



Mediumship Matters Podcast Transcripts

Season 4 Episode 9 - Challenging Beliefs

Scepticism, Physical Mediumship & The Evolution of Spiritual Understanding

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

Today's episode is a deep dive into scepticism, the ongoing exploration of mediumship, physical mediumship, and questioning our beliefs. Inspired by listening to the Fake Psychic podcast and my own experiences, I want to unpack the doubts, the evidence, and the evolution of spiritual understanding. Let's get into it!

The Fake Psychic Podcast & Why It Triggered Me

So, let's start with something that completely cracked me open recently—the Fake Psychic podcast.

For those of you who haven't listened, it follows the story of a man who knowingly became a psychic purely to scam people. He trained under other fraudsters, mastered cold readings, hot readings, and built a business entirely based on deception.

Now, I've listened to many sceptical takes on mediumship before, but what really got under my skin about this one was its complete dismissal of the spirit world's existence. It wasn't just about exposing fraud—it outright claimed all mediumship is fake.

Hearing that was tough.

- Am I deluded?
- Am I just making all of this up?
- Are we all on some wild, collective ride of make-believe?

Those questions rattled me for days. But here's the thing—I believe we need scepticism in mediumship. It keeps us sharp, challenges us to refine our evidence, and ensures we're working to the highest standards.

The trick is to balance healthy scepticism with open-mindedness—because we all know that spirit has shown up too many times to be dismissed.

The Problem with “Spiritual Expectations”

One of the biggest issues in modern mediumship is misrepresentation.

- Sitters come in with TV-based expectations of what mediumship should look like.
- Sceptics demand that we perform “on command” in a way that spirit doesn't always work.
- Even within spiritual communities, there's debate over what “real” evidence should be.

Take names, for example.

- Some mediums get names regularly, but not all of us do.
- If I sit there reaching for a name, I block the flow completely.
- But if I surrender and let spirit bring what they bring, sometimes I get names naturally.
- Mediumship isn't a machine—you can't just press a button and expect a clear, typed-out list of information. It's subtle, it's nuanced, and sometimes it challenges our own expectations.

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Physical Mediumship: What's Real & What's Not?

Now, let's talk about physical mediumship—because this is something I've been wrestling with for a while.

- Do I believe in it? Yes... but with a lot of questions.
- Do I think fraud has played a role in its history? Absolutely.
- Do I WANT to believe? More than anything.

I've had first-hand experiences with table tipping that blew my mind. I've seen the surface of a table ripple like water. I've felt energy shifts in a way that I can't logically explain.

But then you look at historical cases of physical mediumship, and... well, let's just say there's a lot of dodgy stuff.

- The Fox Sisters, often credited as the founders of modern spiritualism, later admitted to faking their spirit raps—before retracting that statement again.
- Early ectoplasm photos look suspiciously like muslin cloth and cheesecloth.
- Even some famous physical mediums have been caught using sleight-of-hand tricks.

So, where does that leave us?

For me, the biggest question is: What is actually achievable?

- Can spirit really materialise objects?
- Can they physically move things in a room?
- Or have we created expectations based on fraudulent performances from the past?

I want to believe, but I also want to see it for myself. If you're a physical medium and want to invite me to witness something, please do! Not because I want to debunk you—because I want to believe so badly.

Does Darkness Exist in the Spirit World?

Another huge question that keeps coming up in my inbox is dark forces, demons, and malevolent spirits.

- Some people believe in entities that feed on fear.
- Others believe everything in spirit is love and light.
- And then there's the perspective that our own beliefs shape what we experience.

Personally, I don't believe in dark spirits or demonic forces. But I do believe in the power of human-created energy.

- If you focus on negativity, you'll attract it.
- If you expect to see darkness, your mind will create it.
- If you operate from love, gratitude, and high vibration, that's all you'll experience.

Essentially, we create our own reality.

A listener recently emailed me about this, saying:

“Dark forces may exist, but if you're vibrating high enough, you'll never encounter them.”

That really hit home. Because regardless of whether darkness is real or not, giving it attention fuels it. So, why not just keep our focus on love?

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The Evolution of Our Understanding

Here's where I've landed after all this reflection:

- Scepticism is healthy—but full dismissal isn't. Mediumship is real, and questioning it only makes us better.
- Mediumship expectations need an overhaul. We need to educate sitters on what mediumship actually is—not what TV shows portray.
- Physical mediumship is still a mystery. I believe something is happening, but we need to push past the fraudulent history to find the truth.
- Darkness in spirit is a human concept. If we stay in the vibration of love, we don't need to worry about dark forces.
- Your beliefs shape your experience. What you focus on expands—so choose wisely.

This journey is ever-evolving. I don't have all the answers, but I do know one thing: spirit is real, and the more we explore, the more we understand.

Final Thoughts: Keep Questioning, Keep Growing

I hope this episode has given you some food for thought. If you're feeling a bit wobbly after listening to Fake Psychic or questioning things—that's okay. Questioning is how we grow.

And remember:

- The best way to prove mediumship to yourself is to do the work.
- Stay open, stay questioning, but don't let doubt keep you from the magic of spirit.

Let me know your thoughts—I love hearing from you!

Until next time—trust spirit, trust yourself, and keep exploring.

Love,

Hannah x

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