



Mediumship Matters Podcast Transcripts

Season 3 Episode 54 - Why Has My Development Got Stuck?

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's episode features a fantastic question from Emma, and I think this will resonate with so many of you who are on a spiritual journey but struggling to connect in the way you expect.

Emma writes:

"Hi, Hannah, first of all, thank you for these podcasts. I found them in late November and started from the beginning. I'm now up to 'Making Yourself Small'—still a way to go to catch up! You've really given me a different way to look at things and taken away the fear, which, I'm ashamed to say, was holding me back for a while. You're a breath of fresh air.

I've recently been diagnosed with PTSD and am on two lots of medication while awaiting a possible ADHD diagnosis. Could this be why I can't connect to my guides or spirit? I've been trying for years—since I was 16, and I'm now 35. I've had some unexplainable experiences, but they come quickly in moments of stress, often too fast to act on. I know I have clairaudience and clairvoyance, and I'm an empath. But in all honesty, when these moments happen, I've argued with myself, thinking, 'Don't be silly, how do you know that?'—only to find out later that I was right.

I've recently started attending a circle in a spiritualist church, but it's just not working for me. The hour-long meditations are too much, and I feel like I'm not progressing. I'm not sure what I'm asking, but I'd appreciate your advice. Also, if you know any reputable places near me (I'm in the rural areas), that would be amazing. I've looked at your courses, but they seem to be full—unless I'm looking in the wrong place. Many thanks, and I can't wait to catch up on the rest of the episodes!"

Can Medication or PTSD/ADHD Affect Spirit Connection?

Emma, first of all, thank you for such an honest and thoughtful message. I want to reassure you that your medication does not block your connection to spirit.

💡 I take medication, and it hasn't stopped mine—in fact, I'd argue my HRT has helped my connection because I'm more balanced, less exhausted, and emotionally more stable. 💡 If you believe your medication is cutting you off, then it probably will—because your beliefs shape your mediumship. But spirit works through all of us, regardless of external factors.

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Is Meditation Necessary for Mediumship?

✳️ No, you do not need to meditate for hours to develop mediumship!

◆ This is one of those myths that has been overemphasized in traditional circles. ◆ Meditation can be useful for learning how to quiet the mind, but it is not a requirement for mediumship. ◆ Mediumship is active, powerful, and full of energy—so why would you slow everything down before connecting?

I rarely meditate before working. Instead, I focus on energy clearing and being in a receptive, open state. If long meditations don't work for you—don't force it! There are other ways to prepare.

Why Your Development Feels Stuck

It sounds like the teaching style in your current circle doesn't suit you—and that's okay! Traditional spiritualist churches often stick to outdated methods that don't work for everyone.

◆ The way we live and think today is very different from 60 years ago—so why are we still using the same teaching methods? ◆ Mediumship is evolving, and teaching should evolve too. ◆ If your current circle isn't helping you grow, it's time to find a new one.

💡 Trust yourself—if something isn't clicking, don't feel like you have to force it.

How to Move Forward in Your Mediumship

✅ Stop second-guessing yourself. You already know you have clairaudience and clairvoyance—so lean into it!

✅ Find the right teacher. Not all teachers will be the right fit—keep looking for someone who aligns with your approach.

✅ Ditch the pressure. The more you demand proof from spirit, the more you create resistance. Relax into it.

✅ Work on energy clearing. You don't need to be “perfect,” but the clearer your energy, the stronger the connection.

✅ Be open to different learning methods. Traditional classes aren't the only way to develop—practical exercises and real-world application are just as valuable.

Finding the Right Development Space

Emma, I wish I had a magic list of reputable spiritual teachers in every area, but unfortunately, finding trustworthy development spaces is hard.

◆ I don't personally know anywhere in the rural areas you mentioned.

◆ However, I have opened up booking for my courses for the rest of the year—so if you're still interested, there are spaces available now!

◆ Trust word of mouth—if you hear of a teacher through personal recommendations, that's a great sign.

💡 Your development is about finding what works for YOU. If something doesn't feel right, keep searching until you find a space that supports your growth.

Final Thoughts—Trust & Let It Flow Emma, I hope this helps!

💡 Key takeaways: ✅ Your medication doesn't block spirit—belief is the key factor. ✅ You don't need to meditate for hours—find preparation methods that work for you. ✅ Your learning style matters. If a spiritual circle isn't working, find a different teacher. ✅ Stop forcing it—surrender to the process. Trust in your abilities and allow spirit to work with you naturally.

If you'd like to join one of my upcoming courses, check out my website for availability. And as always—have a bloody marvellous day!