



Mediumship Matters Podcast Transcripts

Season 6 Episode 11 - Why Doesn't My Mediumship Feel Good Enough?

The Never-Enough Struggle: Mediumship, Validation & Trusting Yourself

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

Before we dive in, a quick reminder—my live course, *Me, Myself & Spirit*, starts this September!

This is a one-time-only course for developing mediums who are past the beginner stage but looking to improve. We'll be covering not just mediumship, but the deeper aspects of spiritual development that help you elevate your connection. There are incredible guest teachers, and trust me—you don't want to miss it! Check out mediumshipmatters.co.uk for details.

Now, let's get into today's topic, inspired by a great question from Jodi.

Jodi's Question: Why Does My Mediumship Never Feel Like Enough?

Jodi wrote:

"My purpose in readings is to connect people with their loved ones, validate the afterlife, and offer healing. I've seen incredible transformations, even turned sceptics into believers. But no matter how many validations I give, if I don't get that eureka moment, I feel like I haven't done enough. Is this just a self-worth issue? Should I trust that if more was meant to come through, it would?"

Jodi, first—welcome to mediumship! Not in a patronising way, but in an arm-around-you, let's-huddle-in-this-together way, because EVERY medium I know feels like this.

The Not-Enoughness of Mediumship

This constant feeling of "I could've done better" is both a blessing and a curse.

- It can steal your joy—because you focus more on what didn't happen than what did.
- But it's also what keeps you striving for more, pushing your boundaries, and improving.

The best mediums I've ever met are the ones who never settle.

- The ones who always ask, "Could I have been more specific?"
- The ones who push for deeper evidence.

And do you know what? The mediums I've met who DON'T feel this way...

- Often don't give great readings.
- Often think they're better than they actually are.

Harsh? Maybe. But true.

So, in a way, Jodi—this feeling of "not enough" is part of what makes you a great medium.

Counting Your Evidence: You're Doing Better Than You Think

I once had students in my Elevate course do an exercise:

- After a reading, write down and count how many pieces of evidence they gave.
- Most of them thought they'd only given 5-6 pieces of validation.
- But when they actually counted? 20+ solid pieces!

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Your mind will trick you into thinking you didn't do enough.

- Try this for your next reading. Count everything.
- You'll likely be blown away by how much you actually bring through.

The Energy of a Yes & Why It Matters

Here's something that might be part of your frustration, Jodi—how your sitters respond.

- Some people don't react emotionally to spirit communication.
- Some don't say "yes" out loud, just nod.
- Some just sit there, stunned.

But there's something powerful about getting your sitter to verbally say YES.

Spirit gave me this download recently:

- When sitters say "yes" out loud, it does something to them.
- It anchors the evidence deeper.
- It makes them realise the reading is real.

So if your sitters are mostly quiet noddors, you might not be getting that feedback energy that tells you "This is landing!"

Try gently encouraging them to say yes out loud—it might shift the whole dynamic.

Eureka Moments: The Lightning Bolt Hit We All Crave

Oh, Jodi—I get it. There is nothing better than that moment when you give a piece of evidence so specific, so accurate, that your sitter gasps, bursts into tears, or looks like they've just been struck by lightning.

That energy hit is pure magic. It's what makes us feel alive as mediums.

But the problem? It's rare.

- Not every reading will have it.
- Some sitters internalise rather than react.
- And, frustratingly—it's often the readings that feel "meh" that later turn out to be life-changing.

The Truth About Mediumship: It's Unpredictable & That's Okay

There's a reason mediumship is called an experiment:

- Some days, you'll be on fire.
- Some days, nothing flows.
- Some sitters give flat responses no matter what you say.
- Some readings will change lives, and you won't even realise it at the time.

I've given readings that felt average—and then had the sitter email me weeks later saying, "That was the most healing experience of my life."

And I've given readings that felt electric—and the sitter barely reacted at all.

You cannot predict how a reading will go.

And that's the hardest part of mediumship to accept.

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Why I Prefer Demonstrating Over 1:1 Readings

For me, platform work is less stressful than private readings because:

- If one link isn't flowing, I can move on.
- The audience energy builds momentum.
- I don't have to sit in an awkward energy mismatch for 45 minutes.

Some sitters are just hard to work with—not because they're bad people, but because their energy doesn't mix with yours.

That's not a failure—it's just part of mediumship.

Final Thoughts: Trust Yourself & Keep Going

Jodi, here's what I want you to remember:

- ✓ Your mediumship is enough.
- ✓ You are doing better than you think.
- ✓ Eureka moments are amazing but not the only marker of a good reading.
- ✓ Some sitters just aren't expressive—it's not about you.
- ✓ The unpredictability of mediumship is what makes it magical.

I hope this helps, and if you ever need a reminder—come back and listen to this again.

Thank you so much for your question, Jodi! And to everyone listening—keep developing, keep trusting, and keep evolving.

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

Love,

Hannah x

Keywords for SEO: Mediumship development, trusting spirit messages, mediumship self-doubt, evidential mediumship, mediumship validation, energy of yes, spiritual healing through readings, mediumship progress, understanding sitters, how to improve mediumship, overcoming mediumship fear.