



# Mediumship Matters Podcast Transcripts

Season 2 Episode 48

## Tips for Developing Mediums

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's podcast is packed with useful tips for developing mediums. If you're looking to strengthen your connection with spirit and refine your practice, this episode is for you!

### 1. Practice, Practice, Practice!

One of the most crucial elements of mediumship development is practice. You won't get better by just reading books or attending workshops—you have to do the work. You need to:

- Put yourself out there.
- Offer practice readings to friends, family, or online communities.
- Build resilience against setbacks.

When I was training, my mentor told me to practice relentlessly. So I did! And after dozens of readings, my confidence and accuracy skyrocketed. If you wait until you feel ready, you'll be waiting forever. The time to start is now.

#### Dealing with “No” in Readings

Nos can feel like a dagger to the heart when you're starting out. But remember:

- Some people don't know the information you give them and need to check.
- Sometimes you're right, but they don't recognize it in the moment.
- And yes, sometimes you're wrong—and that's okay! Learn from it and keep going.

### 2. Understanding Energy & Holding Your Power

Mediumship requires you to navigate different energies:

- Spirit energy.
- Your own energy.
- The energy of the sitter.

You have to learn how to hold your power, even when a sitter isn't reacting, or when spirit feels distant. Trust that spirit is always there—it's usually your own resistance creating a block.

### 3. Watch Other Mediums Work

To develop your own unique style, observe different mediums.

- What do you like about their delivery?
- What doesn't resonate with you?
- How do they handle difficult readings?

Avoid becoming a copy of your teacher. It's great to learn from them, but your mediumship should reflect who you are, not just what you were taught.

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## 4. Consistency Builds Confidence

Spirit won't abandon you if you take a break, but consistency helps you believe in yourself. If you only do one reading every two weeks, you'll struggle to build momentum. Aim for at least 2–3 readings a week to keep your energy flowing.

### Set a Target for Yourself

When I was developing, I set a goal of 100 readings. That's how I pushed through the uncertainty and improved. The more you do, the more you'll trust yourself.

### Have Your Next Reading Booked

If your last reading didn't go well, you need to bounce back quickly. Having another session already lined up stops you from retreating into doubt and giving up.

## 5. Record Yourself for Self-Review

A great way to improve is by recording yourself:

- Reading a card for yourself.
- Doing a full practice reading.
- Analysing your phrasing and delivery.

The way you speak matters. If you get a no, try rephrasing the message—it could just be a matter of word choice.

## 6. Energy Management Over Meditation

Meditation is great, but it's not the only way to prepare for mediumship. Find what works for you:

- Walking in nature.
- Journaling.
- Running or movement-based practices.

Whatever helps you feel clear and aligned will serve you better than forcing yourself to meditate if it doesn't suit you.

## 7. Overcoming Nerves for Platform Mediumship

If you struggle with nerves, don't expect mediumship alone to fix it. Work on public speaking skills first:

- Practice speaking in front of a mirror.
- Read aloud to an audience (even if it's just friends).
- Learn to engage an audience and project confidence.

Nerves can make you too focused on yourself, which blocks the flow of spirit. Mediumship isn't about you—it's about the message. The more comfortable you are, the stronger your connection will be.

## 8. Building Momentum in Readings

Start your readings with quick bullet points to get the energy going before going into deep detail:

- Identify the spirit (e.g., grandfather, fun-loving personality, passed in his 70s).
- Give evidence rapidly.
- Once energy is built, expand on details.

The key is to keep the energy moving—once the connection is flowing, it will be much easier to bring through deeper validations.

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## 9. Call on Spirit to Help You Practice

You can practice with spirit in various ways:

- Call back a spirit you connected with earlier and ask for feedback.
- Ask to work with different types of spirit energies (e.g., a great-aunt, someone who passed from cancer) to expand your recognition of those vibrations.

## 10. Trust Yourself & Keep Going

Spirit isn't going to randomly place sitters in your path—you have to take action. Book practice sessions, seek out opportunities, and trust the process. The more effort you put in, the more spirit will meet you halfway.

If you're waiting for a sign—this is it! Start practicing today.

## Final Thoughts & Get in Touch

I hope these tips help you develop your mediumship! If you have any questions or topics you'd like me to cover, email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

Thanks for listening, and I'll catch you next time!