



The 7 Biggest Mistakes New Mediums Make (And How to Avoid Them)

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Introduction

So, you've started your mediumship journey. Maybe you've had some amazing moments where you've felt completely in tune with spirit, but then... doubt creeps in. Or the connection just doesn't seem as strong as it was last time. Maybe you're second-guessing every message, feeling stuck, or wondering if you're even doing it right. Sound familiar?

You're not alone. Every developing medium—yes, every single one—goes through this. And more often than not, they're making the same common mistakes without even realising it.

That's where this guide comes in. I'm here to show you the biggest pitfalls that hold mediums back, so you can recognise them, correct them, and move forward with confidence. The good news? These mistakes are all fixable. And the even better news? Awareness is the first step to changing them.

Let's dive in!

About Me

Hi, I'm Hannah Macintyre—a medium, teacher, and bestselling author of *You Are a Medium (You Just Don't Know It Yet)*. My journey with Spirit has been transformative and deeply life-changing, but it wasn't something I always knew I could do. Like many of you, I didn't realize I was a medium at first. I discovered that mediumship is a natural ability we all possess, and with practice and guidance, I learned how to develop and trust my connection.

Now, I help others unlock their own gifts, proving that mediumship isn't reserved for a select few—it's something everyone can access with the right support. My passion lies in working with the Spirit World to deliver messages of love and hope and helping students connect with their own spirit teams.

I'm also the host of the internationally recognized Mediumship Matters podcast, where I share insights and teachings to inspire spiritual growth. Through workshops, courses, and mentorship, I've guided hundreds of students on their path, empowering them to find their authentic voice, connect with Spirit, and live more confidently and joyfully.



My teaching style is relaxed, informal, and full of energy (with the occasional swear word thrown in!).

Spirit doesn't require you to meditate for hours or contort yourself into impossible shapes—it's about weaving connection into your everyday life and embracing the unconditional love and support of the universe.

Mistake 1

Overcomplicating the Connection

The Problem: You think mediumship has to be difficult, requiring candlelit rooms, sacred chants, or being perched on a mountaintop in deep meditation. You set up an elaborate ritual with incense, crystals, and whale sounds... and still, nothing happens.

The Fix: Spirit communication is as natural as breathing. The more relaxed you are, the better the connection. If you're waiting for a bolt of lightning or a ghostly figure floating through your living room, you're missing the point. Spirit is subtle. It's the random thought, the soft knowing, the gentle nudge. Trust that. Ditch the theatrics and start noticing what's already happening.

Affirmation: "I trust that spirit communication is natural, simple, and always available to me."

Mistake 2

Ignoring the First Thought

The Problem: You get a piece of information—maybe 'purple roses'—and immediately dismiss it as imagination. Then, 20 minutes later, your sitter tells you their nan's favourite flowers were purple roses. Facepalm. And then you spend the next hour kicking yourself.

The Fix: Your first impression is often the most accurate. Spirit doesn't have time for an essay; they drop the message in and hope you'll trust it. The more you second-guess, the more you dilute what they're giving you. Next time, just say it! Even if it feels random, even if it doesn't make sense to you—chances are, it will to your sitter.

Affirmation: "I trust the first impression spirit gives me and allow the messages to flow."

Mistake 3

Letting Fear Take Over

The Problem: You're so worried about getting it wrong that you'd rather say nothing than risk looking daft. You convince yourself you're making it up, then sit there in silence, sweating, while your sitter stares at you expectantly.

The Fix: Fear is a creativity killer. Mediumship isn't about being 100% right all the time (spoiler: no medium is). It's about delivering what you get honestly. A sitter would rather have a 'maybe' message than a terrified medium sitting there like a rabbit in headlights. You're not auditioning for Britain's Got Talent—just let the information flow.

Affirmation: "I release fear and trust that I am a vessel for spirit's messages."

Mistake 4

Expecting It to Feel a Certain Way

The Problem: You think spirit will arrive with a fanfare, angels singing, and a booming voice saying, "HELLO! IT'S YOUR NAN!" Instead, you get a quiet sense of 'floral smell' and assume you're making it up. Surely, if it was really spirit, there would be some kind of special effect?

The Fix: Spirit communication is usually subtle. It's a whisper, not a shout. When you let go of how you think it should feel, you start recognising the signs that have always been there. Spirit isn't going to break out the fireworks just because you asked nicely.

Affirmation: "I embrace the subtle, gentle ways that spirit communicates with me."

Mistake 5

Trying to Force Evidence

The Problem: You're determined to get a name, so you sit there internally shouting 'TELL ME YOUR NAME' at spirit while getting... silence. You try harder. You demand clarity. Still nothing. Frustration sets in, and suddenly you're in a standoff with the other side.

The Fix: Mediumship isn't a quiz show. If you stop demanding evidence and start receiving it, things will flow much better. Sometimes spirit will give a name. Sometimes they'll give a random image of a rubber duck (which, bizarrely, means something to the sitter). Let spirit lead the way.

Affirmation: "I let go of control and allow spirit to communicate in their own way."

Mistake 6

Not Practising Enough (or Practising the Wrong Way)

The Problem: You're watching Ghost and calling it 'development.' Or you've only ever read for your best mate (who nods at everything you say), so you're convinced you're nailing it.

The Fix: Growth happens when you step outside your comfort zone. Work with different sitters, practice in different environments, and challenge yourself. If you only ever practice in the same way, your mediumship won't evolve. And no, watching paranormal TV shows doesn't count as training!

Affirmation: "I commit to expanding my mediumship by stepping outside my comfort zone."

Mistake 7

Doubting Yourself Constantly

The Problem: You assume that because you feel unsure, you must be wrong. You start questioning everything. Before you know it, you're in a spiral of self-doubt, convinced you should probably just quit now and take up knitting instead.

The Fix: Doubt is part of the process. The best mediums I know still have moments of "Oh god, am I making this up?" That's normal. Confidence comes with experience. Keep going, and stop assuming doubt means failure—it doesn't.

Affirmation: "I trust my ability, my connection, and my journey as a medium."

Final Thoughts

Every medium makes mistakes—it's part of the learning curve. But now that you're aware of these common traps, you can start avoiding them and moving forward with more confidence in your connection to spirit.

If this resonated with you, and you're looking for deeper development, practice, and guidance, why not join The Gateway? It's my online mediumship development community where you'll get access to live practice sessions, expert feedback, and a supportive space to grow.

There is currently a 7 Day Free Trial for all new members
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