



Mediumship Matters Podcast Transcripts

Season 2 Episode 51

Episode 51

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today's episode is brought to you by the wonderful Andrew Duncan—thank you, Andy, for your sponsorship! Now, you might notice my voice is a little off—I've got a touch of COVID, so bear with me. I'm determined to get this episode recorded, but there may be some croaky moments. Let's get into today's topics!

1. Energy Work & Recovering from Illness

COVID has reminded me how much energy work takes from us. Even though I'm well enough to chat, I've had to reschedule spirit communication readings because they require deep energy reserves. This is something every working medium should be mindful of—your energy is your tool, and it needs care.

Spirit must have known I'd need a break because, oddly, my bookings for this week weren't as packed as usual. Perhaps this was their way of ensuring I had space to recover. Always trust that things are working in your favor, even when they don't seem to be.

2. Crystals, Essential Oils & Spiritual Consumerism

Listener Susie Black emailed about her concerns regarding the ethics of crystal mining and essential oil production. Her thoughts really resonated:

- The mining of crystals can be exploitative and environmentally damaging.
- The overuse of essential oils has led to deforestation and ecosystem destruction.

She raised an important question: Are we truly honoring Mother Nature if our spiritual tools cause harm?

I completely agree—consumerism in the spiritual community is something we should be mindful of. It's easy to buy into trends and accumulate “spiritual tools,” but at what cost? A perfect example—I recently saw a cheese board embedded with quartz crystals. What?! I mean, sure, I love cheese and I love crystals, but... why? Is this really spiritual alignment, or just another example of over-commercialization?

My Personal Challenge: A Year Without New Clothes

To combat my own consumerist habits, I've challenged myself not to buy any new clothes or shoes for a year. It's been eye-opening! I've had to unsubscribe from marketing emails and resist social media ads. It's made me think more about what I truly need vs. what I just want.

So here's my challenge to you—what can you cut back on to reduce unnecessary consumption?

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3. Mediumship Training & Advanced Groups

Listener Eddie emailed about advanced mediumship groups—a topic we've discussed before. Initially skeptical about the need for "advanced" groups, Eddie had an experience that changed his mind.

During a mixed-level development circle, newer students kept interrupting with questions like, Who are you with? What do they do for a living? These interruptions made it hard to maintain the flow of spirit communication.

I completely understand this frustration. While I believe experienced mediums should help newer ones, there's a time and place for that. When an advanced student has to keep stopping to explain the basics, it disrupts the experience for everyone.

How to Support Growth Without Disruption

- In practice sessions, sitters should respond with yes, no, maybe, or don't know—not additional details.
- Newer students should observe advanced groups first before participating at that level.
- Breakout rooms on Zoom can be tricky—without guidance, they can hinder rather than help development.

I'm a firm believer that we grow strongest when we have space to stretch ourselves. If you're at an advanced level—own it! Don't shrink yourself to make others comfortable.

4. Difficult Sitters & The Challenges of Mediumship

Another frustrating experience many mediums face—sitters who block the flow of communication. I once worked with someone in a practice session who refused to engage. Every time I brought through evidence, she shut it down with a blunt No, I don't know who that is. No effort to recall, no openness to the connection. Then, at the end, she said: Do you do this for a living? How's that working out for you?

The lesson? Not everyone will be kind or open—but don't let that shake your confidence.

5. The Power of a Supportive Spiritual Community

One thing I've learned in my journey—who you surround yourself with matters.

- Some mediums will celebrate your growth and want you to succeed.
- Others will see you as competition and try to undermine you.

If you're in a space where you're constantly defending your ability, it's time to find a better community. Surround yourself with those who lift you up, not those who drain your energy.

6. Final Thoughts & Get in Touch

To everyone listening—

- Be mindful of spiritual consumerism.
- Own your growth—step into advanced spaces if you're ready.
- Surround yourself with people who support you.

If you've had similar experiences, I'd love to hear from you! Email me at podcast@hannahmedium.co.uk and share your thoughts.

Thanks for listening, and I'll catch you next time!