



Mediumship Matters Podcast Transcripts

Season 2 Episode 83 - Stories

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you doing? Another week of learning, understanding, and, hopefully, inspiration. Though, let's be real—sometimes spiritual growth feels less like gentle inspiration and more like being pummelled with spiritual truths while wailing into the abyss. If you're feeling that too, know that you're not alone! Inspiration sounds like a delicate petal drifting from a blossom tree. My spiritual unfoldment, however? More like getting shoved into a Slipknot mosh pit. But hey, growth is growth, right? And today, I want to talk about something close to my heart—storytelling.

Why Storytelling is Essential in Mediumship

For me, great mediumship is storytelling. If you're someone who prefers a scientific, methodical approach to mediumship, you probably turned off this podcast ages ago. But for me, mediumship is magical when it moves people.

When you're in an audience and the message isn't even for you, but you still feel something, that's the power of storytelling in mediumship. It's not just about rattling off facts—it's about bringing a spirit's essence to life.

There's no right or wrong way to do mediumship, but for me, the goal is presence, emotion, and connection. I want to feel the personality of the spirit stepping forward. I want to tell their story in a way that leaves an impact.

Lessons from Horror Stories & Stephen King

Now, this might seem like a weird detour, but stay with me!

This week, my daughter and I have been watching *The Haunting of Hill House* on Netflix. It's my second time watching it, and this time I can actually see more of it—without hiding behind my fingers or a cushion. Meanwhile, my daughter is completely unfazed (kids these days, honestly!). I've always believed that horror stories have the best storytelling. Not necessarily because of the ghosts and ghoulies, but because they explore light vs. darkness, the resilience of the human spirit, and self-acceptance.

Similarly, I've been reading *Fairy Tale* by Stephen King (one of my all-time favourite authors). His ability to create rich, immersive worlds got me thinking about storytelling in mediumship. When spirit steps forward, we should be telling their story in a way that makes their life feel real to the sitter.

The Importance of Asking the Right Questions

As a medium, I'm naturally fascinated by people's stories. I'd rather spend hours asking deep questions about someone's life than make small talk. (Are you going on holiday? How much do you have in your bank account? No thanks!)

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In my work, I ask spirit:

- What made your life unique?
- What are your wins? Your regrets?
- What was your most amazing moment?
- What do you want your loved one to remember?

And more often than not, it's the ordinary, everyday moments that hold the most meaning.

Documenting Stories: A Personal Realization

Recently, I discovered a box of my grandmother's old documents. Inside were her handwritten memoirs from childhood up to age 15. What an incredible gift to leave behind!

It hit me—we don't listen to people's stories enough. So, I've made it my mission to "interview" my parents, to hear their highs, lows, and defining moments while I still can.

Think about it: If your loved ones in spirit came forward in a reading, would you truly know their full story? We assume we do, but do we really?

Exercise: Defining What Makes Us Unique

I recently did a fascinating exercise with my family. We each wrote down five things that defined my daughter—memories, traits, or habits that we associate with her completely. And guess what? We all had different answers.

Even my daughter had a different perception of herself compared to what we thought.

This made me realize that when spirit communicates in a reading, they're not just sharing random evidence. They're choosing details that the sitter will recognize. It's about understanding the unique lens through which we see people.

How Spirit Guides Communicate (and Why It's Hard to Feel Them)

A listener, Avril, wrote in saying she's struggling to connect with her spirit guides. She's tried meditation, Reiki, and just being present—but nothing seems to work. So, here's my take:

Your spirit guides are always communicating with you. The reason it doesn't feel like a dramatic connection? Because they are you, and you are them.

Think about it—your own soul is part of the divine oneness, just like your guides. When they communicate, it doesn't feel like a separate "entity" stepping in because it's an extension of you.

A few tips for Avril (and anyone struggling to connect):

- Ditch the expectation of a booming voice from the heavens. Spirit guides communicate subtly.
- Try asking simple questions like, "Are you with me?" The first thought that pops into your head is their answer.
- Don't overanalyse. Trust the first word or feeling that comes through, even if it seems random.
- Ask for physical signs. Guides often communicate through real-world synchronicities.
- Keep it light and fun. Spirit loves to play!

A Story About Spirit's Sense of Humour

Years ago, when I was still finding my way with spirit, I was in my kitchen with a friend, peeling vegetables, blasting Bohemian Rhapsody.

Suddenly, I saw a man in spirit walk through my back door (not physically, but in my mind's eye). He joined in singing, belted out a verse, then said, "Thanks for that, ladies!" and walked right back out.

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I was stunned.

My friend? Completely oblivious.

That moment was a turning point. It taught me that spirit isn't always about deep life lessons and prophecies—sometimes, they just want to have fun.

Final Thoughts

Mediumship is storytelling. It's not just about facts—it's about bringing a spirit's essence to life in a way that moves people.

So, I challenge you to think about:

- What would your story be if you passed tomorrow?
- What stories do your loved ones carry that you haven't heard yet?
- How can you open up more to spirit's subtle nudges?

If you enjoyed this episode, please leave a review—it truly helps! And if you have a question for a future episode, send it to podcast@hannahmedium.co.uk*****.

Until next time—keep shining your light! ✨