



Mediumship Matters Podcast Transcripts

Season 2 Episode 92 - Limitations of Mediumship

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you doing? I hope you're well and navigating your spiritual journey with some grace—though let's be honest, sometimes it feels like spirit is throwing us into the deep end just to see if we can swim! This episode is a mix of mediumship burnout, energy management, and the realities of audience expectations during demonstrations. Let's get into it.

Recognising Burnout in Mediumship

Right now, I'm feeling the effects of burnout. It's not a full-blown collapse in a heap kind of burnout, but I can tell my energy levels are running low. And I know if I don't listen to it, I'll hit a wall.

One thing I've realized is that my evidential readings take the most out of me.

- I'm still doing spiritual coaching, spirit guide readings, and art readings, but I've had to step back from one-on-one evidential readings for a bit.
- It feels like I have multiple batteries inside me, and my mediumship battery is running on empty.
- The relief I felt when I gave myself permission to take a break showed me just how much pressure I'd been putting on myself.

And let's be real—mediumship isn't just a job, it's a calling. That's why it's hard to step back without feeling guilt. But the truth is, if we don't listen to ourselves, we can't serve spirit or others properly.

Understanding How Spirit Communicates

I've been deep in thought lately about how we perceive spirit communication.

- We talk about the Clairs—clairvoyance (seeing), clairaudience (hearing), claircognizance (knowing), etc.
- But here's the thing: spirit doesn't communicate with words in the way we do.
- If we were hearing spirit exactly as we hear each other, there would be no room for error.

Think about it:

- If I could hear a spirit speak as clearly as you hear me now, I'd be able to say, "Your grandfather's name is Tim, he died in 1993 of a heart attack, and his daughter is sitting in the third row."
- But that's not how it works. Instead, we receive impressions, symbols, and feelings that our brain translates into words.
- This is why two mediums can connect to the same spirit and receive different interpretations—because it goes through our individual filters.

And this brings me to something else I've been reflecting on...

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Mediumship's Limitations & Audience Expectations

Last week, I did a mediumship demonstration, and let's just say—it was a challenging night.

- The energy in the room was off—people had been waiting too long for food, some were restless, and the atmosphere felt tense.
- My first two links weren't taken, which can instantly put a medium on edge.
- But later, I got emails from audience members saying they now realized the messages were for them.

This happens all the time in mediumship. People have an expectation of who they want to hear from—and if it's not who they expect, they shut down.

Here's what I've learned:

- Spirit is always perfect. They don't make mistakes, they don't "stand too far away," and they aren't "busy elsewhere." If a message isn't landing, the issue is on our side—the medium, the sitter, or the energy of the event.
- Audience energy matters. If a room is full of low-energy, sceptical, or closed-off people, it's so much harder for mediumship to flow.
- Some nights, it just doesn't click. And that's okay.

One thing I used to believe was that if I got my evidence strong enough, it would be undeniable. But what I've realized is—it doesn't matter how good the evidence is if the recipient isn't open to receiving it.

This is why mediumship is always a blend of spirit, the medium, and the sitter's energy.

The Percentage Theory of Spirit Blending

I've been thinking about how deeply we actually blend with spirit.

- 100% blend would mean spirit fully takes over.
- But if that were possible, mediums wouldn't need interpreters—we'd be able to speak different languages fluently if a spirit spoke them!
- In reality, we're probably blending at around 70-80% at best.

Some nights, that connection is seamless. Other nights, it's like wading through spiritual treacle.

And this is where the audience's energy plays a huge role.

- A high-energy audience will create momentum, making each connection stronger.
- A quiet, disengaged audience can bring the whole room's energy down—making it feel like you're pushing uphill the entire time.

This is why some nights are electric, and others feel like pulling teeth.

Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Listen to yourself—burnout is real. Take a break when you need to.
- Spirit communication isn't literal—it's interpreted through our human filters.
- The sitter's energy affects readings. If they're closed off, even the best evidence won't land.
- Mediumship is never perfect. Some nights are incredible, others are tough—and that's just part of the process.
- Audience energy influences platform work. A receptive audience lifts the whole room, while resistance makes it harder.

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If you've ever had a challenging night as a medium, know this—you're not alone!

Thank you so much for listening! If you found this episode helpful, please leave a review and share it!

And don't forget—if you're ready to take your mediumship to the next level, check out my Elevate Course starting in January! You can find all the details at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨