



Mediumship Matters Podcast Transcripts

Episode S7, Ep 27– Got Names? Great! But That’s Not The Point

Welcome back to Mediumship Matters! In this episode, I tackle one of the most debated issues in evidential mediumship: the obsession with names. Do we really need to always bring a name through to “prove” spirit? Or have we lost sight of what mediumship is truly about?

This is a raw, honest episode where I share my frustrations, my own imposter syndrome, and why I believe mediumship goes far deeper than names on a checklist.

The Pressure of Names

Lately, there’s been a wave of mediums on social media boldly declaring: “I always get names.” Some even suggest that if you can’t, you’re not a “real” medium.

This pressure can be crushing — not just for working mediums, but for students in development too. Names have become the benchmark, as if the whole of spirit communication can be reduced to one word.

But here’s the truth: mediumship is not about tricks, it’s about presence.

When Spirit Has Other Priorities

I’ve had countless sittings where I’ve received powerful evidence, clear personality traits, and moving messages — but no name.

Does that mean the connection wasn’t real? Of course not.

Sometimes spirit doesn’t want to spend the precious time of a reading proving themselves with trivia. Sometimes they want to heal, to comfort, to inspire.

And honestly? I’d rather bring through a father’s cheeky humour or a grandmother’s stubbornness than a name that proves nothing on its own.

Imposter Syndrome and the Name Game

I’ll admit it: not getting a name has triggered my imposter syndrome more times than I can count. Especially when sitters sit across from me with folded arms, waiting for the name.

But imposter syndrome isn’t truth. It’s a filter.

Mediumship isn’t about meeting impossible expectations — it’s about building a bridge between two worlds. That bridge can be paved with memories, presence, and love, not just letters strung together.

Spirit’s Reminder: The Stags in the Forest

One of my favourite spirit reminders came in the form of two stags in the New Forest.

I wasn’t looking for them, and yet there they were — unexpected, magical, unforgettable.

They didn’t stop to tell me their names. They didn’t need to. The gift was in the experience itself.

Spirit works in the same way. Sometimes the greatest evidence is in the power of the moment, not the fact on a piece of paper.

Healing Over Proof

- Names may validate, but healing goes deeper.

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The real measure of a sitting is not whether I got a name right — it's whether the sitter left feeling uplifted, comforted, and reconnected to their loved one.

A name might prove survival, but presence proves love.

That's the essence of mediumship.

Final Thoughts

Here's the reminder I want every medium (and every sitter) to hear:

- Names are great, but they are not everything.
- Mediumship is not a circus trick — it's sacred communication.
- Spirit often prioritises healing, love, and presence over facts.
- Imposter syndrome is normal, but it's not truth.
- The real gift of mediumship is connection, not just proof.

So the next time you feel pressure to deliver "the name," remember this: spirit doesn't need to prove themselves with one word. They're already proving themselves with every heartbeat of love they bring through.