



# Mediumship Matters Podcast Transcripts

## Season 4 Episode 5 - Listener Questions

### Faith, Scepticism & The Ongoing Battle with Belief in Mediumship

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

Today, I'm tackling a topic that's been on my mind a lot lately—the ebb and flow of faith in mediumship. How is it that, despite all the incredible evidence spirit has given me over the years, there's still that little voice that says, but what if it's not real?

It's something that's not often talked about publicly, but let's be honest—doubt exists even for those of us who live and breathe this work. So, let's get into it!

### The Never-Ending Battle with Scepticism

I recently started listening to the Fake Psychic podcast (thanks to whoever recommended it—sorry for the slow turnaround!). And I won't lie—it's been triggering.

- At what point will I fully, completely, and unquestionably believe in the spirit world?
- Why do I still question my own abilities, even after countless evidential readings?
- Am I sometimes making things up just because I want it to be real?

Here's the thing—spirit has proven itself to me over and over and over again. But that nagging part of my brain—the analytical, self-doubting part—never shuts up.

I've had undeniable evidence, things I couldn't possibly have known. And yet, if I were hooked up to a lie detector and asked, Do you 100% believe in spirit?, I honestly don't know how my body would respond.

Faith, for me, isn't a constant. It ebbs and flows. And I suspect I'm not alone in this.

### The Impact of Trolls & Online Criticism

A big part of this self-doubt? The internet.

I recently started doing Facebook Lives again after a long break, and even with the amazing support of my admin team (shoutout to Aaron!), it's intense.

- Thousands of comments flood in. Some are validating and lovely. Some are harsh and dismissive.
- Trolls pick apart everything. “That's not specific enough.” “She's just fishing for answers.” “This is fake.”
- Even positive feedback gets drowned out. The negativity is always louder, isn't it?

I stopped doing Lives for a while because of this. And even now, despite knowing I'm doing good, ethical work, the negativity can still creep in.

But here's what I keep reminding myself:

- Spirit is real. They've shown me too much for it not to be.
- Scepticism isn't bad—it pushes me to work harder and seek better evidence.
- The right people will always find their way to this work.
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## The Fear of Being Wrong (And Why It's Okay)

I think part of my doubt comes from the simple fear of getting it wrong.

- What if I make a mistake?
- What if I misinterpret a message?
- What if I THINK I'm talking to spirit, but it's just my subconscious?

The truth is, no medium is 100% correct all the time. We're human, working with a non-physical energy. There will always be moments where:

- A sitter forgets a detail but remembers it later.
- A spirit's message is symbolic rather than literal.
- Our own minds interfere slightly with what we receive.

But being wrong doesn't mean the whole thing is fake. It just means we're still learning, still growing, still refining our craft.

## Are We Just Desperate for Spirit to Be Real?

Let's get REALLY honest here:

- Do I want the spirit world to be real? Yes.
- Do I love mediumship? Yes.
- Do I think there's a chance that it's all in my head? Sometimes.

I know this sounds contradictory. But it's a balance—my heart absolutely knows spirit is real, while my brain keeps analysing everything.

And maybe that's not a bad thing. Maybe that's why my mediumship has continued to grow—because I never settle, I always want more evidence, and I refuse to coast on “good enough.”

## How the Sceptical Mind Can Actually Help Your Mediumship

Here's what I've realized: Scepticism, when used correctly, can make you a better medium.

- Instead of settling for vague evidence, I push myself for more detail.
- Instead of assuming I'm always right, I analyse my work and look for ways to improve.
- Instead of blindly accepting every experience, I test my abilities over and over again.

I had an experience on a recent Facebook Live where a dog came through. Now, I don't advertise myself as an animal communicator, so I initially resisted it. No one claimed the dog during the live, so I walked away thinking, Oh well, maybe I was wrong.

Then, the next day, someone in a different time zone watched the replay and messaged me. It was their dog. I even got the dog's name right.

That kind of evidence is what keeps me going. It's why, no matter how much my brain wants to overanalyse, spirit always finds a way to remind me that they are real.

## Final Thoughts: Maybe This Is Exactly Who I'm Meant to Be

So, after all this reflection, here's what I think:

- Maybe I'm supposed to be a questioning medium. Maybe that's what makes my work stronger.
- Maybe doubt isn't something to fear—it's just part of being human.
- Maybe scepticism is what keeps my work honest and pushes me to keep improving.
- I know spirit is real. I know mediumship works. And I know that as long as I keep questioning, growing, and evolving, spirit will continue to show up.

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So, what about you? Do you ever have these thoughts? Let me know—I'd love to hear your experiences!

Until next time—trust spirit, trust yourself, and embrace the journey.

Love,

Hannah x

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