



Mediumship Matters Podcast Transcripts

Season 7 Episode 4 - Balancing Service & Self: Finding Your Limit in Mediumship

How Much Does Spirit Expect You to Give? Navigating Mediumship, Energy, and Boundaries
Hello, hello! Welcome back to Mediumship Matters with me, Hannah Macintyre. How are you today?

I wanted to explore something that keeps coming up for me lately—how much does Spirit actually expect us to give in our mediumship?

Because if you're anything like me, you may have found yourself thinking, I can do this, so I have a duty to do this.

And that belief has led me down the road of overworking, overgiving, and ultimately, burnout.
The Personal Cost of Mediumship

I was recently talking to a student who has always wanted to be a medium. Their whole mindset was, This is my future career. But now that they're actually doing the work, they've hit a huge wobble—because they hadn't factored in the physical, emotional, and energetic toll of mediumship.

And let's be honest—evidential mediumship is exhausting.

Why? Because:

- You have to fight your own resistance to bring through clear, detailed evidence.
- You sit in the energy of grief when working with clients.
- You juggle your own expectations, the sitter's expectations, and Spirit's message.

When I first started, I thought, I'll just treat mediumship like a business—book clients, do the readings, get paid. But I quickly realized it's not that simple.

Can You Treat Evidential Mediumship Like a Business?

I genuinely don't believe you can work as a full-time evidential medium without factoring in recovery time.

What I'm seeing more and more in this industry is people investing heavily in training, launching their businesses, and then realizing they're too exhausted to sustain the work.

And when that happens, they often pivot—

- Some start teaching mediumship before they've truly earned their stripes.
- Some move into other spiritual services that require less energetic strain.
- Some push through until they burn out completely and leave mediumship behind.

And here's the kicker—there is a desperate need for evidential mediums.

But there aren't enough people doing the work because it's hard. Really hard.

No One Talks About the Toll of Mediumship

When I started, I didn't have anyone telling me that mediumship had a cost. Everyone I learned from only shared their best moments.

The implication was: If you're struggling, the problem is you.

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But now, through this podcast, I've heard from so many of you who have said, No, I struggle too. So let's be clear: You are NOT alone in finding this work draining.

How Much Does Spirit Actually Want From Us?

Here's something interesting—every time I've asked Spirit, Do you want me to be a medium? They've never said yes.

They always turn it back on me: Do YOU want to be a medium?

And that makes me wonder—are we assuming Spirit wants more from us than they actually do?

The Myth of Full-Time Mediumship

I used to think that if I worked hard enough, I could run a full-time business on evidential readings alone. But that's just not realistic.

Let's break it down:

- If you're doing card readings or healing, you can likely manage multiple sessions a day without much energetic depletion.
- If you're doing evidential readings, you're shifting into an altered state—and that comes at a cost.

I know from experience that too many evidential readings in a row physically hurt me. The day after a demonstration, I often feel like I've been hit by a bus.

And here's the thing: That's normal.

The Pressure to Keep Giving

Even when I take a break from readings, I feel guilty.

- I get messages from people who have been on my waiting list for years.
- People tell me, "You got my husband through once, I need to hear from him again."
- I see the gap in the market—so many mediums are quitting, and I feel responsible for filling the void.

But should I feel responsible? Should you?

The Balance Between Mediumship and Living Your Life

I keep coming back to my friend who gave me my first reading. She changed my life. She proved Spirit was real. But she only does mediumship when it aligns with her energy.

She has a different career. She doesn't feel obligated to give readings all the time. And yet, her impact was massive.

And I wonder—is that what Spirit truly wants?

Do they want us exhausted, drained, and struggling? Or do they want us doing mediumship when it excites and inspires us?

The Cycle of Burnout in Mediumship

Here's what my cycle looks like:

- Open bookings → Sell out immediately (because there's a desperate need for mediums).
- Feel excited! Start doing the readings.
- Get tired.
- Feel drained but push through.
- Burn out.
- Take a break.
- Feel guilty for taking a break.
- Repeat.
- And this cycle isn't sustainable.

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What's the Solution?

I think we need to shift our expectations:

- Mediumship should not be your entire business. Diversify your income so you're not relying solely on evidential readings.
- You are not responsible for every grieving person. You can only do what your energy allows.
- Spirit does not expect you to sacrifice yourself. If you're exhausted, you're not serving anyone.

Final Thoughts: Your Duty is to Yourself First

For years, I believed my duty was to Spirit. Then, I believed my duty was to my clients. But I'm starting to see that my duty is actually to myself.

Because if I'm not looking after myself:

- I can't deliver my best readings.
- I can't show up for my students.
- I can't enjoy my life.

And honestly? I think that's what Spirit wants most—for us to live.

I Want to Hear From You!

What do you think? Do you feel like Spirit is calling you to give more than you can handle? How do you balance mediumship with the rest of your life?

Let's talk about it! Email me at podcast@hannahmedium.co.uk and let me know your thoughts.

Thank you so much for listening, and I'll catch up with you again soon.

Hannah