



Mediumship Matters Podcast Transcripts

Season 7, Episode 17 – How to Tell if You're Working with Multiple Spirits (and Other Mediumship Questions Answered)

Host: Hannah Macintyre

Listener Question: Anonymous

Hannah:

Hello and welcome to Mediumship Matters! I'm your host, Hannah Macintyre, and today we're diving into another brilliant listener question. This one comes anonymously from someone who's just starting their journey with mediumship. If you've ever felt overwhelmed by spirit energy or unsure whether you're working psychically or evidentially, this one's for you.

Let me start by reading the question:

"Firstly, thank you for your podcast and your book—both have helped me so much with connecting to spirit. I'm still new to mediumship but have made a few connections already. When I was linking in for a sitter recently, I think I had multiple spirits coming through, which confused the information.

1. How do you know you're working with multiple spirits?
2. How can you work with only one spirit at a time for clearer evidence?
3. How do you move from one spirit to another?
4. When I asked spirit specific questions, the info flowed more easily. Was that just psychic work?

I'd love examples of how to tell the difference between psychic and evidential mediumship."

What a cracking set of questions—thank you for sharing them.

Are You Working With Multiple Spirits?

Let's start with the basics. No, you won't always know if you're working with more than one spirit. That's the honest truth. Sometimes I know, and sometimes I don't. It's not a failing—it's part of the process.

One helpful metaphor: imagine your energy as an elevator moving through a spiritual skyscraper. When you sit with someone for a reading, your energy "gets off" on the floor where their spirit loved ones reside. But every spirit connected to that person might be on that floor. Your job? Identify the one they most want to hear from. That's where it can get tricky. It's rare, but occasionally a spirit might hold back—maybe the sitter thinks they're ready to hear from someone, but they're not. Or maybe your own energy and doubt are interfering. Sometimes it feels like spirit is giving you the silent treatment, but it's actually you disconnecting due to fear or disbelief.

Here's a great example: I once had divorced parents in spirit come through. They came in on different sides—dad on the right, mum on the left—which was really clear to me because spirit usually comes in on my right. That helped me feel the difference.

Mediumship Matters Podcast Transcripts

But usually, the sitter is the one who says, “There’s more than one person here.” And nine times out of ten, there’s not. This is often based on past readings where mediums blended multiple spirits at once (sometimes unintentionally) or left things open-ended—“This could be someone from your family or your husband’s side…” That vagueness creates uncertainty.

Working With One Spirit at a Time

To work with only one spirit, set the intention. This isn’t about commanding spirit—it’s about commanding your own energy field. I always tell beginners to say: “I only want to work with one spirit at a time.” Spirit will respect that.

What you’re really doing is giving your energy a directive. Your belief creates your reality in mediumship. If you believe you’re blending with just one, your energy will respond. And as your confidence builds, so will your control.

If someone says, “I think there’s more than one,” ask spirit to separate. You’re not going to hurt anyone. I imagine them like Velcro—I mentally pull them apart. Then I say, “If there are two of you, please stand either side of me.” And if I only feel energy on one side, I know it’s just one.

Switching Spirits in a Reading

Moving from one spirit to another is simple: one steps back, the next steps in. It’s like spirits queuing at a bus stop. I often take a sip of water to reset my energy between links. It’s a small, physical act that clears the slate energetically and gives space for the next connection to come in cleanly.

Psychic vs. Evidential: What’s the Difference?

Here’s where it gets juicy. You asked if getting better results when asking questions means you were working psychically. The short answer: probably, yes.

Here’s how I differentiate:

- Psychic = seeking. You’re reaching out, looking for answers.
- Mediumship = receiving. The information flows in naturally, without searching.

Every link begins with a psychic connection—your energy reaches out, and from there you move into evidential mediumship. Think of it like gears in a car: first gear is psychic, second and third are mediumship. Sometimes you cruise in sixth gear, where spirit is speaking before you even ask. Other times, you’re stuck grinding between first and second. That’s okay. It’s all part of it.

Tips to Strengthen the Blend and Focus

I recommend having a short list of evidential categories you want to receive: relationship, personality, how they passed, age, etc. This list isn’t for order or checking boxes—it’s a gentle framework for your energy. It gives your awareness something to tune into without scrambling. Start each reading with that in mind. It helps reduce overwhelm and keeps your focus on receiving, not searching. Over time, you’ll find you naturally get certain types of information first—those are your strengths. Lean into them.

And one final reminder: spirit doesn’t need instruction. You’re not bossing them around. You’re guiding your energy into alignment with theirs. The more intentional and focused your energy is, the clearer the communication will be.

Final Thoughts

You asked brilliant, thoughtful questions—and I hope my answers help. Mediumship isn’t about being perfect. It’s about learning to trust, tune in, and blend with confidence.

If you’re unsure, ask your energy. If it feels unclear, separate, reset, and go again. And don’t be afraid to say, “I need a moment.” Your sitter will appreciate your honesty far more than any performance.

Let me know if this helped or if you’d like a follow-up. And thank you again for the question—these conversations are how we all grow.