



Mediumship Matters Podcast Transcripts

Season 3 Episode 42 - Trouble Shooting Mediumship

Hello and welcome to Mediumship Matters with me, Hannah Macintyre—back and less hungover! Yay! Seriously, when will I learn?

Before we dive into today's topic—Troubleshooting Mediumship—let me quickly share some exciting updates:

✨ Spirit-Led Reiki – My next online course is open for booking! Starting in May, this course is perfect for beginners, offering a chance to work through the five frequencies and practice in a supportive community. You don't have to want to be a medium to benefit—this course also strengthens personal spiritual connections.

✨ Mentorship Spots Open! – I've reopened spaces earlier than planned. If you join in March, you'll automatically be part of the Starting with Spirit course—how exciting is that?

✨ Live Mediumship Demonstration – March 29th! – If you're a podcast supporter, keep an eye on your inbox for an exclusive invitation to this live event. Plus, there's a live podcast Q&A coming up soon for everyone! Follow me on social media to stay updated.

Now that I've finally remembered to actually promote my own stuff (because I'm absolutely pants at it), let's dive into mediumship troubleshooting!

What to Do When a Sitter Says You Have Two Spirits

This is a common challenge in mediumship, and trust me, I've been there. Early on, I used to believe that when a sitter said, "Oh, that sounds like both of my grandmothers," I must have two spirits communicating. But with experience, I've learned that's not always the case.

Here's what usually happens:

- The sitter is mentally associating the evidence with a different spirit than the one actually communicating.
- Example: You describe a grandmother wearing a pearl necklace, and the sitter says, "Oh no, that must be my other Nan, not the one you're talking about." But then they realize, "Well... actually, this Nan did have pearls, but they were passed to my sister."

💡 Solution? Stay strong in your power. If you feel you only have one spirit, trust yourself and guide the sitter back to what you are receiving.

That being said, sometimes two spirits do step forward together—especially with grandmothers! If you genuinely feel both present, then trust that, too. Just be mindful: if this happens all the time, spirit may be testing your ability to hold firm in your connection.

Mediumship Matters Podcast Transcripts

Claircognizance vs. Brain Making Things Up

How do you tell the difference between intuitive knowing and your brain just throwing out random thoughts? Practice, practice, practice!

Your brain will always try to interfere at times. That's normal. The key is to develop your blending with spirit—there's a tipping point where you can truly trust that everything you're receiving is coming from spirit.

💡 Tips:

- If you're early in a reading, your brain may still be active—give yourself time to fully blend.
- When you get a “random” thought, check in with spirit: “Was that from you or me?” (I do this all the time!)
- If spirit insists on something, trust it—even if your logical mind doubts it.

How to Make a Reading Last More Than 10 Minutes

Many mediums struggle with stamina in private sittings. If you can only sustain 10 minutes, don't worry! Just build it up gradually.

💡 Solution: Instead of jumping from 10 minutes to an hour, increase by one minute at a time. If you can consistently reach 11 minutes, move to 12.

Remember: It's your energy that fluctuates—not spirit's. If you feel your power waning, take a deep breath, reset, and pull more from within yourself.

Closing a Contact in a Live Demonstration

Ending a reading smoothly in a demonstration is crucial for keeping the energy high. Here's how I do it:

- I always finish with the message. Once I've built enough power with the spirit, I let them say what they need to say.
- I have my event support (usually Amanda or Kim) start the applause. It signals to the audience that the link is complete and lifts the energy.
- I take a moment with my drink (lime & soda!)—this helps me reset before moving to the next spirit.

💡 Tip: If a reading ends on a very emotional note, I ask spirit for a fun communicator next to lift the room's energy.

How to Avoid Being Overwhelmed by Emotion

Feeling emotionally overwhelmed during a reading—sometimes to the point of tears—is something all mediums experience. But you must learn to manage your emotions to maintain your power.

💡 My approach:

- I allow myself to feel the emotion, but I don't let it consume me.
- If I know a reading is deeply emotional, I compartmentalize the feelings until after I'm done.
- I remind myself: I have a job to do. If I break down, I won't be able to bring through more spirit messages effectively.

This doesn't mean you won't ever tear up—it just means you learn how to keep the energy steady so you can continue working.

Mediumship Matters Podcast Transcripts

Taking Symbols Literally vs. Interpreting Them

In evidential mediumship, I don't use symbology. If I see a rose, it means a rose—not "love" or "romance."

💡 My rule:

- Evidential Mediumship = No symbols. If spirit shows it to me, it's real.
- Spirit Guides = Symbols are okay. For spirit guide readings, symbolism can be meaningful.

If you start looking for deeper "hidden" meanings, you might end up confusing your reading. Stick with what spirit gives you.

Sitters Bringing a Friend to a Private Reading

If you're doing a one-to-one reading, I recommend not allowing extra people in the room.

💡 Why?

- It splits the energy and makes it harder to hold a strong link.
- The sitter may turn to their friend for validation, which pulls them out of the experience.
- It leads to confusion over which message is for whom.

If you want to work with multiple people, offer group readings instead!

Final Thoughts—Keep Practicing!

I love answering your questions! If this episode has helped you, or if you have more mediumship troubleshooting questions, send them my way:

✉ podcast@hannahmedium.co.uk

Thanks for listening, and as always—have a bloody marvellous day!