



Mediumship Matters Podcast Transcripts

Season 5 Episode 12 - The Psychology of Spirit

Navigating No's, Spirit Evidence & The Soul's Journey

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

Today, we're diving into listener questions, philosophy, and the fascinating way spirit works—even when it doesn't seem to make sense! So grab a cuppa, get comfy, and let's explore some deep (and occasionally confusing!) spiritual ponderings.

Why No's in Mediumship Aren't Always No's

Let's talk about something that used to absolutely wreck me when I was developing—hearing 'no' in a reading.

- When you start out, a 'no' can feel devastating.
- It triggers all the imposter syndrome gremlins that say, "You're rubbish! You can't do this!"
- It knocks you out of your power and makes you doubt everything.

But here's the truth:

No's often turn into yeses—later.

Now that I've been doing this for a long time, I can tell you: at least 90% of the no's I get become yeses later. And that's a lot! It's usually because:

1. The sitter forgets something and remembers later.
2. They don't make the connection immediately.
3. Their nerves make them hesitate.

So nowadays, if I know I'm in my power and someone says 'no,' I challenge it.

I once did a demonstration where a grandmother came through so clearly—but no one took her. So I just bellowed into the mic, "TAKE YOUR NAN!"

Was it subtle? No. Did it work? Yes. Because sometimes people just need a nudge!

Why Doesn't Spirit Always Give Easily Recognisable Evidence?

A big question I get asked is:

"Why wouldn't spirit just give clear, easy-to-recognise evidence?"

Great question! Here's my take:

- If spirit could control the process entirely, they'd just say, "Hi, I'm Marjorie, I lived in Devon, I had four cats, my husband was Peter." But they don't.
- Mediumship isn't direct speech. It's energy, emotion, and symbolic impressions.
- The medium is the translator. What we receive is filtered through our energy, knowledge, and experiences.

If I've never seen a specific type of flower, spirit can show it to me—but I might not recognise it. That's why our own openness, trust, and confidence in delivering what we get is so important.

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Why Do Mediums Sometimes Connect to the ‘Wrong’ Spirit?

Here’s something people don’t often talk about:

Mediums don’t always connect with the spirit the sitter wants.

Why?

- Because it’s like walking into a crowded room—you naturally gravitate to the energy you connect with best.
- Sometimes, it’s the spirit that’s most compatible with the medium—not the one the sitter expects.
- Other times, spirit steps forward because they know they have an important message.

When you do one-to-one readings, this is why I always recommend just asking the sitter who they want to hear from. It saves so much time!

Does Spirit ‘Advance’ Over Time?

One of my students recently asked:

“Do spirits evolve and improve at communicating over time?”

And my answer is... maybe? But let’s unpack this.

- If spirit is beyond space and time, wouldn’t they already know everything?
- Or is it actually the medium that evolves—becoming more open, attuned, and confident?
- Is the idea of progression a human thing rather than a spiritual reality?

We don’t know for sure. But what I do know is: the more a medium develops, the clearer the connection becomes. So maybe it’s not spirit improving, but us!

Why Would a Soul Choose to Incarnate on Earth?

Ah, the big question!

“If the spirit world is so perfect, why would a soul choose to come here, where it’s difficult, painful, and messy?”

Here’s what I believe:

- Earth is about contrast. You can’t fully appreciate light without experiencing dark.
- Our souls come here to feel, experience, and grow.
- Even suffering serves a purpose—it deepens compassion, perspective, and understanding.

Now, whether or not this means we are evolving as souls...

That’s the part I’m still debating. Is it growth? Or just experience? I don’t know. But it’s fascinating to think about!

Does a Sitter’s Energy Affect a Reading?

100%, yes.

- Some sitters are responsive, open, and excited—and that lifts the reading.
- Others are tense, nervous, or testing—and that makes it harder.
- Energy isn’t just about belief—it’s about engagement.

That’s why in TV shows like Tyler Henry’s, every sitter is hand-picked for their expressiveness. No one on TV sits there stone-faced going, “Hmm, okay.” Because that would make terrible television! A great sitter makes the medium feel safe, seen, and encouraged. And that’s when the magic happens!

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Final Thoughts: Keep Asking, Keep Exploring

Mediumship isn't black and white—it's a world of mystery, possibility, and questions we may never fully answer. And that's what makes it so beautiful.

We don't have to have all the answers. We just have to keep asking.

And with that, I'll leave you with my usual advice:

Trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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