



# Mediumship Matters

## Podcast Transcripts

Spirit Social Meet The Creators Edition

**Season 8, Episode 3**

**Guest: David Hale — Evidential Medium & Teacher**

Podcast host: Hannah Macintyre

Guest: David Hale

Topics: Evidential mediumship, confidence on platform, authenticity, creativity, spirit art, boundaries, Spirit Social creators

### Episode Overview

In this episode of Mediumship Matters, Hannah Macintyre is joined once again by David Hale — evidential medium, teacher, and podcaster — for an honest, funny, and deeply grounding conversation about confidence, creativity, and coming home to yourself as a medium. David reflects on how his relationship with spirit has evolved since his last appearance, what consistent platform work has taught him, and why authenticity matters more than performance in spiritual work. Together, Hannah and David explore the realities of mediumship beyond the highlight reels — nerves, boundaries, vulnerability, humour, and self-trust.

This episode is part of the Spirit Social: Meet the Creator Series, celebrating creators sharing their gifts and services within the Spirit Social community.

### Transcript (Edited for Accessibility & SEO)

Editing note: This transcript has been lightly edited for clarity, accessibility, and readability while preserving tone, meaning, and conversational flow.

### Introduction

Hannah Macintyre:

Hello and welcome back to Mediumship Matters with me, Hannah Macintyre.

Today I'm joined by a returning guest and one of our Spirit Social creators — the brilliant David Hale. David, welcome back.

David Hale:

Thank you for having me back. It's really lovely to be here again.

Hannah:

It's great to see you. The last time we spoke, you were really finding your feet on platform. So let's start there — what's changed since we last chatted?

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## **Growth, Confidence & Platform Work**

David:

A lot has changed. I think the biggest thing is confidence — not the loud, showy kind, but a quieter trust in myself and in spirit.

The nerves are still there before demonstrations, but they don't control me anymore. They remind me that I care. I've learned that confidence comes from showing up consistently, not from being perfect.

Hannah:

That's such an important distinction. People think confidence means fear disappears.

David:

Exactly. Fear doesn't go away — it just stops running the show.

## **Authenticity Over Performance**

Hannah:

You're known for being very real — no fluff, no theatrics. Why is authenticity so important to you in mediumship?

David:

Because spirit doesn't need performance. They need presence.

When mediumship becomes about impressing people, it loses its heart. My job is to show up as myself — humour, vulnerability, and all — and let spirit work through that.

Hannah:

And people feel that. There's a safety in it.

## **Creativity, Humour & Spirit Art**

Hannah:

Creativity has always been a big part of your life. How does that show up in your mediumship now?

David:

Creativity keeps me flexible. Spirit doesn't always communicate in neat packages, so being creative helps me interpret and express what I'm given.

I also work with spirit art, which allows messages to come through visually. It's another language — one that bypasses overthinking.

Hannah:

And humour is part of that too.

David:

Absolutely. Laughter lifts energy. Spirit can be funny — and when we allow that, it relaxes everyone in the room.

## **Boundaries, Energy & Self-Care**

Hannah:

Mediumship can be emotionally demanding. How do you look after yourself?

David:

Boundaries. Clear boundaries.

I've learned that being open doesn't mean being available all the time. Rest, grounding, and time away from spirit work are essential — not indulgent.

Hannah:

That's such an important message for developing mediums.

# Mediumship Matters Podcast Transcripts

## Teaching, Podcasts & Community

Hannah:

You also podcast and teach. What does that side of your work give you?

David:

Connection. Teaching reminds me of where I started, and podcasting gives space for real conversations — not just spiritual highlights, but the messy human bits too.

Being part of communities like Spirit Social helps keep things grounded and supportive rather than competitive.

## Reflections & Looking Ahead

Hannah:

If you could say something to someone just starting out in mediumship, what would it be?

David:

Trust takes time — and that's okay. You don't need to rush. Focus on relationship, not results.

Hannah:

And what's next for you?

David:

More teaching, more creativity, and continuing to grow — without losing myself in the process.

Closing

Hannah:

David, thank you. As always, it's been honest, funny, and grounding.

David:

Thank you — it's been a pleasure.

Hannah:

You can find David Hale on Spirit Social, and online at [davidhmedium.co.uk](http://davidhmedium.co.uk).

## SEO Keywords

Mediumship Matters, Hannah Macintyre, David Hale, evidential mediumship, mediumship development, Spirit Social, Spirit Social creators, confidence on platform, authenticity in mediumship, spirit art, spiritual boundaries, modern mediumship.