



# Mediumship Matters Podcast Transcripts

## Season 5 Episode 3 - Exploring Attributes

The Calling, The Resistance & What It Takes to Be a Medium

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

Now, I'm going to break all the rules of professional podcasting today and casually sip my cappuccino while recording—because why not? Apparently, professional voiceover artists avoid dairy before speaking, but since I have no producer, no editor, and no one policing my cappuccino consumption, here we are!

I've got so many things I want to talk about, but I think today's episode will focus on the idea of a calling, what it really takes to be a medium, and why so many of us wait for permission to step into this work. So, let's get into it!

Do You Need a “Calling” to Be a Medium?

I did not have a traditional calling.

- I was not visited by a divine figure in the middle of the night.
- I did not see dead people as a child.
- No one anointed me with the gift of mediumship.

Instead, I worked for it.

And let me tell you—that has been both a blessing and a challenge. Without a dramatic moment of divine intervention, there's always that little voice whispering, “Should I be doing this? Am I really meant for this?”

But the truth is, mediumship is available to everyone. You don't need an apparition to confirm it.

“Spirit wants you on the team. Why are you waiting for permission?”

Waiting for a Sign? This Is Your Sign.

If you're listening to this, thinking, I don't know if I have what it takes to be a medium—this is your sign.

- Do you love mediumship?
- Does it pull at you, even if you doubt yourself?
- Are you willing to do the work?

That's enough. That's all the permission you need.

We get so caught up in the idea that mediumship is only for the “chosen ones”, but I fully reject that belief. Spirit does not have a hierarchy. They don't hand out golden tickets to the lucky few while ignoring everyone else.

If you feel drawn to this path, trust that pull.

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## What It Takes to Be a Medium

Mediumship isn't just about communicating with spirit—it's about who you are as a person.

### 1. Communication Skills

If you want to be a great medium, you need to be able to talk to people.

- Can you make someone feel comfortable?
- Can you adjust your tone to match the person in front of you?
- Can you hold space for someone who is grieving?

Before you worry about communicating with spirit, learn to communicate with the living.

### 2. Resilience & Pushing Through Fear

Mediumship is not easy. If you're waiting for the fear to disappear before you start, you'll be waiting forever.

- You have to put yourself out there before you feel ready.
- You will have moments of doubt.
- You will struggle with imposter syndrome.
- You will want to give up.

And you have to push through anyway.

“Spirit doesn't push you along like a broken-down car. You have to take the handbrake off yourself.”

### 3. Finding Your Own Path

There is no one-size-fits-all approach to mediumship.

- Some people thrive on platform work.
- Others prefer one-on-one readings.
- Some feel drawn to healing, teaching, or mentorship.

Find your way and trust that it's valid.

### 4. Getting Comfortable with Vulnerability

Mediumship requires you to step into the unknown again and again.

- You won't always get it right.
- Some readings will be incredible. Others will feel awful.
- You will have to face your own resistance over and over again.

This is the work. The journey is not found in the easy moments—it's in the moments where you push past your own fear.

## Pushing Past Resistance in Development

A lot of people plateau in their development because they wait for Spirit to move them forward.

“Spirit hears you asking for guidance, but the answer is with you.”

You have to be the one to:

- Book the reading.
- Sign up for the course.
- Put yourself out there.

Growth doesn't come from staying comfortable. It comes from taking leaps before you feel ready.

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## Facing Fear & Building Confidence

If you struggle with fear, start building your resilience in everyday life.

- Try something new.
- Take a trip alone.
- Speak up when you normally wouldn't.

The more you challenge yourself in daily life, the easier it will be to challenge yourself in mediumship.

## Final Thoughts: Take the Leap

If you are waiting for permission to follow this path, stop waiting.

- You don't need an apparition.
- You don't need a sign from the heavens.
- You don't need Spirit to hold up a glowing banner saying "You're the one!"

All you need is to start.

So, take the leap.

And remember—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Mediumship calling, spiritual development, how to be a medium, imposter syndrome in mediumship, waiting for a sign from spirit, evidential mediumship, mediumship resilience, overcoming fear in psychic work, developing confidence in mediumship, pushing past self-doubt.