



# Mediumship Matters Podcast Transcripts

Season 9 Episode 5 -

## Need in Mediumship: The Energy That Powers a Reading

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

Following on from the last episode, Energy Is Everything, today we're talking about something deeply connected to that:

Need.

I talk about this a lot. Possibly too much. But it wasn't discussed in my development journey, and I now see how crucial it is.

Because need is fuel.

### **The "Right" Kind of Need for an Evidential Reading**

Let's start with what I would call an ideal client for an evidential mediumship reading.

It's someone who:

- Misses their loved one
- Has felt signs or nudges
- Has that quiet knowing they're still around
- Wants reassurance and connection

But they are not in the depths of raw, unprocessed grief.

There's a difference between:

"I miss them and I hope they're still with me."

And:

"I cannot function. Spirit must fix this."

The second person doesn't need a medium.

They need grief counselling.

Mediumship is not a replacement for therapeutic support.

The ideal sitter is learning how to live while knowing their loved one is still around. There is need there, yes — but not desperation.

### **The Right Need for a Card Reading**

The same applies to psychic or card readings.

You don't want:

"Tell me what to do and I'll do it."

You want:

"Help me see my potential. Open me up. Nudge me forward."

There is need. But it is collaborative, not dependent.

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And here's something else that might be uncomfortable.

You Shouldn't Need Endless Readings

For evidential readings, if the contact is strong and clear, you should not need to keep coming back repeatedly for the same spirit.

Once they've proven they're still with you, they've proven it.

Of course, life changes. Of course, occasional readings happen.

But it's not like a haircut. You don't need a trim every six weeks.

With card readings, ideally:

- Once a year
- Maybe twice if life has shifted dramatically

You need time to integrate the guidance.

If someone is having readings constantly, something is off in the energy.

## Now Let's Talk About Development

Everything shifts when you're a developing medium.

When you're working professionally, clients choose you. They've researched you. They've invested money. The need is with them.

In development circles, practice groups and Facebook spaces?

The need is with you.

And that changes everything.

In a practice group:

- The sitter is often another developing medium.
- They've had multiple readings that week.
- They may be comparing you to others.
- They may feel like they're doing you a favour.

That is not the same energy as a paying client who desperately wants to reconnect with their loved one.

## Practice Readings Are Not Ideal Reading Conditions

This is important.

When you're developing, you are not working in ideal energetic conditions.

The need in the reading is:

“What does this developing medium need to learn?”

That might be:

- Sitting with a spirit that isn't recognised.
- Handling no's.
- Working without emotional charge.
- Learning obscure evidence.
- Being triggered and continuing anyway.

The lesson is yours.

Which means the reading won't always have that fifth- or sixth-gear energy we talked about in the previous episode.

And that's normal.

## The Problem With Over-Reading

In developing medium groups, especially on social media, the algorithm often shows opportunities to the same people.

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So you get sitters who have had:

- Two readings this week.
- Three last week.
- Six this month.

There is no need there.

And when there's no need, the energy shifts.

They start comparing:

“Oh, the last medium said this.”

“That's not how the other one did it.”

“My mum usually says...”

It becomes analysis, not connection.

And that's very hard to develop within.

## **When Are You “Ready” to Work Professionally?**

I was asked recently how long someone should develop before setting up professionally.

There isn't a fixed timeline.

I've met people who've been attending development circles for 30 years and aren't working.

I've met people who've been developing a year and have done hundreds of practice readings.

Time isn't the measure.

Quality of practice is.

But here's the catch:

If you're waiting for a practice reading to blow your mind and prove to you that you're “ready,” it might never happen.

Because without genuine need from the sitter, that big energy surge might not be there.

## **When It's Time to Charge (Even a Little)**

If you consistently find yourself reading for people who say:

“This is my 12th reading in two weeks.”

That's a sign.

It might be time to start charging — even a small amount.

Money exchange changes energy.

It introduces:

- Commitment
- Focus
- Intention

And suddenly, the need shifts back to the sitter.

## **Practice Is Not for Validation**

You will not do your best work in practice.

You shouldn't.

It's a learning space.

If you go into practice asking Spirit to expand your mediumship, you may get:

- More no's
- More stretching
- More discomfort

Because growth hurts.

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And that is exactly how it should be.  
The need in that space is yours.  
Not the sitter's.

## **Final Thoughts on Need in Mediumship**

Need powers a reading.

In professional work, the need belongs to the sitter.

In development, the need belongs to you.

If you understand that, you'll stop measuring your progress by:

- How "wow" your practice readings feel
- How emotional they are
- Whether they blow your own socks off

Instead, you'll start measuring it by:

- What you learned
- What stretched you
- What strengthened you

And that is real development.

As always, thank you for listening.

If you'd like to send in questions for this season, email:

[podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk)

And yes, apparently I'm meant to ask you to leave a review. So if you feel inclined, I won't stop you.

I'll catch up with you again soon.