



Mediumship Matters Podcast Transcripts

Season 6 Episode 15 - Dopamine Seeking

Dopamine, Doubt & The Decline of Evidential Mediumship

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today's episode is all about why evidential mediumship feels so damn hard, the dopamine highs and lows of mediumship, and why so many incredible mediums are walking away from doing readings altogether.

Let's get into it.

The Dopamine Hit of Mediumship

I was chatting with Pamela from Eagle Spirit Healing, and she gave me a great way to describe something I've been thinking about for a while—

- ◆ When we first start working with spirit, the smallest piece of evidence feels like a miracle.
- ◆ We get massive energy hits when we get something right. ◆ But over time? That fades.

It's dopamine.

At the start, everything feels magical. But as you develop, your expectations shift:

- First, you just want to get one validation right.
- Then, you want to get relationships right.
- Then, you need cause of death.
- Then, it has to be super specific evidence.

And before you know it, you're barely celebrating your wins anymore.

I see this all the time with students:

- They brush off incredible validations because they're "used to it."
- They fixate on the one thing a sitter couldn't take instead of everything they got right.
- They keep chasing the next "big thing" in their readings.

This is where we have to be careful. Because if we don't consciously celebrate our wins, mediumship starts feeling like a constant battle.

Where Have All the Evidential Mediums Gone?

Recently, someone asked me for a recommendation for an evidential medium in the UK.

And do you know what? I struggled.

- ◆ There are loads of mediums doing cards. ◆ There are loads of mediums doing spirit guide and soul readings. ◆ But evidential readings? Very few.
- Why?

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Because it's hard.

- It's relentless.
- It's high-pressure.
- It's exhausting.

There's also a ton of people teaching mediumship—but many of them aren't actually doing evidential readings anymore. And that's where I start wondering:

- ◆ Are we heading towards a pyramid scheme of mediumship, where teachers train new mediums, who then become teachers, but no one is actually doing the work?
- ◆ Is evidential mediumship becoming too hard for people to sustain, so they shift into other areas instead?

Why I Struggle With One-to-One Readings

I still love platform mediumship—standing on stage and delivering messages.

But private one-on-one readings? They're tough.

- The client has one specific person they want to hear from (even if they say they don't).
- If the reading doesn't go how they expect, you can feel the disappointment.
- You're constantly facing your own doubt and fears.

And honestly? That pressure is exhausting.

For me, demonstrating is easier because:

- If a link isn't working, I move on.
- The audience energy builds momentum.
- There's less of that awkward "this isn't what I wanted" energy from one person.

But I know so many mediums who are quitting evidential work altogether—and that worries me.

Because we need evidential mediums.

The Brutal Truth: Mediumship is Hard & We Need to Talk About It

One of the biggest problems in spiritual circles is dishonesty.

- ◆ When I first started, all I saw were mediums saying, "I never get anything wrong!" ◆ No one was admitting how difficult it actually is. ◆ So when I struggled, I thought "Maybe spirit just doesn't want me."

But here's the reality:

- ✓ You will get things wrong. ✓ You will have sitters who are disappointed. ✓ You will have readings that feel like a total flop. ✓ You will doubt yourself constantly.

This is part of the job.

And if more teachers were honest about this, maybe more people would stick with evidential mediumship instead of giving up.

Are We Just Teaching Mediumship Instead of Doing It?

I've had to look at my own choices here too.

- I opened readings this month—but only for card readings and spiritual assessments.
- I chose not to offer evidential sittings.
- Why? Because they are draining.

So I have to ask myself—am I part of the problem?

If I stop doing evidential readings, am I really staying on the leading edge of mediumship?

If teachers aren't demonstrating, if they aren't actually doing evidential work, then how can we expect new mediums to take up the challenge?

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We need to make sure this industry doesn't turn into a cycle of teachers training teachers, without anyone actually doing the work.

The Dopamine Decline & Why Mediums Quit

At the start, evidential mediumship gives you huge dopamine hits:

- You get your first validation—amazing!
- You get a full spirit message—mind-blowing!
- You get a name or a cause of death—unbelievable!

But over time, you acclimate.

- The “wow” moments fade.
- The hard bits stand out more.
- The pressure starts to outweigh the joy.

And suddenly, you're one of those amazing mediums stepping away from evidential work.

Final Thoughts: Keep Going, We Need You

If you're struggling with evidential mediumship, you are not alone.

- ✓ It is hard.
- ✓ It is draining.
- ✓ It will push every button you have.

But we need evidential mediums.

- If you need a break, take one—but don't quit.
- If you feel like you're struggling, know that it's normal.
- If you've been taught that mediumship should always be easy, you've been misled.

This work matters. And we need mediums who are willing to be real about the journey.

Let me know your thoughts—have you stepped away from evidential work? Are you still doing it?

What's your experience? I'd love to hear from you.

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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