



Mediumship Matters Podcast Transcripts

Season 6 Episode 26 - Listener Questions

Dublin Demonstration, Fear of Failure & Spiritual Evolution

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

Today, I want to share some reflections on my recent demonstration in Dublin, how fear of failure follows us through our mediumship journey, and why spiritual growth isn't about eliminating fear—it's about learning to work with it.

Let's get into it!

Dublin Demonstration: A Magical Experience

I've just returned from an incredible demonstration in Dublin, thanks to the lovely Anne Trainer (Annie T, as I call her!).

- 🔥 Audience size: 180 people—a big crowd, which meant I had to be brave!
- 🔥 No advertising was needed—Anne's strong spiritual community filled the venue with no external marketing!
- 🔥 The vibe: Unlike some demos, I didn't have to prove spirit exists—just my ability to communicate. The audience was already open and ready.

One of the best parts? Annie treated me to a full glam session before the demonstration—a professional blow-dry and makeup. Now, I usually do my own, and let's just say...

There's a reason professionals exist.

I have genetically terrible under-eye bags, and for the first time in my life, they disappeared. It was absolute magic.

So now, I'm questioning—should I outsource this for all future demos? Because let's be real, when a pro does it, you never have a bad hair day.

Also—Dublin, I love you! Didn't see much of the city, but I did manage three pints of Guinness (I now get the hype). The whole place was festive and magical—definitely planning to come back!

Fear Never Fully Goes Away—It Evolves

I shared with my students that even though the demonstration went really well, the fear never completely disappears. It just... changes shape.

- 🌀 When you start mediumship, you fear you're not capable.
- 🌀 When you start reading for real sitters, you fear letting them down.
- 🌀 When you start demonstrating, you fear failing in front of an audience.
- 🌀 When you demonstrate for someone else's audience, you fear letting them down.

Fear doesn't vanish—it just shifts into a different version of itself.

Even now, I still get nervous before every demonstration. My little brain gremlins whisper things like:

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- “What if this is the night it all goes wrong?”
- “What if I can’t connect?”
- “What if I let people down?”

But here’s my trick—I have a psychological safety net.

- ♦ I don’t spend any demo earnings until AFTER the event.
- ♦ If it all goes horribly wrong, I tell myself, “I’ll just refund everyone.”
- ♦ I’ve never had to do it (thankfully!), but it helps me feel safe.

If you struggle with fear in your mediumship, try giving yourself an ‘out’. Sometimes, just knowing you have a backup plan quiets the fear enough to move forward.

The Importance of a Supportive Audience

One of the biggest things that made Dublin so special?

- 💡 The audience energy.
- ♦ They were warm, welcoming, and engaged.
- ♦ They greeted me with compliments and excitement.
- ♦ They came in ready to connect with spirit.

When an audience brings high energy, it completely changes the experience—for the medium AND the spirit world.

A good audience lifts the connection. A flat audience makes it harder.

If you’ve ever been to a mediumship demo, remember—your energy contributes! Show up with excitement, openness, and trust, and you’ll get a much better experience.

What 2024 Taught Me About Growth

This has been a massive year of change for me.

- ✅ I got to travel and demonstrate—just like I asked for.
- ✅ I have incredible opportunities lined up for 2025.
- ✅ But... some goals still feel out of reach.

For example— ♦ Theatres still aren’t responding to my emails.

- ♦ I haven’t reached every milestone I set.
- ♦ The path looks different than I expected.

But here’s the thing—I’m grateful. Because if everything had happened at once, I might not have been able to handle it.

The universe works in our favour—even when it doesn’t feel like it.

Book Rejections & The Publishing Industry

Speaking of unexpected lessons—

- 📖 My second book was rejected by multiple publishers.
- 📖 And honestly? I think it’s a blessing.

The more I learn about big organisations, the more I realise—

- They like sticking to the same narratives.
- They don’t want disruptors challenging outdated views.
- If my book contradicts what they’ve already published, they might not want it.

And I get it. But I won’t water down my truth.

So, I’m rethinking my approach. Self-publishing might not have given me the marketing push I wanted, but it did give me total creative control. And honestly? That’s worth a lot.

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Final Thoughts: 2025 & What's Next

I'm heading into 2025 with a fresh perspective:

- ✓ Embracing the unknown.
- ✓ Trusting that things unfold in the right time.
- ✓ Letting go of the rigid timelines I set for myself.

There's so much to look forward to:

- ✨ A sold-out January retreat (with a long waitlist!)
- ✨ An in-person mediumship course
- ✨ Exciting projects in The Gateway

And of course—Dublin 2025!

Yes, I'm coming back in November 2025! Keep an eye out for tickets, because social media doesn't always show my posts.

If you missed out this year, don't wait too long next time!

Your Journey & The Power of Patience

Whatever stage of mediumship you're at—

- ♦ Fear is normal. Learn to work with it.
- ♦ Growth takes time. Trust the process.
- ♦ The universe is always working in your favour. Even when it doesn't feel like it.

So, what's your biggest lesson from this year? Drop me a message—I'd love to hear!

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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