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Season 6 Episode 9 - How to Handle a Spirit No One Can Take

Troubleshooting Mediumship: When Your Sitter Doesn't Recognise a Spirit

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, we're tackling one of the biggest fears every developing medium faces:

✳️ What do you do when your sitter doesn't recognise the spirit you've brought through? ✳️
If this hasn't happened to you yet—teach me your ways! Because every medium I know has had this experience. And I've had it hundreds of times. So let's talk about what's happening and how to handle it.

Step 1: Accept That You Will Get It Wrong Sometimes

First things first—mistakes are normal.

- Mediumship isn't about perfection; it's about trust and refinement.
- In the early stages, your ability to interpret spirit is still developing.
- Sometimes, spirit will try to help you by adjusting the information—but that can cause mix-ups too.

So before you spiral into “I'm rubbish at this” mode—take a breath. You are going to get things wrong. And that's okay.

Step 2: Understanding How Energy Works in Mediumship

When you open up to spirit, everyone connected to your sitter steps forward energetically. Imagine your sitter is like a key unlocking a door—behind that door are multiple spirits linked to them.

- If you start by saying, “I have a man here,” the energy refines itself to that frequency.
- But if your sitter doesn't have a man in spirit, they'll immediately reject the information.
- This can also happen with specific details—one small mistake might make them disregard the entire connection.

That's why it's so important to go back and check what you've said.

Step 3: Stop, Don't Panic & Review

If your sitter keeps saying no to the spirit you're bringing through, your instinct will be to panic and reach for more information.

DON'T.

- Instead of adding more details, go back through what you've already given.
- The issue might not be that you're wrong—it might just be the way you framed it.

Think of it like playing Guess Who? 🎲

- If you say, “This spirit wore glasses,” your sitter might immediately dismiss people who sometimes wore glasses but not all the time.

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- If you say, “They were really thin,” but they only lost weight at the end of their life, your sitter might rule them out.

So instead of spiralling, review and reframe.

Step 4: The Energy Check – Are You Still Connected?

If you go back through your information and it still feels correct, then hold firm.

Spirit is intelligent. They don’t make mistakes—you do.

Try this:

- Turn your awareness back to the spirit and mentally ask: “Are you still here?”
- If the energy still feels strong, trust it.
- If you feel nothing, it might mean you’ve disconnected or got the link wrong.

And guess what? That’s okay too.

Step 5: The Reality of Getting No’s

Here’s what no one tells you—you actually need to get a lot of “no’s” before they stop bothering you.

Every medium I know has had moments where:

- The sitter doesn’t recognise the spirit.
- The spirit stays firm, and the sitter later realises who it was.
- The sitter messages days later saying, “Oh my God, you were right!”

These experiences train you to stop panicking at the first no and trust the process.

Step 6: Who You Practice With Matters

Not all sitters are the right fit for practice sessions. Avoid:

- ❌ Someone who only wants to hear from one specific person.
- ❌ Someone in deep grief looking for urgent proof.
- ❌ Someone who puts too much pressure on you.

Instead, practice with: ✅ Open-minded people who understand development.

- ✅ Other mediums who know the process.
- ✅ Sitters willing to work through the information with you.

Step 7: Own the Situation & Don’t Make Excuses

If your sitter still doesn’t recognise the spirit after you’ve checked everything, here’s what NOT to do:

- ❌ Don’t say: “Oh, it must be a random spirit passing through.” (Spirit is intelligent. They don’t gatecrash readings!)
- ❌ Don’t say: “It’s probably a spirit guide instead.” (Guides rarely come through in evidential readings.)
- ❌ Don’t say: “This spirit is tied to the land/house.” (Again, not how spirit works.)

Instead, be honest:

- “I still feel strongly that this spirit is here for you. I’m going to pass on their message, and hopefully, you’ll recognise them later.”
- If you’re in a one-on-one reading, you can ask: “Who were you hoping to hear from?” and attempt to bring them through.

Mediumship isn’t about proving yourself to everyone—it’s about honouring the spirit world with integrity.

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Step 8: When to Stop & Move On

If you've done everything you can and the connection still isn't landing, it's okay to let it go.

Here's what I do:

- Acknowledge the spirit. "Thank you for stepping forward."
- Close the connection with gratitude.
- Shift your focus to another spirit and begin again.

Remember, one wrong link doesn't define your ability as a medium.

Final Thoughts: Keep Practicing, Keep Trusting

If you take nothing else from this episode, please remember:

- ✓ Every medium gets no's—it's part of the learning.
- ✓ Review, don't panic—sometimes the issue is just wording.
- ✓ Trust your connection—spirit doesn't make mistakes, but we do.
- ✓ Not every sitter is the right fit—choose wisely.
- ✓ Own your mistakes with confidence—no excuses needed.

I hope this episode helps you feel more prepared for those tricky moments. If you've had an experience like this, I'd love to hear about it! Send me a message, and let's keep this conversation going.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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