



Mediumship Matters Podcast Transcripts

Season 2 Episode 15

Learning & Boundaries

Welcome to Mediumship Matters!

Hello, hello! Welcome back to another episode of Mediumship Matters with me, Hannah Macintyre. That's right, two episodes in two days – you lucky, lucky duckies! Honestly, I'm using this podcast as an excuse to avoid ironing, so thanks for being here.

I hope you're all doing well. Today's episode is going to be one of those where I start talking and see where it takes us—so buckle up!

Expectations vs. Reality: A Mediumship Lesson

Last Sunday, my friend Amanda and I went to watch another medium work in London. I was so excited. I'd been following this person on Instagram for ages and couldn't wait to see them in action.

Now, here's where expectations and reality clashed. I hear 'London' and immediately picture fancy champagne bars, posh shops, and all things high-end. The venue? Not quite Knightsbridge. In fact, it was very out of the way, took ages to find, and was practically down an alley. Lesson one: don't assume based on location!

Inside, things got even more interesting. The medium—bless them—was having a bad day. It happens to all of us, but given their very confident pricing (we're talking \$625 for a one-on-one reading!), I had built up certain expectations. And honestly? I was surprised by what I saw.

Pricing & Perception in Mediumship

There's something about high pricing that makes people assume the service will be 'better.' That was definitely part of my mindset going in. But watching this demonstration, I realized that price doesn't always equal quality. The energy in the room was off, the readings weren't flowing, and overall, it was a lesson in how unpredictable this work can be.

I always tell my students: go see as many mediums as possible. Learn what resonates with you, what doesn't, and shape your own style.

How Mediumship Energy Works

Let's get a bit technical. When I connect with Spirit, I blend my energy with theirs. Picture it like three coloured circles:

- You (the medium) = Red
- Spirit = Yellow

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At first, these circles just touch. Then, ideally, they merge into an orange mix, creating a strong link. But blending isn't instant. It builds over time, and if you try to force it—say, by going straight to someone in the audience before that connection is solid—you risk misfiring. That's what I saw happen on Sunday. The medium went directly to people, but the evidence didn't quite land. For me, this reinforced why I let the audience tell me who the message is for. It's about letting the energy settle before jumping in.

Learning from the Tough Nights

I've had my own challenging experiences. Just last week, I did a demonstration that felt off to me. The energy wasn't where I wanted it, and I left feeling disappointed. But then I saw this medium struggling in front of a big audience, and it reminded me: we all have those nights.

Spirit also gave me a nudge to create something that's uniquely mine. I don't want to mimic anyone else's style—I want my demonstrations to feel like me. That means embracing fun, laughter, and making the experience more interactive. So, I'm rebranding my nights as An Evening with Hannah Macintyre.

Yes, I know—it sounds very 'celebrity tour,' and I cringed at first. But the truth is, people need to know what to expect when they come to my events. My mediumship is joyful. It's lively. It's not a sombre, whispery affair. So why not own that?

I'm also adding card readings because I love how they highlight someone's potential. Expect loved ones in Spirit, Spirit Guide connections, and lots of high-energy, uplifting messages. Plus, I've invested in a PA system (so everyone can hear!) and even some stage sparkle.

And—big news—I've reached out to theatres. Yes, actual theatres. Hold me.

A Powerful Message from Spirit

I want to share a moment that reminded me why this work is so important.

At my last demonstration, a young man came through who had taken his own life. He'd connected with me before, but this time, his energy was different—softer, more vulnerable. I later realized it was because his mum was there, watching a medium for the first time.

One of the things he shared was that she had recently watched an old video of him as a toddler, playing with water in their garden. She had only felt able to watch it a week ago. He wanted her to know he was with her in that moment.

That's mediumship. That's why we do this.

So, if you're developing, don't tear yourself apart. Bad nights happen. But your work is making a difference in ways you might not even realize.

Listener Question: How Do You Forgive Without Becoming a Doormat?

Kim messaged me with a great question about forgiveness. She asked: How do we send love and healing to people who've wronged us without compromising our own boundaries?

Kim shared a deeply personal story about her late mother's partner, who was controlling and cruel. She's cut him out of her life but struggles with resentment. If she forgives, does that mean she's letting him off the hook?

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Here's my take:

- You don't have to send love and healing to someone who hurt you. You also don't have to hate them. You can simply choose not to engage.
- Resentment is heavy. If you find yourself spiraling in anger, shift your focus—listen to music, go for a walk, watch something funny.
- One day, you might look back and feel sorry for them—not in a 'let's be friends' way, but in a 'what a sad life they lived' way. That's when you'll know you've healed.
- Boundaries are everything. Protect your peace.

It's about finding that balance—being compassionate to yourself while letting go of what no longer serves you.

Final Thoughts: Self-Love Changes Everything

The most important shift happening in the world right now? Self-love.

If you want to see change in the world, start with yourself. Prioritize your happiness. Build strong boundaries. The more people who do this, the more we shift collective energy.

Remember: happy people don't spend time judging others. They're too busy living. So, focus on what you need to thrive, and watch the world change around you.

And with that, I'll wrap up this episode before I go too far down the 'Viva la Revolution!' rabbit hole.

Thanks for listening! If you have thoughts, questions, or strongly worded emails (eek!), you can reach me at podcast@hannahmedium.co.uk.

See you next time!

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