



Mediumship Matters Podcast Transcripts

Episode S7, Ep 28 – Why Discomfort Makes You A Better Medium

Welcome back to Mediumship Matters! In this episode, I'm talking about something that's been on my mind (and in my energy) for weeks: discomfort in mediumship.

This isn't a polished, neatly tied-up podcast. Instead, it's me speaking from the messy middle of the lesson — because I think it's important you hear it while I'm still in it.

Discomfort as Part of Development

One of the hardest but most necessary parts of mediumship development is learning to sit in discomfort.

In spiritual spaces, there's often an unspoken expectation that everything should feel easy, uplifting, and comfortable. But real growth doesn't happen in comfort zones. It happens when you stretch yourself, face resistance, and allow yourself to be challenged.

Lessons from the Gym

Oddly enough, my fitness journey has mirrored this lesson.

At the gym, I met a woman who'd been lifting the same 1.5kg weights for five years. She told me, "I wish I could do more." I said, "Maybe today, try twos." But she replied: "Not today."

And I completely understood. Upping your weight is uncomfortable. Your muscles burn, you doubt yourself, and it hurts. But that's how strength is built.

Mediumship is no different. Many people join development groups expecting spirit to make it painless — but the truth is, sitting in discomfort is the only way forward.

Readings and What Sitters Want to Hear

One of my mentorship students recently said something that really struck me:

"I wonder if every reading I thought was good was only good in the moment — because it told me what I wanted to hear."

That landed.

Too often, people come to readings wanting reassurance: Everything will be fine, love will arrive, money will improve, no effort required. And some readers oblige, giving sitters exactly what they want to hear.

But is that truth? Is that mediumship?

Real spiritual work sometimes means telling people what they don't want to hear. Not cruelly, but honestly. Staying true to spirit, even when it makes both of you uncomfortable.

Holding Space Without Interference

At one of my retreats, a student had a powerful emotional release during a meditation. She cried and poured her heart out.

My job was to hold the space — not to comfort, not to intervene, not to "fix." Holding space means trusting spirit's process, allowing the energy to unfold without adding your own.

- That meant I sat completely still. I didn't speak. I didn't move. I didn't offer a tissue or a hug. I trusted her, I trusted spirit, and I trusted the process.

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Some of the other students rushed in with hugs and soothing words, and I was furious — because they disrupted the sacred container spirit had created.

It felt uncomfortable for me too. I worried she'd think I was cold or unkind. But weeks later, she sent me a card saying it had been a transformational moment. That confirmed what I already knew: sometimes the greatest healing happens when we don't interfere.

Healing Isn't About "Fixing"

This is one of the biggest misconceptions in mediumship and healing: that our job is to fix people or take away their grief.

It isn't.

A reading may bring comfort, but it won't remove grief. A healing may ease pain, but it won't erase life's lessons. Our role is to hold space, empower people to heal themselves, and honour the process — not create dependency.

That's why hugging, projecting, or over-sharing our own stories during someone else's healing can actually hinder them. It puts our energy where spirit's energy should be.

Sitting in Discomfort as a Student (and a Teacher)

During my shamanic training with Lynn Gosney and Bruce Scott, the biggest lesson was this: sit in the discomfort and don't run away.

At one point, I was so triggered by their teaching that I nearly left. We even drove within minutes of my own house. Every part of me screamed: "Go home, you don't need this."

But I stayed. Grumpy, silent, and fuming — but I stayed.

And the next morning, I realised it was one of the most valuable lessons of my spiritual journey. Learning to endure discomfort without escaping changed everything.

The Problem with Always Keeping It Comfortable

This is where I worry about parts of the spiritual industry.

There are plenty of teachers and mediums who keep students comfortable: never challenging them, never pushing them, just telling them what they want to hear.

It feels good in the moment, but long term? It creates dependency. Students don't grow. Sitters don't progress. People stay stuck.

Mediumship, healing, and teaching require courage. The courage to trigger. The courage to sit in discomfort yourself while allowing others to sit in theirs.

Final Thoughts

Here's what I've learned about discomfort in mediumship:

- Discomfort is necessary. Growth never happens in comfort zones.
- Holding space matters. True healing means trusting spirit and resisting the urge to interfere.
- We don't fix people. We empower them to walk their own healing journey.
- Teachers must challenge. A good teacher should empower and believe in you — but also push you beyond what feels easy.
- Don't run. The lessons worth learning are often the most uncomfortable.

Mediumship isn't about making everything feel good all the time. It's about truth, presence, healing — and the courage to sit in the messy, uncomfortable spaces where real transformation happens.

🌟 Spirit doesn't always bring comfort. Sometimes they bring discomfort — because that's what leads to growth.