



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 98 - Listener Questions

### Spiritual Growth, Platform Mediumship & Navigating the Emotional Rollercoaster

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? I have to start today's episode with a big NAMASTE, BITCHES! because, honestly, I am feeling more like myself than I have in ages. I'm in a bit of a silly mood, but also feeling deeply reflective.

I just had another big spiritual slap—one of my own making, of course—where I found myself seeking external validation again. Will I ever stop this cycle? Who knows!

### The Emotional Struggles of the Spiritual Path

I have to be honest—this work is not easy. You have to be brave to walk a spiritual path. You have to put yourself out there, knowing that not everyone will understand you. And yet, no matter how well things are going, I still manage to find tiny parts of myself to torture. It's bloody annoying being so emotional!

I even once asked Spirit to take my emotional sensitivity away because it felt overwhelming. Their response? It will negatively impact your mediumship. So, here I am, embracing the emotional rollercoaster!

### Listener Questions & Insights

#### Steve's Question: Why Can't I Chat with Spirit Outside of Readings?

Steve, a platform medium, wrote in with a brilliant question:

"I've been working with Spirit for 20 years and recently started doing demonstrations. I feel Spirit all the time, but when I try to talk to them outside of work—like while washing dishes—I get nothing apart from maybe a gender. I also struggle to connect with my guides outside of working. What's going on?"

The Answer:

#### 1. Mediumship relies on energy exchange.

- In one-to-one readings, the sitter provides energy that helps fuel the connection.
- In platform work, the audience's energy amplifies everything.
- At home? You don't have that same energetic charge, which can make Spirit communication feel weaker.

#### 2. Spirit Guides Communicate Differently.

- Evidential mediumship is about connecting with passed loved ones.
- Spirit guides don't need to give evidence—they work in subtler ways.
- Guides often communicate in a way that feels like your own thoughts or intuition.

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Try This:

- Set an intention before speaking with Spirit.
- Use Oracle Cards—before flipping a card, ask Spirit for a message, then check if it aligns.
- Accept that Spirit communication won't always feel as intense as a demonstration.

Steve, you ARE connecting—you just need to trust yourself!

Jill's Email: The Damage of Unrealistic Mediumship Expectations

Jill wrote in about how unrealistic standards in mediumship can harm developing mediums. She pulled out of a healing course because of the bureaucracy and rigid rules.

“Thinking we have to be 100% accurate all the time is damaging. We will never be perfect, and it makes people feel like they're failing.”

My Thoughts:

She's spot on! When I was developing, teachers would set impossible standards, yet they never demonstrated their own mediumship!

- No medium is 100% accurate.
- Mediumship isn't just about “getting it right”—it's about blending with Spirit.
- Sitters also need to adjust expectations—Spirit doesn't work like a vending machine!

We need more transparency in teaching—this work isn't about being perfect, it's about being real.

Steve's Second Email: The Lack of Male Representation in Mediumship

Steve also brought up something hugely important—the lack of men in spiritual circles.

“I've done platform work with audiences of over 100 people, and I'll be lucky if there are 2 or 3 men.

We need more male voices in spirituality.”

Why This Happens:

- Spirituality is emotional work. Many men aren't encouraged to explore their emotions.
- Fear of judgment. There's still a stigma around men embracing spirituality.
- Lack of male role models. Most well-known mediums are women.

I LOVE that Steve is creating a men's spiritual circle—it's so needed. If you're a guy interested in mediumship, go for it! We need more balance in the field.

Amy's Question: Sceptical Sitters & Crown Chakra Sensitivity

Amy asked two great questions:

- She had a tough practice reading where her sitter's husband was sceptical. It knocked her confidence.
- She experiences a tingling sensation in her crown chakra, but it turns into a headache.

My Advice:

- Sceptical Sitters Are Hard—Don't Take It Personally!
  - Sitters contribute to the energy of a reading.
  - If someone is sceptical, they put up an energetic wall, making it harder for Spirit to blend.
  - Scepticism isn't bad, but closed-off energy weakens connections.
  - The best readings happen when sitters meet Spirit halfway!
- Crown Chakra Headaches—You're Pushing Too Hard!
  - You don't need to “raise your vibration” before working.
  - Spirit meets you where you are—your vibration naturally adjusts during the reading.
  - Instead of forcing energy to rise, try focusing on grounding.
- Amy, you're doing great—don't let one difficult experience hold you back!

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## Final Thoughts & Takeaways

- Spiritual work is an emotional rollercoaster—but it's worth it.
- You don't need to be perfect to be a good medium.
- Men are underrepresented in spirituality—we need more balance.
- Skeptical sitters make readings harder—it's not your fault!
- Stop forcing your vibration to rise—Spirit will meet you where you are.

Thank you all for your amazing messages! If you have a question, send me a WhatsApp voice note or email at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk).

See you next time!

—Hannah