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Season 7 Episode 3 - Embracing No: A Medium's Key to Stronger Spirit Connections

The Power of No: Why “No” is Essential for Your Mediumship Growth

Hello, hello! Welcome to another episode of Mediumship Matters with me, Hannah Macintyre.

How are you today?

Today, I want to talk about something that every medium faces: getting a “no.”

Yes, those pesky no's—every medium gets them, and yet, they can feel like a punch in the gut.

But what if I told you that no's are actually essential for your mediumship development?

Let's dive in!

Why Do Mediums Get “No's”?

I remember when I first started working with Spirit, I had this ridiculous idea that I'd know I was truly a medium when I never got a “no.”

I thought if I was properly connected to Spirit, then I'd always be 100% accurate. But let's be real—that's not how mediumship works! And yet, it's a belief that so many developing mediums hold, often without realizing it.

So why do we get no's? Because mediumship isn't just about Spirit—it's about interpretation.

Mediumship is a Three-Way Process

When we work with Spirit, we are not passive radio receivers. We are active participants in the process. Mediumship is a collaboration between:

1. Spirit (the communicator) – They want to send their messages across.
2. The Medium (you!) – You're the bridge. You interpret the information through your own energy and experience.
3. The Sitter (your client/audience member) – They come with their own expectations, memories, and ways of processing information.

Each of these components affects the outcome. If Spirit was in full control, we wouldn't get no's. But Spirit works with us, and that means we are filtering their messages through our own understanding.

How “No's” Happen in Mediumship

Here's an example: Imagine Spirit is trying to give me evidence about a gingerbread biscuit.

- If my strongest sense is taste, I might suddenly “taste” gingerbread and say, “I'm getting something sweet and spicy—maybe gingerbread?”
- If I'm more clairvoyant, I might see a gingerbread man and describe that.
- If I've never even heard of a gingerbread biscuit (unlikely, given my obsession with cake), I might struggle to interpret it at all.

Spirit will always try to work with what we know—but that doesn't mean we'll always get it right the first time!

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Then, add in the sitter's expectations.

- Maybe they were hoping for their grandad to mention a watch, not a biscuit, so they immediately say "no."
- Maybe they've forgotten their grandad always had gingerbread in the cupboard.
- Maybe they wanted their loved one to acknowledge a very specific memory, and they don't see how the biscuit connects.

See how messy this can get?

But here's the big takeaway: "No" doesn't mean you're wrong. It just means there's more work to do.

How to Handle "No's" Without Losing Your Connection

Let's be honest—getting a no can feel like a slap in the face. Early in my journey, every no made me feel like I was failing, like Spirit had abandoned me, like I wasn't meant to be a medium.

I'd get stuck in my head: "See? You're not good enough. Spirit doesn't want you on the team."

Sound familiar?

But here's the thing: If we let a no knock us out of our connection, we are the ones breaking the link, not Spirit.

So what can you do instead?

- Breathe & Stay Present – Take a moment. A no doesn't mean stop—it means reassess.
- Ask for More Information – If you get a no, ask Spirit, "Show me this in a different way."
- Rephrase & Explore – Maybe the sitter doesn't understand yet. Try asking, "Does this symbol mean anything else to you?"
- Trust the Process – Sometimes a no today turns into a big yes later!

No's Make You Stronger as a Medium

One of the biggest mistakes I see in developing mediums is fear of no's. They try to avoid them at all costs.

But avoiding no's usually means:

- Being too vague (so nothing is ever specific enough to be wrong).
- Guessing instead of blending (so you give generic messages that anyone could take).
- Panicking and disconnecting (which stops the flow of Spirit completely).

Great mediums get no's. Brave mediums push through them.

The Power of No's in Development Circles

If you're in a practice circle or learning with a group, your fellow students should NOT be saying yes to everything just to be nice.

I see this all the time:

- The student medium says, "I'm getting something about a song—Twinkle Twinkle Little Star?"
- The sitter thinks, "Well, it could relate to a childhood memory... kinda... maybe."
- Instead of saying no, they say, "Sort of..." (which isn't helpful!).

If you're training to be a medium, you need to experience real no's so you can learn to navigate them.

Support is great. False encouragement isn't.

If someone says no, you have an opportunity to:

- Dig deeper
- Get clearer
- Build resilience
- Strengthen your connection to Spirit

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And let's be honest—it's better to get no's in practice circles than in paid readings!

Final Thoughts: The Gift of No's

No's aren't there to break you—they're there to make you better.

Every great medium has faced them. The best ones don't crumble when they hear a no. They push through, adjust, and refine.

So the next time you get a no, remember:

- It's not personal.
- It's part of the process.
- It's an opportunity.

And the more you practice working through no's, the easier they become.

Want to Develop Your Mediumship Further?

If this episode resonated with you and you want to deepen your skills, join me in The Gateway, my online mediumship development community. You'll find live workshops, practice circles, and a space where you can safely learn, grow, and (yes) get no's in a supportive way!

Visit www.mediumshipmatters.co.uk to learn more.

Thanks for listening, and I'll see you next time!

Hannah