



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 28 - Evidential Mediumship Part 1

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? Today, we're diving into evidential mediumship, the final frequency in this series. This topic is huge, so it may stretch into two episodes—so buckle up!

**What Is Evidential Mediumship?**

Evidential mediumship is how most people first experience the spirit world. Many start asking questions about life after death when they lose someone they love. They might sense their presence, dream about them, or feel like they are nearby. This can spark curiosity and lead them to seek a mediumship reading.

But before we go deeper, let's establish two key things:

1. The spirit world is real. If you're going to develop mediumship, you need to believe in it to some degree.
2. The spirit world is accessible to you. Many people assume mediumship is a rare gift only available to a select few, but that's not true. You can develop your connection to spirit.

**Understanding Spirit Presence & Connection**

A common misconception is that our loved ones in spirit are far away, in some distant "heaven." But in reality, they are right beside us, just in a different energy frequency. When you communicate with a loved one in spirit, you are not pulling them away from some peaceful slumber—they are omnipresent, always with you.

Spirit has unlimited energy, time, and presence. You are never "bothering" them by connecting. In fact, they love working with us!

**The Purpose of Evidential Mediumship**

Evidential mediumship is about proving the continuation of life after death. It reassures us that our loved ones still exist, they see what's happening in our lives, and they are okay.

For me, true evidential mediumship is about feeling the presence of spirit. When done well, it's more than a list of facts—it's about creating a moment where the sitter truly feels their loved one's energy.

**Blending with Spirit—The Key to Mediumship**

Blending with spirit is the foundation of evidential mediumship. It's an energetic process, and like any relationship, it takes time to develop.

💡 Imagine it like a gas stove: When you first turn it on, the flame flickers—you're trying to ignite the connection. The more you blend, the stronger and more consistent the flame becomes.





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Some key things to remember:

- Mediumship isn't an exact science—it varies from moment to moment.
- Information comes in different ways—you might see it, feel it, know it, or even taste it.
- Keep an open mind and allow spirit to work with you in different ways.
- Avoid labelling yourself (e.g., “I'm only clairvoyant” or “I only hear spirit”). Spirit will use all available channels if you let them.

## How to Start a Mediumship Reading

The beginning of a reading is crucial. You want to build momentum and connection before diving into deeper evidence.


Start with:  Who is here? (Relationship to the sitter, e.g., “I have a grandfather with me.”)  How did they pass? (Not always necessary, but can help establish identity.)  Their personality. (Were they outgoing, quiet, cheeky, serious?)  A key memory or detail.

The energy builds as you go, so don't pressure yourself to get ultra-specific details immediately. Trust that the deeper evidence will come as the blend strengthens.




## The Mediumship Power Triangle

A reading has three key energy points:

- Spirit – Always in perfect alignment, ready and willing to communicate.
- Medium – You must be in the right headspace (calm, focused, and present).
- Sitter – Their energy affects the reading! A closed-off sitter can limit the flow of information.





 Tip: If a sitter is sceptical or closed off, invite them to engage with the reading. Even a simple “Yes” or “I understand” helps create an energetic link.

## Common Pitfalls in Mediumship Development

 Overthinking at the start. If you second-guess the first pieces of information, you'll slow the connection. Just say what you get!  Waiting for spirit to “prove” themselves first. They're already there—trust it!  Trying to jump straight to specific names and dates. Let the blend develop naturally.

## Developing Your Mediumship Practice

If you're starting out, here's what you can do:


 Sit with spirit daily. You don't need a sitter—just invite a practice spirit to come close and see what impressions you receive.  Affirmations help. Before a session, say: “I am a phenomenal medium. I receive evidence with ease and clarity.”  Set your intention. Simply thinking, “I would like to connect with someone recognizable to my sitter,” prepares your energy for the reading. 

Be patient with yourself. Mediumship takes time to refine!

## Final Thoughts—Just Get Started!

Mediumship is not as complicated as we make it. The biggest block is often our own self-doubt. So, if you're developing, just start practicing. Don't wait until you “feel ready”—spirit is already with you, waiting to work with you.

I'll continue this discussion in the next episode, so stay tuned!

 Have questions? Email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

Thanks for listening