audience Energy Affect Spirit Communication?

Yes and no!

- The medium is the channel, so spirit will communicate regardless of the audience.
- However, a high-energy, engaged audience makes the connection flow easier.
- Laughter and upliftment raise the vibration, making spirit communication more fluid.
- If an audience is closed-off or sceptical, it can make it feel like wading through mud.

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## Navigating the Emotional Cost of Mediumship

Some demonstrations drain Lee more than others.

- A light-hearted, engaged audience feels energizing.
- Heavy grief or resistance in a room can make a session exhausting.
- As a medium, you don't just connect with spirit—you also absorb the emotions of the audience.
- Understanding spiritual hygiene and protecting your energy is key to longevity in this work.

## Psychic vs Mediumship—Are Some Readers Just Working Psychically?

Lee gets straight to the point: not every “medium” is actually doing mediumship.

- Psychic work involves reading a person's energy—their emotions, past experiences, and future potentials.
- Mediumship is about blending with spirit and bringing through evidential information that the sitter can't validate from their own energy field.
- Some people think they are doing mediumship when they are actually just reading psychically.
- True mediumship brings forward independent intelligence—things the sitter may not even remember at first but can verify later.

Lee also emphasizes:

- Psychic work is not lesser than mediumship—both have value.
- The problem is when psychics present their work as mediumship without realizing the difference.

## Ethical Mediumship: Responsibility & Integrity

Lee is deeply committed to ethical practice and takes his work seriously.

- People come to mediums in their most vulnerable moments—we have a duty to be responsible.
- He refuses to make up information just to satisfy a client.
- If spirit communication isn't flowing, he will be honest rather than force it.
- Ethical mediums prioritize healing over performance—it's about the sitter, not the medium's ego.

## Spiritualism & The Seven Principles

Lee is a member of the Spiritualists' National Union (SNU) and follows the Seven Principles of Spiritualism.

Why does this resonate with him?

- It's inclusive—welcoming all faiths, backgrounds, and identities.
- It emphasizes personal responsibility and living by a moral compass.
- It values evidence and progression rather than rigid dogma.

One of the key principles he follows is: eternal progression is open to every human soul.

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## Lee's Personal Experience with Grief & Spirit

Lee's wife passed away two years ago, and he openly shares how this impacted his work.

- Immediately after her passing, he threw himself into mediumship—but it was too soon.
- He realized he wasn't processing his own grief, and taking on other people's emotions made it overwhelming.
- Spirit gave him signs and reassurance, showing him that she was still present.
- He saw his wife's grandmother coming to collect her just before she passed—an experience that deepened his faith even further.
- Now, after taking time to heal, he feels that his time is truly now to step fully into his work.

## Lee's Advice for Aspiring Platform Mediums

- Sit in your power. Develop your spiritual muscles like you would physical muscles in a gym.
- Find the right training space. If a development circle isn't serving you, don't stay in it.
- Prioritize integrity. If spirit isn't coming through clearly, don't force it.
- Take care of your energy. Spiritual hygiene is as important as the work itself.
- Trust the process. Spirit will guide you—but only when the time is right.

## Final Thoughts: The Purpose of Mediumship

Lee's ultimate takeaway?

- Mediumship is about healing, not performance.
- Spirit wants to communicate to help us, not just entertain us.
- Ethical, responsible mediumship is essential for keeping this work respected and valued.

Thank you to Lee Mills for sharing his story, wisdom, and experiences. If you'd like to see him in action, check out his fortnightly live demonstrations on Facebook—links in the show notes!

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

Love,

Hannah x

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