



Mediumship Matters Podcast Transcripts

Season 2 Episode 7

Creating A Circle

Welcome & Introduction

Hello and welcome to Mediumship Matters! I'm your host, Hannah Macintyre, and this is Season 2, Episode 7. Can you believe how quickly we're flying through the episodes? Now, if you follow me on social media, you might know I've been a bit under the weather with bronchitis. So if this episode is a little stop-start with some sneaky cough breaks, bear with me! But despite that, I've been absolutely driven to get this one out. It's been waking me up at night, so let's go for it and see where we land.

Today, we're diving into spiritual development circles—what they are, why they matter, and why you might just need to start one yourself.

What Is a Spiritual Development Circle?

A circle is a gathering of people—whether just two or a larger group—who come together with the shared intention of connecting with the spirit world. It's about development, experience, and collaboration.

When you sit with spirit alone, it's just your power and theirs. But in a group, it's like multiple batteries combining, amplifying the energy and making it easier to feel, experience, and connect with the spirit world.

It's also a powerful space for validation. One of the biggest struggles in mediumship development is wondering, Is this me or is it spirit? Am I making this up? When you work alone, that doubt is tough to shake. But in a circle, you get real-time feedback. If you say, I feel like you're thinking about moving house, but the right place hasn't come up yet, and the person confirms it's true, that's your evidence. It builds trust in your ability and connection.

Another benefit? We learn from each other. Someone asks a question, another shares wisdom from their guides, and the whole group expands their knowledge. That collaboration is pure gold.

What If Traditional Circles Don't Work for You?

Now, if you're like me and you don't feel drawn to the Spiritualist Church route, you might be wondering where to go. That was my dilemma too. I left my original development group because I knew I'd reached the limit of what I could learn in that space. But then... what next?

So, I started my own circle—despite all the doubts: Who am I to teach? What do I know? I'm not ready! But here's the thing: spirit needs new ways of working. Mediumship has evolved.

Humanity has changed. The old ways might still work, but they're not the only ways. We need pioneers!

1. And that's where you come in.

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How to Start Your Own Spiritual Circle

- Decide on Your Format – Online or in-person? In-person is great for community, but online works if that's your only option.
- Set an Intention – This isn't about being a teacher or an expert. It's about creating a safe space to explore and develop.
- Gather Your People – Invite a friend, post in a Facebook group, or put the word out in your network.
- Establish Leadership – Even if you don't feel like a teacher, you must be in charge. People need structure.
- Create a Sacred Space – Dim the lights, play soft meditation music (YouTube has great 2-hour tracks), and set an atmosphere that allows for deep connection.
- Start with a Meditation – Either lead one or sit in silence with spirit.
- Allow for Discussion & Learning – Encourage members to share their experiences.
- Stay Flexible – Let spirit guide the journey, rather than forcing a rigid structure.

Overcoming Resistance

Many people hesitate to start a circle because of self-doubt. “Who am I to do this?” But trust me—spirit wouldn't be giving you this nudge if you weren't meant to step up.

Start small. Don't overcomplicate it. Just commit to hosting one session, see how it goes, and take it from there. No need to schedule months in advance—just begin.

Final Thoughts

We need more circles. We need more spaces for people to sit with spirit, connect, and grow. So, if this episode has been speaking to you, consider this your gentle nudge from spirit to give it a go. What's the worst that could happen? You host a meditation, and that's that. No pressure—just a step forward.

I'd love to hear your thoughts! Drop me an email at podcast@hannahmedium.co.uk with your questions. And if you're teetering on the edge of starting a circle, take the leap. You might just be amazed at what unfolds.

Thanks for listening to Mediumship Matters! If you enjoyed this episode, please share it, leave a review, and subscribe for more. See you next time!