



Mediumship Matters Podcast Transcripts

Episode S7, Ep 30 – When Readings Don't Work (and Other Big Mediumship Questions)

Welcome back to Mediumship Matters! I'm Hannah Macintyre, and today we're tackling some of the biggest, most honest questions about mediumship – including one of the hardest realities of this work: what to do when a reading just doesn't work.

These listener questions touch on protection, opening and closing, the difference between psychic and mediumship, why early spirit experiences sometimes stop, alternative ways of connecting, and the dreaded “failed reading.” So let's dive in.

Do We Need Protection in Mediumship?

One of the most common questions I get asked is: Do we need protecting from the spirit world? My honest answer: I don't believe we need protection from spirit. In my experience, I've never had anything “bad” happen through spirit communication. What I have experienced, however, is the impact of my own beliefs. When I believed there were scary energies out there, I did experience fear. When I stopped believing that, the experiences stopped too.

So, if anything, what you really need protection from is other humans and their energy. Not everyone wants you to do well – even in the spiritual community.

Personally, I visualise myself as a bright ball of light, like the sun. Anything negative that people send my way simply gets obliterated by that light. This isn't about fear – it's about empowerment. You set the boundaries for your own energy.

Opening and Closing: Do We Need Rituals?

Another big question: Do we need to formally open and close for spirit?

In my experience, connection is as simple as intention. Spirit are always around – the “radio station” is always playing – but mediumship is about choosing to tune in.

For me, opening up is as simple as saying: “Spirit, are you there?” or “Lindsay's mum, can you come through?” That's it. One breath, one thought, and the connection is there.

Closing down is equally simple: when the reading is finished, I'm finished. My energy resets naturally because I'm human and designed to live in this physical world. If you feel like spirit are “still around” after a reading, that's just because spirit are omnipresent. Thinking about them will bring that energy back into focus.

No elaborate rituals needed – unless they help you personally.

Guides vs. Direct Spirit Connection

Do we connect to spirit via our guides or do we connect directly?

It depends on intention. I teach that there are different frequencies:

- Spirit Guide frequency – where you're connecting with your own guides (which I believe are aspects of your higher self).
- Evidential Mediumship frequency – where you're building a relationship directly with a communicator you don't know.

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For evidential mediumship, you don't want to filter everything through your guides. That's like playing a game of energetic "Chinese whispers." Go direct to the source — straight to the loved one in spirit.

Psychic vs Mediumship: How to Tell the Difference

So many students ask: How do I know if what I'm getting is psychic or mediumship?

Here's my trick: directional arrows of energy.

- Psychic is seeking. Your energy is reaching out towards the sitter or the spirit world. You're scanning.
- Mediumship is surrender. The information flows from spirit to you.

Every reading starts psychically because you're seeking — "Dad, are you there?" — but as soon as you allow the blend, you move into mediumship.

Both are interpreted through the Clairs (clairvoyance, clairaudience, clairsentience, claircognizance). That's why they can feel similar. The Clairs are simply the tools of interpretation, not the proof that you're in mediumship.

Why Do Early Spirit Experiences Stop?

Listener Maria asked why she used to hear whispers, footsteps, even feel her father stroke her face after he passed — but those experiences stopped once she consciously started developing.

This is so common. Spirit often give us powerful early experiences to prove they're there. But once we've accepted that, the dramatic phenomena usually calms down.

Why? Because we're here to live a human life. If spirit kept manifesting physically all the time, we'd lose touch with being present in the world.

Also, when you try to make those experiences happen, you actually block them. The best things often happen when you're not looking for them.

Alternative Ways to Connect (Beyond Meditation)

Not everyone can sit in still meditation — and that's okay. I don't!

For me, mediumship is an active energy, not a passive one. My best connections come when I'm doing something repetitive and mundane:

- Running
- Ironing
- Prepping vegetables (soup prep is my favourite!)
- Jigsaw puzzles

These activities occupy the busy human mind just enough to let spirit slip in. Connection doesn't always mean sitting in silence.

Also, stop expecting a profound message every single day. Sometimes the message from spirit really is: "It's Wednesday. Carry on." Keep it casual.

What To Do When a Reading Fails

This is the big one. Listener Carly shared the pain of a reading where nothing worked. Her sitter wanted her mum, but despite some early evidence, the connection just didn't hold.

Here's the truth: sometimes readings fail.

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There are so many possible reasons:

- The sitter's energy (a prize winner might not have been truly ready).
- Your nerves.
- The spirit's personality (quiet, withdrawn communicators are harder to build with).
- The energetic rapport just isn't there.

It's like being at a party. Sometimes you walk up to someone and instantly click. Sometimes you just don't. That doesn't mean either of you are bad — just a mismatch.

My advice when a reading goes wrong:

- Don't hemorrhage energy by forcing it. Stop, rather than pushing for an hour in misery (I've done that — it affected my work for weeks).
- Don't invite them back. If it didn't work the first time, you're not the right medium for them. Another medium may be.
- Frame it kindly but honestly. Sometimes the blend just doesn't work. That's nobody's fault.

Even scientists expect failed experiments. Mediumship is no different. Not everything works 100% of the time.

Evidence That Feels Too Heavy

Carly also asked about seeing difficult evidence — like a suicide passing — and feeling uncomfortable sharing it.

Here's the key: you can share it, but with sensitivity. You don't need to describe every graphic detail. "I know he took his own life by hanging" is enough.

What you don't want to do is tell the sitter: "I won't share it because I don't want to upset you." That can make them feel they've failed somehow. Instead, own it: "Here's what I'm getting, and I'll keep it light."

Trust that if spirit showed you something, it's for a reason. Deliver it mindfully, then allow the healing part of the message to flow.

Final Thoughts

Mediumship is magical, healing, and life-changing — but it's also human, messy, and imperfect.

- Protect yourself from people, not spirit.
- Opening and closing is as simple as intention.
- Psychic vs mediumship is about the direction of energy.
- Don't expect daily lightning bolts of wisdom. Keep it casual.
- And most of all: sometimes readings just don't work. That doesn't mean you're a failure. It means you're human.

✨ If you're developing your mediumship and struggling with doubts, imposter syndrome, or the fear of failed readings — know this: you're not alone. Every medium goes through it. Spirit don't need perfection — they just need your willingness to try again.