



Mediumship Matters Podcast Transcripts

Season 2 Episode 31

Lessons Learned in a Spiritual Business

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! In today's episode, we're diving into lessons learned from running a spiritual business. Will I actually stay on topic? Who knows! Let's see where this takes us.

Understanding Spirit's Awareness of Mental Health

Before we dive into business lessons, I want to address a great question from Eddie, who wrote in asking whether the spirit world is aware of our mental health struggles. As someone with Asperger's, Eddie notices that while working in mediumship, his usual communication challenges disappear. He also doesn't experience the same internal chatter as neurotypical people. So, do spirits understand our mental health states?

My answer? Yes, absolutely. Your soul chose to incarnate with your unique experiences—including neurodiversity. Spirit is fully aware of this and works with you accordingly. In fact, from my experience, mediums with Asperger's often work in a more fact-based, evidential style, as opposed to an emotional, immersive experience. Neither is better or worse; it's just a different approach, and it's important for mediums to lean into their natural strengths. Mediumship isn't one-size-fits-all. Some sitters want deep emotional connections, while others seek pure factual validation. The key is allowing your unique style to shine and understanding that the spirit world will always work with where you're at mentally and emotionally.

Client Readiness & Mediumship Ethics

A big lesson in mediumship is recognizing that not everyone is ready for a reading. Spirit won't force themselves into a session if the sitter isn't in the right place to receive it. If you've ever booked a reading hoping to hear from a particular loved one and another spirit shows up instead, it's likely because the other connection wasn't quite ready yet.

This is also why I strongly believe in ethical mediumship—no unsolicited readings! If someone hasn't asked for a reading, it's not appropriate to force spirit communication onto them. This includes situations like Reiki sessions—if a client comes in for healing, it's not an invitation to start delivering mediumship messages. Consent matters.

Lessons in Running a Spiritual Business

For those of you thinking about starting or growing your spiritual business, here are some of the biggest lessons I've learned along the way:

1. Don't Rush into Full-Time Work

•

Mediumship Matters Podcast Transcripts

It's tempting to dive headfirst into your spiritual business, but I always advise my students to keep another source of income, at least in the beginning. Relying on readings to pay your bills can put immense pressure on your work and compromise your integrity.

I structure my work carefully—I allow for space in my schedule to manage my energy, avoid burnout, and accommodate cancellations if needed. If I'm experiencing a migraine, for example, I need to be able to reschedule a client without overloading my week.

2. Pricing Reflects Value

This is a big one. Many new mediums undercharge because they lack confidence, but low prices often attract sitters who don't truly value the work. When I increased my prices, I found I attracted a different caliber of clients—people who were genuinely ready to connect, open to the process, and more engaged in their readings.

3. Social Media Can Drain Your Energy

Social media is a necessary evil for most spiritual businesses, but it's important to approach it with awareness. The algorithms are designed to demand constant engagement, but posting for the sake of posting can dilute your authenticity. I used to stress about daily posting, but now I focus on sharing when I genuinely feel inspired.

Also, a PSA: If a medium friend-requests you or DMs you offering a reading, that's a huge red flag. Professional mediums do not chase clients this way!

4. Authenticity is Your Superpower

When I first started, I felt pressure to fit into a certain 'spiritual' mold. But the truth is, people connect with you, not a polished, copy-paste version of someone else. Share your real experiences, your truth, and your unique journey. It's what makes your work meaningful.

5. Protect Your Energy

Boundaries, boundaries, boundaries! Some clients, students, or social media followers will drain you. Not everyone who comes to you for guidance is meant to stay in your space. If someone's energy feels off, trust that feeling.

For example, I once had a student who disrupted every class with negativity and gossip. I ignored my intuition at first, but eventually, I had to remove her from my circle. The lesson? It's not your job to 'fix' everyone—you're responsible for protecting the energy of your space.

6. You Will Get Copied. Accept It.

At some point, someone will copy your ideas, your content, or even your exact business model. It's frustrating, but ultimately, you have to let it go. No one can replicate your energy or the way spirit works with you. Focus on your own lane.

Legal Considerations & Ethics

Running a spiritual business comes with legal and ethical responsibilities. A few key points:

- In the UK, you cannot make medical claims about healing—it must always be presented as spiritual healing.
- Mediums are legally not allowed to give readings about health, legal matters, or pregnancy.
- If you advertise yourself as a celebrity medium, people are legally allowed to request proof of your celebrity clients (and NDAs don't protect you from this). Think twice before using that label!

Mediumship Matters Podcast Transcripts

Final Thoughts

Starting a spiritual business is a journey, not a sprint. It requires patience, integrity, and a deep commitment to self-awareness. The most important thing? Stay authentic, set boundaries, and trust that spirit will support you in finding the right people and opportunities.

What's been your biggest lesson in mediumship or spiritual business? I'd love to hear from you!

Send me a message or email me at podcast@hannahmedium.co.uk.

Thanks for listening to Mediumship Matters! Until next time, remember—your uniqueness is your greatest gift.

-