



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 17 - Mediumship Mini S3 Ep 17

### Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! This is another Mediumship Mini, and today I've got a great question from Stefan.

Stefan writes:

👉 I have watched an old podcast of yours and have a question. You said you cannot do reading mediumship on someone you know. Why is that? Is it because you are biased by what you know about them, and this would interfere with a good reading? Would a more distant relative or friend be easier? I don't completely understand.

👉 I also wanted to tell you I've gained so much from your podcast, even though I do not desire to be a medium. These skills are helping me to be a better healer, so I am learning! I've been sitting and nurturing my relationships with my guides, as you suggested. I wasn't sure how to do it, but it's working! I even saw one of my Spirit Guides—he gave me some visions and put his hands on my shoulders. These little gifts are so great. I tell my wife about it, and although she's a bit skeptical, she does believe after I channeled her father who passed away.

Stefan, thank you so much for this question! Let's get into it.

### Why It's Harder to Read for People You Know

There are two aspects to this—psychic readings (guidance) and evidential mediumship (spirit communication)—and both present challenges when working with friends and family.

#### 1. Psychic Readings & Personal Bias

When you're doing oracle cards, spiritual guidance, or psychic readings, your own opinions and emotions can easily interfere.

For example:

- If your best friend keeps coming to you about their awful relationship, and you personally think their partner is terrible, you'll struggle to be an unbiased channel.
- If you already know the challenges they face, your mind might influence the message instead of allowing spirit to speak.

It's human nature! We care about people in our lives, and that emotional connection makes it much harder to step back and deliver clear, unbiased messages.

Does this mean you can't do readings for loved ones? Not necessarily—but it's harder, and you have to be extremely mindful of your own influence.

#### 2. Evidential Mediumship & the Blending Process

Mediumship is an energetic experiment—and when working with someone you know, the experiment becomes far more difficult. Here's why:

- You already know who they want to hear from—which creates pressure and expectation.
- You may have met the spirit before, making it harder to trust what you're receiving.

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- The first pieces of evidence in a reading establish the spirit's presence, but if you already know these details, you may doubt yourself.

For example:

- If I brought through your grandmother, and I knew her in life, I might say: 🍌 “I have a lady here who feels like a grandmother. She was very chatty and full of personality.”
- Instantly, I'd think, “But I already know that about her. Is this really spirit, or is it just my memory?”
- That self-doubt stops the blending process from deepening—because instead of surrendering to the connection, I'd be second-guessing every word.

To bring through amazing, specific evidence, you have to be fully blended with spirit. If you're stuck questioning, you can't fully merge into the experience.

This is why many mediums avoid reading for close friends and family—it's not that it's impossible, it's just far more difficult to let go and trust.

## Does Distance Make It Easier?

Stefan also asked whether it's easier to read for distant relatives or acquaintances.

The answer is yes, to a degree.

The less you know about someone's personal life and spirit connections, the more you have to rely purely on what you receive. This allows you to be a clearer channel, without your mind filling in gaps with prior knowledge.

For example:

- If a stranger's grandfather comes through, I have no expectations—I just follow the evidence.
- If my best friend's grandfather comes through, I already know stories about him, which makes it harder to separate what I know from what I'm receiving.

So, reading for a friend of a friend or a distant relative is often more effective than reading for someone deeply entwined in your personal life.

## How to Strengthen Your Connection to Spirit Guides

Stefan, I also want to acknowledge the amazing progress you're making with your guides!

- Sitting with them daily is exactly how to build a relationship.
- Feeling their energy and presence is a huge step.
- The fact that you're receiving visions and physical sensations means your connection is deepening beautifully!

If you want to develop this further, try:

- Journaling your experiences—it will help you track your growth.
- Asking for signs and seeing how they communicate with you.
- Practicing automatic writing, where you sit with them and write whatever flows through you.
- Trust in what you're receiving—you're doing great!

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## Final Thoughts & Takeaways

### 🌟 Key Lessons from This Episode:

- It's harder to give psychic readings to people you know because personal opinions and emotions can cloud messages.
- Evidential mediumship is trickier with loved ones because you already know details, making it difficult to trust the evidence.
- The best mediumship happens when the medium is fully blended with spirit. Self-doubt disrupts that connection.
- Reading for distant acquaintances is easier because you have no preconceptions.
- Your spirit guides are always with you! Continue sitting with them, trusting the process, and deepening the relationship.

Stefan, I hope this helps! And for anyone else listening—if you have a question, send it to [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk) and I'll try to cover it in a future episode!

If you enjoyed this, please leave a review and share it! And if you're ready to develop your mediumship further, check out my courses and mentorship programme at [www.hannahmedium.co.uk](http://www.hannahmedium.co.uk).

Until next time—keep shining your light! ✨