



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 90

### Listener Questions & Insights

#### Jessica's Message: Finding the Right Mediumship Teacher

Our first voice note comes from Jessica, one of my mentorship students, who had some brilliant insights about my previous episode on finding the right teacher.

Jessica shared her experience of working with a mentor who didn't demonstrate how she tuned into Spirit. Instead, this mentor pre-linked—doing the work beforehand rather than blending with Spirit live. Jessica realized through her training that this wasn't the most effective approach and resonated with my stance on finding a teacher who is supportive, authentic, and actually demonstrates their own abilities.

#### Pre-Linking in Mediumship: Why It's a No-No

Jessica's story brings me to a really important topic: pre-linking in mediumship. If you're new to the term, pre-linking means tuning into Spirit before you start the reading or demonstration.

And while that might seem like a great way to prepare, it actually damages your connection.

Why? Because true mediumship is about blending with Spirit in real-time. If you've pre-linked, you're no longer working in the moment—you're recalling something from memory. And the problem with memory is that it pulls your energy into your mind, rather than allowing Spirit to flow through you.

I understand the temptation—especially when demonstrating mediumship on stage. No one wants to stand there like a lemon, with nothing coming through. But ironically, pre-linking weakens your connection rather than strengthens it.

So, how do I approach it? When I step onto a stage or into a one-to-one reading, I have no idea who will step forward. Sometimes, I'll feel a presence lingering, like a dad figure waiting for his moment. But I don't engage with them until I start the reading. This ensures that my evidence is fresh, the energy is strong, and the link is real-time.

If you're trying to break the habit of pre-linking, remind yourself: Your job is to be present, not prepared.

#### Facing Compliments & The Power of Vulnerability

Next, I have an email from Pamela, which—I'll be honest—pushed all my cringe buttons because it was full of lovely compliments. I'm not great at accepting praise, but I promised Pamela I'd read it, so here goes...

Pamela shared that she's been listening to Mediumship Matters for years and finally became a student in January. She opened up about how my podcast helped her realize that she's a highly sensitive channel, and for the first time in her life, she didn't feel wrong for experiencing what she experiences.

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She also talked about how we, as mediums, describe our senses in ways that can be misleading. When we say, “Spirit is showing me” or “Spirit is telling me,” what’s actually happening is that Spirit is impressing information upon our senses.

Pamela—you are spot on! I think one of the biggest hurdles for developing mediums is that the way we talk about Spirit makes it sound like it’s happening outside of us when, really, it’s an internal blending of energy.

If you’ve ever wondered, Am I making this up?—you’re not alone. But trust me, just because it happens in your mind’s eye doesn’t mean it’s not real.

## The Ipswich Demonstration: Audience Energy & Managing Readings

Now, let’s talk about my recent demonstration in Ipswich. This was my biggest audience yet—170 people—and wow, what a night! It was hands-down some of the best evidence I’ve ever brought through, but it also presented a brand-new challenge: an overly responsive audience!

You might be thinking, Wait, isn’t that a good thing? And yes, it is—except when too many people start claiming the same Spirit!

I had people throwing their hands up after just three pieces of evidence. The problem? Some of them weren’t able to take all the details. And when you don’t have the right sitter, the energy doesn’t build properly.

Mediumship is a blend—a two-way street between the medium, the sitter, and Spirit. If a sitter is making things fit rather than truly recognizing the evidence, it weakens the link.

So, what did I learn?

- I need to remind my audience at the start: Only put your hand up if you can take ALL the information.
- It’s okay to pause and check before committing to a sitter.
- If I feel the energy isn’t quite right, trust that Spirit will redirect me to the correct person.

## Ben’s Question: How to Handle a Challenging Demonstration

Ben, a fellow medium who attended my Ipswich event, sent a voice note asking: How do you keep the energy up when struggling to place a Spirit?

The answer? Honesty, humour, and trust.

If I’m struggling to place a Spirit, I tell the audience what’s happening. I share the frustration, and I bring them on the journey with me. That way, they’re engaged, invested, and more likely to respond authentically.

I also trust that if Spirit has given me very specific details—like a young boy who passed in a car accident with a room left untouched for years—then they will guide me to the right person. I don’t force it. I let it unfold.

Ben, my advice to you as you step into public demonstrations:

- Start small. Don’t jump straight into a 170-person venue—ease in with smaller audiences.
- Build confidence in your ability to manage the energy.
- Let your personality shine through. Whether it’s humour, honesty, or storytelling, bring your authentic self into your mediumship.

## Past Life Readings: My Unpopular Opinion

Finally, let’s tackle Sue’s email about past life regression. Here’s where I might get some boos and hisses—I don’t fully believe in past lives.

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I know, I know. But hear me out. My understanding of Spirit is that when we pass, we return to oneness—experiencing the knowledge of every soul that’s ever lived. Time, as we understand it, is a human construct. So if past lives exist, why are they always in the past? Why don’t we ever hear about someone’s future life in 2305, living on a space station?

That said, I do think past life experiences can be valuable. They offer insights, metaphors, and healing opportunities. But should they define who you are today? No. Use them as a tool for growth, not a limitation.

## Final Thoughts

- Pre-linking weakens your connection—trust the real-time blend.
- Your mediumship is valid, even if it happens in your mind’s eye.
- Demonstrating to an audience is about energy management—trust the process.
- Past lives are interesting, but don’t let them define you.

I’d love to hear your thoughts! Send me a voice note via WhatsApp (details in the show notes), or email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

See you next time!

—Hannah