

Why the Gym Improved My Mediumship, and How Spirit Actually “Looks”

Hello and welcome to Mediumship Matters, with me, Hannah Macintyre. We're nearing the end of this season — I'd love to know what you think of the shorter format, and I hope you've enjoyed growing alongside me.

Why my mediumship has genuinely gotten better

Something I've become fascinated by lately: my own mediumship has properly improved recently — clearer, stronger, more evidence, more names, all the things we're all chasing. Even Annie T, who many of you will know, messaged to say how noticeably better it's got — which is reassuring, since it means it's not purely in my own head.

Here's the actual reason: the gym. Stay with me. I now go six days a week, at least an hour a day, and what I've realised is that this means I'm spending six days a week sitting in genuine discomfort — hearing the voice that tells me to stop, that I can't do this, and simply not obeying it. I think that's changed everything. I was never an “exercise person,” so I genuinely didn't understand that discomfort is supposed to happen — I assumed if you were properly fit, it simply stopped hurting. What I've actually learned is that fit people aren't people who don't feel it. They're people who've gotten used to feeling it and keep going anyway. Nobody ever explained that to me plainly before.

Before the gym, the only place I regularly heard that particular voice was doing mediumship — so naturally, I assumed it was somehow specific to my mediumship. It isn't. That voice shows up in any genuinely hard thing you do, mediumship included. If you want to improve your mediumship, I think the single best thing you can do is deliberately spend time in situations that make that voice pipe up — it doesn't have to be exercise. If you hate being seen, try joining amateur dramatics, even in a background role. Try letting yourself be heard in ordinary daily life, instead of swallowing it to avoid causing a scene. Actively push against your own boundaries somewhere, anywhere, and sit in that discomfort on purpose. If the only place you're ever asking yourself to do that is in mediumship — surrendering into an altered state, connecting with something unseen, all while someone else watches — that's an enormous amount to ask of one single practice. Find something else that pushes your buttons, and I promise it'll help your mediumship too.

If there's something you've always wanted to try and kept avoiding because that voice always wins — start there, not with spirit. And don't expect spirit to make that voice disappear either, because that voice is you. It's not going anywhere — which is both important to understand and slightly mind-blowing. I also took French lessons for a couple of years, which was similarly awkward — I've got that very British instinct to sound faintly ridiculous attempting another language in front of someone. One of my students once asked why so many of us in this community end up learning a new language — I think it's spirit

nudging us toward another form of translating information under a bit of pressure, with someone watching. If you've got the chance, genuinely, give it a go.

How spirit actually “appears”

I want to explore how spirit shows up in mediumship — we touched on this with gender before, but age and physical form are worth exploring too. For me, connecting with spirit isn't really like seeing a person at all — it's tuning into an energy, a frequency. I don't typically see them fully formed; I might simply know they were older, or younger, or that they wore glasses. I look at psychic artists who capture incredible detail and genuinely envy that — it's just not how it works for me.

Babies are a particularly interesting case. Sometimes when I connect with someone's baby in spirit, they present as a baby. Occasionally, rarely, they present at the age they'd be now, had they lived. I think that depends entirely on the sitter and how they'll recognise their child — some parents, in their grief, always picture their baby as a baby; others mourn the five-year-old their son would be now, wondering what he'd look like. I think spirit's intelligence presents in whichever form is most recognisable to that specific person.

The same is true of my grandmother, who comes through often — she does love being the centre of attention. She died elderly, but was always proud of her dark hair and her youth, so mediums working with her tend to pick up on her essence rather than her literal final appearance, and she often comes through looking younger than she actually was when she passed. That works for me, because I understand that essence of her. I'm vain myself — if I'm lucky enough to grow old, I have no interest in spending eternity looking like an old lady. But should spirit present exactly as they “really” are now — some vast, multi-lived being existing beyond space, time, and physical form entirely? Absolutely not, because I wouldn't recognise that at all. So she comes through in a form I'd recognise, that also reflects who she genuinely was at her core — someone who valued her beauty, liked to look nice, was a little vain. Spirit's intelligence presents in whatever form best captures the actual heart of the person's life.

I do want to draw a firm line here, though. I recently heard someone teach that spirit will sometimes present as a living person, purely to help the sitter recognise them. I think that's a genuinely bizarre idea. Where's the intelligence in a deceased loved one pretending to be someone alive, so that the audience member recognises the wrong person? Surely they'd simply recognise their actual deceased loved one. Every path in our mediumship should ultimately honour spirit's actual intelligence — that principle matters to me regardless of whether you agree.

I think this also depends on which gear you're in. Early on — gears one and two — remember that the image in your mind is built by you, translating the energy you're sensing. You're not literally seeing my grandmother in gear one; you're seeing your own filtered version of her essence. Once you're properly cooking, in gears four, five, six, you may start perceiving something closer to how they genuinely appeared — because at that depth of connection, spirit finally has the space to work with less of your filter in the way.

When a sitter doesn't want to hear from a particular spirit

Last thing I wanted to cover: handling a spirit that a sitter explicitly doesn't want to hear from, and why doing this ethically matters so much. We're in service to the spirit world, yes — but more than that, I think we're in service to the humans in front of us, because spirit is fine. It's genuinely us who struggle, feel disconnected, feel like this short life is somehow endless. Spirit isn't even missing us, because they're already with us. We're the ones going through the hard part, solo. Holding that in mind changes how you approach a spirit nobody asked for.

Spirit's own intelligence generally won't bring through someone a sitter doesn't want to hear from, unless there's a genuine reason — healing, closure, amends. We also have to accept, as mediums, that we sometimes simply get it wrong: we open up through a sitter's frequency and land on someone present, but unwanted, in their spirit team. That's less likely in a demonstration setting, but it happens.

If it does — if someone says, honestly, “I don't want to hear from them” — the single worst thing you can do is override that. It's a genuinely appalling practice to force it through anyway. The correct response is simple: thank them, acknowledge it, tell spirit you'll ask them to step back, and stop entirely. No more evidence, and absolutely no message. If someone says no, you honour that no completely and move on to someone else. Spirit, in its intelligence, understands: sometimes all that contact achieves is planting a seed that might only be ready to grow in ten, twenty, thirty years — or never. That's enough. The attempt itself matters, even without acceptance.

Think about why this boundary is so important: imagine someone who was abused by a person now in spirit, and a medium forces that person's message on them regardless of their clearly stated wishes. Consider the damage that does in the moment — and the lasting damage of feeling like that person still doesn't respect boundaries, still won't leave them alone, even from beyond. Few things could feel worse than sensing you're still being haunted by your abuser. Our job, always, is simply: that's fine, understood, no problem at all. In a one-to-one, find someone else they do want to hear from. In a demonstration, move on and bring another spirit through — it wasn't meant for them today, and that's genuinely okay. Afterwards, quietly check in with that person: I just wanted to make sure you're alright, and I'm sorry that came up if you weren't ready. We have to keep reminding ourselves that this work isn't about us — far easier said than done, but genuinely essential.

As things stand, I think there's one more recorded episode after this, then Season 9 wraps up. Thank you for listening, and I'll see you on the next one.