

Where's the Line Between What Spirit Tells You and What You Should Actually Say?

Hello and welcome to Mediumship Matters, with me, Hannah Macintyre. This week's subject is a genuinely inflammatory one, and I want to navigate it with real compassion, because none of us get through our spiritual development without saying the wrong thing at some point — potentially wounding someone in a way that shapes their path, or their relationship with spirit, for a long time. We tend to think a lot about the good our mediumship does. It's far more uncomfortable to sit with the times we've caused genuine harm.

What we can actually perceive

Let's start with the basics: what you're able to perceive from spirit is always limited by where you personally are in your own unfoldment, and by your own human belief system. That's simply true. Our industry is full of people saying “spirit told me” and presenting it as unquestionable fact, and that's genuinely hard to navigate — as a developing medium, you get swept up in it, trying to validate your own experience, nervous, and yes, ego is absolutely playing a part. We love to pretend we don't have one. Of course you have an ego.

A genuinely good spiritual development journey should shake you up thoroughly — Tower energy, on repeat. You should look back at old versions of yourself and barely recognise them. I looked at photos from my daughter's birthday party a year ago recently and genuinely couldn't relate to the woman I was then; she doesn't exist anymore. That's simply what real development looks like.

But here's where it matters: if anyone claims to be a perfectly pure channel with zero human input whatsoever, I think that's simply not true. You're a human being, receiving through the vessel of yourself. If you truly believed you had a completely clear, unfiltered connection, try channelling a spirit who spoke a language you don't — nobody can do that unless it's meaningless noise; it falls apart the moment real, specific language is required. We all understand this at the broad level — I can only perceive, in evidential mediumship, things I already have some frame of reference for. But it gets much trickier at the smaller, everyday scale.

A story that illustrates the problem

I recorded an episode earlier this season about need, and how much a sitter's energy shapes a practice reading — because in development, sitters aren't usually there out of genuine need, they're there to help you learn. Afterwards, someone emailed me about their own experience (shared here with their permission). They'd had a difficult reading, felt shaken by it, and did exactly what I recommend: called the spirit back afterwards for guidance on what happened. The spirit told them plainly: it wasn't your fault, my daughter simply wasn't open. Completely understandable guidance — I've received almost

identical reassurance myself. But they wanted me to relay that message directly to the actual sitter. That's where it gets genuinely complicated.

I understand why spirit would want the developing medium to know they weren't at fault. But that's a very different thing from telling a grieving sitter, desperate to hear from her father, that she personally wasn't "open enough" for the connection to land. She didn't mean to be a difficult sitter. She wasn't defensively closed off, daring the medium to prove themselves — like the sceptics Derren Brown famously plays with, insisting mediums are all frauds unless proven otherwise. She was in genuine need, simply unable to get herself into the right energetic space that day, not realising she wasn't ready. As a professional, I'd say: that's simply the job sometimes. You occasionally have to refund someone and say, honestly, this isn't going to happen today — without turning that into a diagnosis of what was wrong with them personally.

The real discernment question is: does every single thing spirit tells you need to be relayed to the sitter, even if they're the one asking?

Even in ordinary friendships

This shows up outside professional readings too. A friend was once agonising over whether to leave her husband, asking what spirit thought she should do — and honestly, I couldn't get a clean read, because I personally thought he was a fool, and that judgement kept muddying the water. All the way through her describing what he'd done, a voice in my head kept saying, this isn't going to change, he doesn't really love her — and I genuinely couldn't tell you whether that was spirit, my own psychic sense, plain human judgement, or my own guides. They did eventually split up, for what it's worth, so I'm not betraying any confidence here — but I still don't know, honestly, where that particular insight actually came from. And that uncertainty itself is worth sitting with.

Being publicly known as "the medium" adds its own pressure to ordinary interactions too. I had a lovely stretch going to the gym completely incognito before people started recognising me — now, if I say something as simple as "you alright?" to someone who looks a bit down, they sometimes ask, "why, what are you picking up on?" Nothing. I'm just looking at your face with my actual eyes. Every word carries more weight once people know what you do, whether or not you're actually "switched on" in that moment.

Discernment in evidential mediumship

People often ask how much to share when they're picking up something difficult or potentially upsetting. There's no fixed rule, but for me it comes down to the strength of your blend. I don't think spirit hands us evidence piece by piece — I think it's closer to a full download of that soul's essence. If you're actively seeking, reaching, psychometrising rather than genuinely surrendered, you can pick up things that are technically accurate but stripped of spirit's actual intelligence and context behind them — and delivering that raw can genuinely cause harm. If your blend is strong and you're truly surrendered, spirit has control, and you can trust what's coming through is meant to be shared. If you're actively hunting for something instead, you're far more likely to get it wrong, because you're human, not spirit.

My rule: if in doubt, don't say it. Don't second-guess your way into sharing something just because part of you thinks, well, that would be really good evidence. It might well be. That doesn't make it about you.

Discernment as a teacher

This becomes another layer entirely once you start teaching, because you have to judge which lessons a given student is actually ready for. I find teaching absolute beginners in evidential mediumship genuinely hard, because I have so much I want to share, and I hate withholding information — people withheld things from me during my own development, in ways designed to keep me small, and I'm still a little paranoid about becoming that person myself. Which sometimes means I overcorrect and overwhelm people instead, and have to consciously pull back and simplify.

There's a constant, imperfect balancing act between giving someone enough friction to grow and tipping into genuinely upsetting them. My Elevate course pushed some people harder than they wanted, and I know it upset a few of them. I try to stay as true as I can to what I believe while accepting I'm human and will get it wrong sometimes — especially teaching a room where some people are ready for a particular message and others simply aren't yet. Where exactly do you draw that line? It's genuinely hard, though I don't say that as a complaint — I love this work. But it's worth naming at every level, even for someone taking their very first steps in a development circle: the moment people know you communicate with spirit, you have to be careful with what you say and how. Something being true doesn't automatically mean it needs to be said to everyone, or shared publicly at all.

What I've deliberately left out

There are stories I could have included in Spiritual Slaps and didn't, purely out of respect for the people involved, because I knew those experiences had genuinely hurt them. There are stories I could tell on this very podcast that would make brilliant listening and teach genuinely useful lessons — and I still won't, because it isn't mine to use that way. Finding that balance means constantly checking back in with what's actually ethical. Someone recently asked me, during a live Spirit Social session, where they could go to learn ethics properly — and honestly, nobody teaches it. Nobody would pay for a course that sounds as dry as “spiritual ethics.” And yet isn't it genuinely the heart of everything we do — thinking carefully about how we do this work, doing our best to get it right, while accepting we're human and sometimes won't?

One more thing: consent and social media

A genuine pet peeve of mine: doing a reading for someone, deciding afterwards it was particularly good, and then messaging to ask if you can share it on social media. That's an absolute no from me. If someone books a reading already knowing it might be shared, that's a different, consenting arrangement entirely. But asking after the fact puts them in a position where they can't easily say no — they're grateful, you brought their loved one through beautifully, and most people are natural people-pleasers who'll say yes simply out of gratitude. You shouldn't even put someone in that position. If the mediumship itself was genuinely good, why isn't that enough on its own, without needing it validated publicly too? That's not about them. It's about you.

So — when you're asking spirit to “tell me more about this,” it's worth pausing to ask yourself honestly: am I asking so I can share this publicly, or for my own personal growth? If it's the latter, it isn't spirit's purpose to be turned into content.

I'd love to hear your thoughts on all of this — I'm aware, even recording it, that I'm slightly hiding behind the microphone, bracing for pushback, because I know this touches a genuinely sensitive nerve. But I also know spirit has been pushing me hard to say it anyway. Email podcast@hannahmedium.co.uk, or find me on Spirit Social. Thank you all so much for listening this season — I hope it's been useful, and I'll catch up with you again soon.