



Mediumship Matters Podcast Transcripts

Season 3 Episode 101

Imposter Syndrome, Spirit Communication & The Power of Belief

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

Can you believe we've hit 100 episodes in Season 3? That's wild! Today, I want to dive into some deep reflections on imposter syndrome, fear, resistance, AI in mediumship, trance communication, and collective consciousness. Plus, we'll tackle listener questions about demons, dark spirits, and the mysteries of spirit boards. Let's go!

The Ongoing Battle with Imposter Syndrome

Even after all this time, I still have wobbles. I still wonder, Am I good enough? Will I run out of things to say? Am I just making this up?

It's hilarious, really. Spirit has proven itself to me again and again, yet my brain still goes: But was that really spirit? Or was that just me guessing?

And here's the thing: I don't think those doubts ever fully go away.

I've learned that self-doubt and imposter syndrome aren't necessarily signs we're on the wrong path. Sometimes, they're just the natural byproduct of being a conscious, self-reflective human. If you've ever thought, What if I'm just imagining all of this?, you're not alone. But the fact that you care about getting it right? That says everything.

AI & Mediumship—Could Technology Replace Us?

With AI advancing at lightning speed, I can't help but wonder: Will we reach a point where an AI could give a "mediumship reading"?

Let's think about it:

- AI could analyze data patterns and generate statistically probable messages.
- It could mimic common phrases used in readings.
- It could be trained on a database of spiritual teachings.

But here's what AI can't do:

- Blend with spirit.
- Feel energy.
- Create meaningful, emotional experiences that touch the soul.

Sure, an AI might generate a reading that sounds right—but it won't have the essence, love, and uniqueness of real spirit communication.

- So, while I love tech and all its possibilities, I don't think AI will ever truly replace the sacred human-to-spirit connection.

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Law of Attraction & The Limits of Positive Thinking

I've been revisiting early Abraham Hicks recordings from the 80s, and while I agree with some of their teachings, I also see where the delivery can feel a bit... gaslighty.

We all know that gratitude and positive thinking can shift our energy, but sometimes, life is just hard. And telling someone going through a rough time to "just think positively" can be dismissive. It's okay to acknowledge pain. It's okay to feel your feelings. Spirituality isn't about ignoring struggles—it's about working through them.

Trance Mediumship—Are Spirits Really Speaking Through Us?

I've always been fascinated by trance mediumship—the idea that a spirit can take over a medium's body and speak through them.

But here's my issue:

- Why do spirits only speak in the language of the medium?
- Why do they use the same vocabulary as the medium?
- Why do trance mediums sometimes get things wrong—if it's pure spirit speaking?

Personally, I believe trance is a collaboration—a mix of spirit influence and the medium's own mind. Even if a guide is working through you, your brain is still the filter.

And if a trance medium suddenly starts speaking in a "spooky voice" that sounds nothing like them? I don't buy it. Spirit doesn't need theatrics.

Are Demons & Dark Spirits Real?

Listener Kelly sent in an email about why people seem to want to believe in dark forces.

I completely agree that fear has been used as a tool of control for centuries. The Catholic Church, Hollywood, horror stories—they all reinforce the idea that evil spirits are lurking around every corner, waiting to possess us.

But in my experience? Spirit is only love.

What people interpret as "demonic" is often just:

- Residual emotional energy (from traumatic events).
- Fear-based projections from their own minds.
- A misunderstanding of spiritual presence.

And what about spirit boards? If people get spooky, aggressive messages, is that real?

I don't think so. I think fear attracts fear. If you go into a spirit board session expecting something sinister, you're going to create that energy.

Spirit doesn't pretend to be someone else. Spirit doesn't trick us. It's always love, guidance, and connection.

The Collective Consciousness & Shared Paranormal Experiences

Listener Binky asked about shared paranormal experiences—why do different cultures describe similar supernatural beings, like the Night Hag or Slender Man?

I think this is down to:

- Cultural storytelling. We pass down myths and legends that reinforce certain images.
- The human subconscious. We all share similar fears (the dark, the unknown, losing control).
- Pattern recognition. When we hear about a phenomenon, we subconsciously start looking for it.
- If something exists in the collective consciousness, does that mean it's real? Maybe. But it's different from spirit—which is pure, intelligent, and comes from a place of love.

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Navigating Spirituality vs. Psychosis

A listener wrote in asking about the fine line between spiritual experiences and psychosis.

I won't pretend to have all the answers, but here's what I believe:

- Spirit is always positive. If an experience is fearful, harmful, or distressing, it's not spirit.
- Grounding is essential. If spiritual work makes you feel disconnected from reality, you may need to step back.
- Mental health matters. It's possible to have both spiritual experiences and psychological challenges—one doesn't cancel out the other.

If you ever feel overwhelmed, reach out for support—whether it's a therapist, a spiritual mentor, or trusted friends. You don't have to navigate this alone.

A Beautiful Spirit Visit—Valerie's Story

Valerie sent in a breathtaking voice message about her mother's passing.

Her mother, who was terminally ill, suddenly declared, "It's time for me to go." Despite the nurses saying she had days left, she passed away that very night—with Valerie and her sister at her side. Later that night, when Valerie got home, she saw her mother and father standing together in her room—not speaking, just smiling, filled with love.

These experiences are why I never fear death. Spirit is with us, guiding us home. Love is eternal. Valerie, thank you for sharing your story. It's truly beautiful.

Final Thoughts: Keep Exploring, Keep Trusting

What a deep and expansive episode! From imposter syndrome and AI to spirit boards and trance mediumship, we've covered a lot.

The biggest takeaway? Trust yourself. Trust spirit. And question everything.

Thank you to Kelly, Binky, and Valerie for your incredible contributions! If you have a question or experience, send it to podcast@hannahmedium.co.uk—I'd love to hear from you.

Until next time—keep growing, keep questioning, and keep believing.

Love,

Hannah x

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