

Mediumship Matters — Season 9, Episode 2

Podcast transcript

You Don't Have to Be a Professional Medium

Hello and welcome to Mediumship Matters, with me, Hannah Macintyre. I'm excited to talk to you today about something that keeps coming up — in readings, with students, and in conversations I've been having with spirit: you don't have to be a professional medium.

There are reasons I think you should be one, and different ways of being one. But I wanted to brain-dump this while it's fresh.

The career path myth

One of the problems I see in mediumship a lot is that there seems to be a set career path — which sounds ridiculous for something as fluid and energy-led as mediumship, but I see it again and again in how people read for each other, and in the funny, half-inherited beliefs we carry that nobody actually said to us out loud.

I think it starts early. At the beginning, most of us are just playing. It's rare that anyone starts developing because they want to be a medium — for most of us it's a hobby we love, that becomes a career almost by accident. It's about the wonder of the spirit world, the excitement of it changing our lives, and wanting to see where it goes.

But as soon as you start developing, you start receiving readings — often from other students, sometimes from professional mediums (though really, we're all permanent students). And because none of us is unlimited — we're human — the readings we give each other tend to follow the same well-worn path: learn mediumship, then offer paid readings, then platform work, then teaching. I see that pathway handed to people as “evidence from spirit,” again and again. What's interesting is I'm not sure it's always from spirit, rather than from us subconsciously expecting that to be the path.

This became clearer to me recently doing a spiritual assessment for someone — a lady who, unusually, didn't want a career path at all. Reading for her, I felt a real push-pull in my own judgement, because part of me didn't want to steer her toward working professionally, and part of me doubted that instinct, simply because she'd booked an assessment. If I'm still doubting myself after all these years, I wonder how often this comes up, and how often we just assume a reading must mean “this is your life's purpose” — when actually, we're not staying true to what it's really saying.

Practice sitters, and the problem with need

There's a point in every medium's development where practice sitters become a problem. I've talked about this before, but for anyone new: when you're a practice medium, you're essentially asking “is anyone free to sit for me?” — and that changes the energy of the reading, because there's no real need in the room. Someone offering to be a practice sitter feels like they're doing you a favour, rather than someone who

desperately wants to hear from their person. In practice circles, everyone's getting readings from their loved ones constantly — it isn't meeting a deep, heartfelt need.

I'll do a whole episode on need at some point. But it's part of why we charge — because charging tends to bring you people who genuinely want the connection, the message, the guidance. That doesn't mean you have to want to be a professional medium out there in the world.

There's a real difference between me — doing social media posts, chasing engagement, building a big, visible business — and the person I used to be, who just wanted enough coming in from readings to pay for the next course. I didn't want to run a business back then. I wanted to get better at my mediumship and see where it could go.

It's a bit like the gym, for me. I've been going for two years, genuinely curious how far I can push myself, physically and mentally. But I have zero interest in being a professional weightlifter, or a coach, or a teacher. I love participating. I love pushing my own edge. I just don't want to make it a business.

That grey area is real in mediumship too. What I've noticed — with that lady, and with others — is that we risk losing people from Team Spirit because they feel pressured into a business they never wanted. That puts all of us in an interesting position.

So if you're listening because you simply love mediumship, but readings keep nudging you toward a “next step” that doesn't light you up — you don't have to follow it. That's genuinely key to all of this.

Spirit guides don't give orders

Early on, things were said to me that put me off — that made me afraid, overwhelmed, pressured, on top of a path that's pressured enough already. Your job is to listen to what you receive, but remember: spirit never tells you what to do. They inspire, they guide, but they don't issue instructions.

Take Spirit Social. I know the idea came from spirit — but it arrived as an answer to a question I asked: how do I fix the lack of ethics on social media? How do I make a safe space for spiritual people to be seen? How do I help the students who do want a business get seen properly? That was the answer. Spirit didn't arrive unprompted and say “this is your next step, you must.” I asked the question first.

So when a reading doesn't sit comfortably with you, don't dismiss it outright either — I once told someone I'd never become a platform medium, that they'd lost the plot for suggesting it. Years later, here I am. It just took time for me to circle round and be ready. If you're not ready right now, that's fine too.

“Soft” business vs. big business

I'm aware there's real irony in me — with a fairly big spiritual business now — saying this, but I think we lose something in the wonder of mediumship by pushing it too hard into “business” energy.

For years I ran a tiny mediumship business called Readings and Reiki. I barely used my own name. It was quiet, soft, cocooning — a business, but not an out-there, wide-audience, bigger-market kind of business.

It earned enough to fund my own development, and to buy the kids the odd Friday-night treat after school. In some ways, that was some of the most valid work I've ever done.

I'm genuinely happy with how things have evolved — I love the growth, the expansion — and I'm not saying any of this because I don't want you to achieve what I have. If your dream is a business as big as mine, come and do it, it's a lot of fun. But I'm talking here to the people who love spirit, who don't necessarily want full-time professional readings, who don't want to deal with HMRC, or advertise, or put their face all over social media. If you want that, brilliant. If you don't, you don't have to.

I do have a long-term plan for Spirit Social — though it's a way off, because right now I am, quite simply, poor, and not keen on parting with a kidney to fund it. Eventually I'd like it to offer a space for people to advertise readings quietly, under the radar — because right now, if you just want to do a few readings a week, where do you even go, outside the psychic hotlines? That's the plan. It's simmering. I just need to manifest the money first.

Discernment, not doctrine

In the meantime — if every reading seems to push you somewhere you don't want to go, maybe spirit is teaching you discernment, rather than handing you a truth you're obliged to act on.

I still laugh thinking about a spiritual assessment I had years ago with Lynn Parker, who's been a guest on this podcast. One of the things she told me was: whatever you do, don't write a book. I think that was spirit guiding her perfectly — because spirit knows the fastest way to get me to do something is to tell me I can't. I'm contrary like that. If she'd told me I had to write a book, I'd have decided it sounded like too much effort and dropped it. Telling me not to was the one thing guaranteed to make me do it. That's genuinely how one of my books came into the world — not some perfectly aligned, high-minded beginning, but me being a bit bloody-minded, which spirit clearly knew about me.

So not every reading is a fact to be obeyed — some are triggers, meant to unlock something in you. You're not a puppet who has to follow every suggestion. You have to notice how it actually makes you feel.

I think often of the woman who first set me on this path — I call her Sylvia in my books, though that's not her real name. She never wanted to be public, has no interest in being known as “a medium,” and yet she gave me the reading that changed my life. She doesn't charge. She doesn't run a business. She simply works with spirit when it feels aligned. That, to me, is an extraordinary thing.

Where does your mediumship actually lie?

That's what I wanted to open this season with — where your own mediumship sits, and navigating the balance between building a Business, capital B, and running what I'd call a pocket-money business. I don't mean that patronisingly — mine was a pocket-money business for years. After all my unpaid time running Home Kit by Hannah, earning thirty quid a week felt like a revelation, and I'm genuinely grateful for those years.

But if you're not feeling the pull toward a bigger business, that's fine — because I don't believe spirit cares about sales funnels, or monetising everything to its limit, or posting because the algorithm wants content rather than because something feels aligned. If you want to keep working with spirit but you're not sure you should, because everyone keeps telling you the next step is platform work and you really don't want that — you don't have to do it. Spirit will keep teaching you and working with you regardless of which path you choose. The choice is always yours.

I hope you've enjoyed this one. If you have thoughts, questions, or follow-ups, email podcast@hannahmedium.co.uk. Thank you all for listening — I'll catch up with you again soon.