Mediumship Matters Podcast Transcripts

Episode S7, Ep 25– "What's In a Name? Mediumship, Triggers & Truth

Hello and welcome to Mediumship Matters with me, Hannah Macintyre. How are you doing?
Before we dive into today's episode, I wanted to start with a bit of magic and a laugh. You might remember Andy—well, I messaged him to ask if he'd broken his dry spell, and sadly the answer is still no. So, Spirit Social fam, let's get manifesting! Light your candles, build those altars, wave your lucky cats—let's call in some good times for Andy. He deserves a little fun, doesn't he?
Now, onto today's topic—and I'll be honest, it's a triggering one for me: names in mediumship. Yep, we're going there.
Last night we had the Spirit Social launch party, and despite a power cut that nearly derailed everything (and me going live from the back garden on Starlink internet), it was magical. The energy was incredible, and I got emotional. Spirit gave me a clear message: "This is a moment. Be present." And I did. I felt it. But today, Spirit has brought in a wave of energy around something that pokes my insecurities: getting names in mediumship.
Let me start by saying—I do get names. Sometimes. But it's not consistent, and I don't claim that it is. And I've been very open about that. But a listener reached out and said they were really upset by my episode with Michael Mayo, feeling like we were looking down on mediums who don't get names. I re-read the transcript, and yes, Michael did say that the 'greats' used to consistently get names and addresses. But he also said he doesn't get them all the time. And neither do I.
Still, that comment triggered something in me. Because names have become the holy grail of mediumship. You scroll on social media and it's video after video of mediums getting names and going viral. Meanwhile, I'm over here wondering if my blend is deep enough, if I've said enough, if my presence and essence work is still considered "evidential enough."
But let's get real: names are one tiny piece of the puzzle. They're great when they come through, yes. But to me, the heart of mediumship is connection. It's healing. It's presence. It's memories. It's love. I'm not looking to just tick a box—I want the sitter to feel their loved one. That's what I crave in a reading too. Not just a list of facts, but the presence of someone I love.
And yet… when you demonstrate mediumship and someone says at the end, "Why don't you get names?"—it stings. It makes you feel like everything else wasn't enough.
Here's the thing: I've seen countless brilliant mediums live—including at Arthur Findlay College—and not one of them got names when I saw them. Not one. And these are brilliant mediums I admire. Their evidence? Incredible. Their connection? Undeniable. But names? No.
I once had a student bring through my grandmother and see the Flintstones—Fred shouting "Wilma!"—and that was my grandparents' surname. That's clever spirit work. That's meaningful. That's powerful. But would it make a TikTok viral clip? Probably not.

My own mediumship works through impressions, symbolism, energy translation. I don't hear a voice in my ear saying "George!" It's a reference point—a Prince Harry image, or a place name. Sometimes it lands. Sometimes it doesn't. But that doesn't make it any less valid.

The problem is, we're all human. We get triggered. We compare. We think if someone else can do it, we should too. And we lose sight of the value in what we do bring.

Do I want to get names? Of course I do. Do I wish I had that magic ability to just reel them off? Hell yes. But I also know that my strengths lie in presence, personality, emotional healing. And spirit reminds me often that that is what some people most need.

So if you're listening and feeling like you're not enough because you're not getting names—please hear me when I say: you are not broken. You are not less. Your mediumship is valid. Your connection is real. And the right people will find you.

Spirit always says: you are the medium you're supposed to be—not necessarily the one you thought you'd be. And that is enough.

Thank you for listening. Let me know your thoughts, share your experiences, and remember: we're all walking this wobbly, wondrous path together.