



Mediumship Matters Podcast Transcripts

Season 7 Episode 24 - Michael Mayo: Surrender, Science & the Standard of Mediumship

Host: Hannah Macintyre

Guest: Michael Mayo – Medium, Teacher, and Co-founder of Oakbridge Institute

Hannah:

Hello and welcome back to Mediumship Matters. I'm your host, Hannah Macintyre, and today, I'm thrilled to be joined by someone whose work I deeply respect—medium, teacher, and all-around powerhouse Michael Mayo. Michael, welcome to the show!

Michael:

Thanks so much for having me, Hannah! I'm excited to be here and ready to dive in.

How It All Began: Massage School and a Mediumship Bombshell

Hannah:

I always start with the same question—how did this crazy journey into mediumship begin for you?

Michael:

I was 18, training in massage therapy, and I had a teacher who worked with crystals and cards. That sparked my curiosity, so I went looking for similar places and found a metaphysical shop. The owner invited me to a demonstration that night with a UK medium. I had no idea what mediumship even was.

I went, watched, and afterwards, the medium told me I was a natural and that I'd be doing what he was doing. Fast forward to my first circle—I gave an incredible reading right off the bat. Name, date, cause of death, relationship—you name it. But then... the next three circles, I got absolutely nothing. Crickets. That's when I knew: I had to figure out how it worked, and I've spent nearly 20 years doing just that.

From Pastors to Power: A Shift in Spiritual Perspective

Hannah:

Was becoming a medium ever part of your life plan?

Michael:

Nope. As a kid, I wanted to be a vet. As a teenager, I thought I'd become a pastor. I was very into Christianity—reading the Bible, writing sermons. But I've always had a pull toward the bigger picture of spirituality, and mediumship became the tool that helped me understand life, energy, and connection in a more expansive way.

Development Circles and the Real Truth About Growth

Hannah:

Let's talk development. Was your first circle brilliant or a bit like spiritual speed dating—kiss a few frogs before you find your prince?

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Michael:

Ha! It was kind of a mixed bag. Luckily, my first teacher became one of my best friends. She was grounded, honest, and helped keep my ego in check, which is exactly what I needed.

At first, I was labelled “the good one” in the circle—even though I’d only had one strong reading. The truth is, I had to work hard and face a lot of inconsistencies. Real growth didn’t happen until I went to the UK and studied with teachers like Gordon Smith and Eileen Davies. Eileen especially helped break the old habits that were holding me back. She unlocked everything for me.

US vs. UK Mediumship Training

Hannah:

You’ve trained in both the US and UK. What differences do you see?

Michael:

In the US, mediumship tends to blend into New Age culture. It’s entertainment-driven and often lacks structure. There’s less emphasis on evidence and more focus on messages or life guidance. The UK, on the other hand, treats mediumship as sacred—especially within Spiritualist churches. It’s more disciplined and evidence-based, though sometimes a little too rigid. Both have strengths and flaws. We need a middle ground that allows freedom and high standards.

What Makes a Good Medium?

Michael:

First, take your time. Mediumship isn’t just about making a link—it’s about understanding how your connection works. You need to develop a real relationship with the spirit world. That takes years, not weeks.

Second, let spirit lead. A good medium gets out of the way. It’s not about proving something or performing. It’s about surrender. That word gets tossed around a lot, but surrendering truly means letting go of ego, pressure, and expectation.

The Inspiration Behind Spirit Speaks

Hannah:

Let’s talk about your book. What inspired Spirit Speaks?

Michael:

I wanted to create something I could hand someone and say, “Here’s where to start.” It’s a foundation—covering everything from sitting in the power, to understanding mechanics, to troubleshooting when things go sideways. It’s for beginners and developing mediums alike. Think of it as the mediumship guide I wish I’d had early on.

What Spirit Would Say Right Now

Hannah:

If spirit could speak through you to the collective right now, what do you think they’d say?

Michael:

They’d ask us to return to the roots of mediumship: home circles. Safe, loving environments where spirit leads. That’s where the most magic happens. I’ve experienced incredible phenomena in my own circle—spirit lights, objects moving, ectoplasm. We’ve moved away from that and become too outcome-focused. Spirit wants us to surrender and trust again.

Surrender and the Three Sources of Tension

Hannah:

How do you actually surrender when your brain is screaming, “You’re a fraud! This isn’t working!”?

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Michael:

Great question. It all comes down to releasing tension, which stems from:

- Desire – Wanting a specific outcome.
- Distraction – Your own thoughts, the sitter's reactions, fear of failure.
- Expectation – Thinking your reading should look or feel a certain way.

True surrender is releasing all of that. It's a process. You learn to soften, to trust the energy, and let spirit move through you. That's when your mediumship really flows.

Where Mediumship Is Headed

Hannah:

Where do you think mediumship is going in the next decade, especially with social media mediums on the rise?

Michael:

There will always be excellent mediums and not-so-great ones. That's nothing new. But I think we're moving toward a decentralised, non-institutional approach. Mediumship is no longer just for Spiritualism—it's a broader tool for self-discovery and healing.

I'm focused on building safe, structured development spaces like the Oakbridge Institute. We need more of that. I don't think AI will replace mediums, but I do think science is going to play a bigger role in legitimising consciousness and the continuation of life after death.

Science Meets Spirit

Michael:

There's amazing research happening right now around consciousness, especially through people like Dr. Sam Parnia and the Bigelow Institute for Consciousness Studies. Near-death experiences, recalled experiences of death—all of it points to the idea that we're more than this body. And science is finally starting to catch up.

Real Physical Phenomena

Hannah:

Can you share a genuine spirit experience you're proud of?

Michael:

Yes! In my home circle, during one session, we saw steam-like mist rising from our solar plexuses. Then tiny lights—like glowing seeds from Avatar—appeared above the table. We all saw them. It was session number 12, just as spirit had predicted. Total validation, and it couldn't be faked.

Quickfire Round

- One crystal forever? None. I don't use them!
- Master a non-spiritual skill? Horseback riding.
- Spirit guides' theme song? "I Walk Beside You" – a 1930s classic.
- Tarot card you'd be? The Fool – always learning, always trusting.
- Dinner guests? Gladys Osborne Leonard, Helen Hughes, and Jesus (just to ask what we got wrong).

Hannah:

Michael, it's been an absolute pleasure. Where can people find you?

Michael:

You can find me at www.mediummichaelmayo.com, on social media @mediummichaelmayo, or through my online school oakbridgeinstitute.org, which I co-run with Megan Alisa. Come learn with us!