



Mediumship Matters Podcast Transcripts

Season 9 Episode 4 -
Energy Is Everything

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

Today's episode is called Energy Is Everything. It sits alongside the next episode, where I'll be talking about need in readings. They go together, but today we're focusing purely on energy. Because energy is the most underestimated part of mediumship.

When we develop our mediumship, we obsess over:

- The quality of our evidence
- The clarity of our information
- Whether it "landed" with the sitter

But what we don't talk about enough is the energy behind the reading. And that energy changes everything.

The Gears of a Car: A Teaching From Spirit

Spirit have been teaching me through the analogy of car gears.

In the UK, most cars are manual. If you want to pull away from the side of the road, you start in first gear. You don't attempt to launch the car in sixth gear down the motorway.

If you do, you stall.

Mediumship works the same way.

Most of us want sixth gear straight away. We want:

- Mind-blowing evidence
- Crisp, specific facts
- That "wow" moment immediately

But when we try to pull away in sixth gear, we stall our mediumship.

At the beginning of a reading, the energy isn't fully built yet. There's a process.

There's a "holy trinity" that needs to align:

- You
- The sitter
- The spirit

That blend takes time.

First Gear Isn't Failure

In first and second gear, you are:

- Blending
- Building energy
- Calibrating

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- Settling your nerves

But because it doesn't feel dramatic, we judge it.

We think it's not good enough.

The difference between me and someone I'm teaching is not that I'm "better." It's that I move through the gears faster because I trust the process more. My doubt is still there. My nerves are still there. But they don't stall the engine for as long.

And let's be honest.

When you're sat in front of a client staring at you, you're not serenely thinking:

"I am of service to spirit."

You're thinking:

"Oh my God. I hope I don't mess this up."

We're human.

The Evidence Obsession

One of the biggest energetic blocks I see in mediumship development is this internal chant:

"More evidence.

More evidence.

More evidence."

Even when the spirit has already been recognised.

We are trying to prove it:

- To the sitter
- To ourselves

And sometimes, if we're really honest... mostly to ourselves.

Spirit told me I was making my readings about me.

That was a bitter pill to swallow.

Because I thought I was serving spirit. But energetically I was demanding proof. I was pushing. I was controlling.

And that changes the energy.

Comfort vs Proof

Here's something important.

Statements like:

- "They love you."
- "They're proud of you."
- "They're around you."

Are beautiful.

But they are not evidence.

However...

Comfort isn't meaningless.

It just isn't the foundation.

Proof builds trust.

Trust builds healing.

We cannot skip those steps.

But equally, once trust is established, the emotional presence becomes powerful fuel.

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The Reading That Changed My Understanding

I recently read for a woman who desperately wanted to hear from her mother. The first thing I got wasn't a date of death or a specific memory. It was a tidal wave of love. Pride. A desire to wrap her arms around her daughter.

My human brain panicked.

"This isn't specific enough. This isn't good enough."

But I trusted the gears.

I told the sitter:

"You'll need to come on a journey with me. If this feels general at first, that's okay. We're building."

I expressed the love. The pride. The hug.

Then the next thing I saw was her mother holding a baby.

I didn't know what it meant.

But the sitter's energy shifted immediately.

That was the one thing she had silently asked her mum for.

"Please tell me you've got my baby."

If I had rejected the emotional first gear because it didn't feel evidential enough, I don't believe I would have received the baby.

Sometimes first gear unlocks sixth.

Surrender Is the Real Shift

The gears are about surrender.

In first gear, you're still in your head.

As you move through the gears:

- You doubt less.
- You control less.
- You surrender more.

Sixth gear doesn't happen every reading. It's elusive. It's when it feels more spirit than you. When you're almost observing yourself thinking, "Did I really just say that?"

That's surrender.

But surrender doesn't come from forcing more evidence.

It comes from trust.

The Mirror of the Sitter

We talk a lot about difficult sitters.

And yes, sometimes the energy genuinely doesn't support the reading. Sometimes the tank is low on fuel.

But increasingly, I see how much of that is a mirror.

If you're thinking:

"This isn't good enough."

You'll feel that from the sitter.

If you're judging the evidence, you'll feel judged.

Energy reflects energy.

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What Do We Think Makes a “Good Reading”?

Here’s a thought.

If you brought my grandmother through in a reading, I’d want:

- A couple of pieces of evidence so I know it’s her.

Then I’d want:

- What she sees now.
- What she wants to say.
- What she’s noticed in my life.

Not necessarily:

- Her job.
- Her age.
- The medical details of her death.

Those things matter.

But they’re not the soul of it.

And perhaps sometimes we chase what we think makes a “good reading” instead of what spirit actually want to communicate.

Energy Is the Fuel

Energy is the petrol in your car.

Emotion, presence, surrender, trust — these are the fuels that move you through the gears.

Facts will come.

But they often come faster when you stop demanding them.

A Final Question for You

When you’re doing a reading, are you:

- Allowing a journey?

Or

- Trying to start at the destination?

Are you building energy?

Or demanding proof?

Energy is everything.

And the subconscious message you send to yourself —

“Trust” or “Prove it” —

creates flow or block.

Let yourself start in first gear.

Sixth gear will come when it’s ready.

As always, if you’ve got questions or thoughts, let me know.

Thank you so much for listening. I’ll catch up with you again soon.