



Mediumship Matters Podcast Transcripts

Season 2 Episode 23

The Basics

Understanding Mediumship: The Basics

Hannah Macintyre:

Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and this is Season 2, Episode 23: The Basics.

Last Thursday, I did a demonstration for my biggest audience yet, and it was brilliant. They were so engaged, asking amazing questions, and honestly, I could have kept going all night—if only the bar hadn't closed!

That evening got me thinking. There are things I assume I've covered in the podcast, but maybe I haven't. So today, we're going back to basics—things you need to know if you're starting your spiritual journey or simply want to connect with loved ones in spirit.

Let's dive in!

The Spirit World: Always Here, Never “Elsewhere”

One of the biggest misconceptions about mediumship is that we are calling spirits in from some faraway place, as if they're off fishing with Jesus and we're disturbing their peace.

Let me be clear: Spirit is always here.

They don't need to be summoned through a mystical portal—they exist in a multi-dimensional space that overlaps with our own. The separation we feel? That's a human construct. From their perspective, they've never left!

How Spirit Communicates (and Why It's Not Like the Movies)

When someone we love passes, we often expect them to make their presence known in big, obvious ways—loud voices, physical appearances, Hollywood-style interactions.

But here's the thing: they don't have a physical body anymore.

That means they can't:

- Speak using a voice box
- Tap you on the shoulder like they did in life
- Sit down and have a cup of tea with you (as much as we wish they could!)

What they can do is communicate through energy.

And energy is subtle. It's not like having a full-blown conversation—it's more like feeling a presence, receiving intuitive nudges, or noticing patterns.

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Spirit Guides: You Have a Team!

We all have a team of spirit guides—beings who are here to support, guide, and teach us.

Whether you sense them or not, they are there. But here's the big shift in thinking:

You are spirit, too.

So often, we view the spirit world as separate from us, but that's not the case. We are spirit, having a human experience. Even the most annoying people in your life (yes, even them!) are also spirit.

That means connecting to spirit isn't about going outward—it's about going inward. The more deeply you connect with your own soul, the easier it becomes to communicate with Spirit.

Trust Your Feelings: The Foundation of Mediumship

The number one way Spirit communicates? Through how you feel.

But here's the challenge: humans have been conditioned to ignore their feelings.

We're taught to rationalize everything, to seek "logical" answers instead of trusting our intuition.

That's why so many people struggle with spirit communication—they're expecting something louder, clearer, more obvious.

But Spirit works through your gut instincts, your emotions, and those little nudges that we so often dismiss.

Start by asking yourself:

- What do I feel drawn to today?
- What feels right (or wrong) in my body?
- What do I instinctively know but often ignore?

This is your spiritual GPS. The more you trust it, the stronger your connection will be.

Why Mediums Don't Always Get Names (and Why That's Okay)

At my last demonstration, someone asked: "Why can't mediums just give me a name?"

And believe me—I wish it worked that way! But Spirit doesn't communicate with words the way we do. They send energy, which we then have to interpret.

Some names do come through, but they often arrive in creative ways. For example, I once had a spirit show me a scene from 21 Jump Street—the meme where Channing Tatum says, "My name's Jeff." Turns out, the spirit's name was actually Jeff, and he was a computer programmer—so the fact that he delivered it via a meme made total sense!

Spirit is clever, and they work with what we can perceive and translate. But they won't always deliver a name on a silver platter, and that's okay. The feeling of their presence is what matters most.

The Difference Between Psychic & Mediumship Readings

This is a big one!

- Psychic work is reading energy—yours, your past, your potential future.
- Mediumship is connecting with spirit—bringing through messages from those who have passed.

The tricky part? Some mediums don't always realize when they're reading psychically instead of spiritually. A great way to tell the difference?

- If a medium tells you something you've been thinking about a lot, they might be picking it up from your energy field rather than Spirit.

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- If a medium gives you unexpected evidence—memories you'd forgotten or details you didn't provide—that's likely true spirit communication.

It's important to understand where the information is coming from so you can develop stronger mediumship skills.

Final Thoughts: Spirit is Always Communicating

To recap:

- Spirit is here. Always. You're not disturbing them—they want to connect!
- They communicate through energy, not big Hollywood moments.
- Trust your gut. If you want to strengthen your connection, start with how you feel.
- Names & details aren't always straightforward—but the love is real.
- Understand the difference between psychic and mediumship readings.

The spirit world is always communicating. The question is: are you listening?

If you have questions or want to share your experiences, email me at podcast@hannahmedium.co.uk. I love hearing from you!

Thanks for listening to Mediumship Matters—see you next time!

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