



Mediumship Matters Podcast Transcripts

Series 1 Episode 8

What Are All The Different Readings

Mediumship Matters – Episode 8: Understanding Readings & Navigating Energy

Introduction Hello, and welcome to Mediumship Matters! I'm your host, Hannah Macintyre, and we're already on Episode 8. Thank you for all your lovely feedback—it's great to know you're enjoying the podcast.

Today, I'm talking about different types of readings, how mediums work, and how to choose the right reading for what you need. Let's get started!

Understanding Different Types of Readings

There are many ways to work with energy, and it's important to know what you're booking so you get the best experience.

1. Psychic Readings

A psychic reading involves the medium reading your energy rather than connecting to the spirit world. Your energy holds information about your emotions, thoughts, and current life situation. Think of it as a snapshot of where you are right now.

Psychic readings can offer insight into your mindset, patterns, and possible futures, but they don't predict a set outcome—because everything is shaped by your choices.

Common areas covered in psychic readings:

- Understanding emotional blocks
- Clarifying where your energy is focused
- Recognising patterns in your life

Psychic readings can also be done using objects (psychometry), photos, or even plants!

2. Spirit Guide Readings & Card Readings

These readings connect with your spirit guides to offer insight and guidance. I often use oracle cards as a tool to unlock messages from the spirit world, but the real guidance comes from spirit, not the cards themselves.

Spirit will never give you a detailed map of your future, but they will offer advice on what to focus on. If you book this type of reading, be ready for guidance on:

- What you need to work on for growth
- How to release past energy
- Steps to align with your highest path

Your guides won't do the work for you—you'll receive direction, but action is always your responsibility!

Until next time, keep shining your light!

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3. Evidential Mediumship: Messages from Loved Ones in Spirit

This is the type of reading where a medium connects to your loved ones in spirit to bring through evidence of their continued presence.

Unlike psychic readings, this isn't about guidance for your life—it's about proving the existence of the afterlife and sharing messages from loved ones. You may receive:

- Personality traits of your loved one
- Shared memories or inside jokes
- Details of their life that validate their presence

If you're looking for life guidance, this isn't the reading for you. But if you want to feel the presence of your loved ones and hear their messages, evidential mediumship is what you need.

How to Get the Best Reading Experience

1. Be Clear About What You Want

Book the right reading for your needs—don't expect life guidance in a spirit connection reading, and don't expect deep personal messages in a psychic energy reading.

2. Stay Open and Engaged

The best readings happen when you come in with an open heart. If you're skeptical or closed off, it can block the energy. That doesn't mean you should "help" the medium by giving details—just be open to receiving what comes through.

3. The Triangle of Communication

A good reading involves three energies:

- The Medium: Who translates the message
- The Spirit World: Who provide the message
- The Sitter (You!): Your openness and energy impact the flow

If you sit with your arms crossed and demand proof, you create resistance. If you're overly eager and tell the medium too much, it can interfere. The best readings happen when you are receptive but neutral.

Common Misunderstandings About Readings

1. "Mediums Should Be Able to Predict the Future"

No, we don't predict the future. We can pick up on potentials, but your choices shape your path.

2. "Mediums Can Summon Specific Loved Ones"

Mediums can invite spirits to come through, but it's not guaranteed that a particular loved one will step forward. Spirit decides what's best for you at that moment.

3. "I'll Only Believe It If the Medium Says a Secret Password"

Some people have pre-planned "passwords" with their loved ones, but expecting this puts immense pressure on the medium and the spirit. Messages often come in unexpected ways, so be open to what unfolds.

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Navigating Energy in a Time of Fear

With everything happening in the world (hello, COVID!), many people are feeling overwhelmed and fearful.

Fear creates a heavy energy that can hold us back. If you've been feeling off, it's not just you—we're all soaking in collective energy. Here are some things you can do:

- Take breaks from news and social media
- Spend time outside to clear your energy
- Prioritise self-care and rest

You're not alone, and you're not "broken" for feeling exhausted by it all. Be gentle with yourself.

Final Thoughts

I hope this episode has helped you understand the different types of readings and how to approach them. If you have questions or want me to cover something specific, email podcast@hannahmedium.co.uk—I'd love to hear from you!

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