



Mediumship Matters Podcast Transcripts

Series 1 Episode 1

An Introduction

My Journey into Mediumship

Introduction

Hello, and welcome to Mediumship Matters Episode 1. I'm Hannah Macintyre, and I'm so excited to have you here as we embark on this journey together. This podcast will explore all aspects of mediumship, spiritual connection, and personal growth. Since this is the first episode, I thought I'd introduce myself, share my background, and explain my vision for this podcast.

My Background & Early Experiences

I've been working with the spirit world for about a decade, and it has completely transformed my life. However, I didn't always know I had a connection to spirit or that mediumship would become my path.

As a child, I was just an ordinary, slightly bossy girl with vivid dreams and a strong sense of right and wrong. I would often hear my name being called when we were out and about, which my mum assumed was a hearing issue rather than anything spiritual! I also had a strong inner drive to encourage kindness and thoughtfulness in others, even standing up in front of my school at age 10 or 11 to talk about being a better person—often to the backdrop of Michael Jackson's *Heal the World* or *Man in the Mirror*.

Like many people, as I grew older, I learned to suppress parts of myself to fit in. I lost touch with my natural intuition and tried to be what others expected of me. It wasn't until my late twenties that things shifted dramatically.

The Awakening Moment

At 29, a friend unexpectedly brought through my grandfather's spirit during a casual conversation at work. The evidence she gave was incredibly specific—she even mentioned that he had been with me when I was researching how to treat black mould on my roses. She then told me the solution: vinegar. That moment hit me like an electric shock. It was no longer just a hope or a belief—I knew spirit was real. My grandfather was still around, watching over me. This experience led me to join a spiritual development circle, which was a turning point in my journey.

Joining a Spiritual Circle

I started my development in an advanced mediumship circle without any prior experience. It was a surreal, mind-blowing experience. We would sit in a dimly lit room, opening ourselves to spirit, and strange yet incredible things would happen.

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One of the most profound moments came when I witnessed my teacher doing trance mediumship. As she spoke, her entire appearance shifted—her body and facial features seemed to change into a tiny, elderly Black woman. I was stunned, rubbing my eyes like a cartoon character, but the vision remained. Later, I learned that this was one of her spirit guides blending with her energy to speak.

At that stage, I wasn't ready to fully commit to mediumship, so after several months, I stepped away. However, spirit had other plans, and about a year later, I was invited to a beginner's circle with the same teacher. That's when my development truly began in earnest.

Unlearning & Reconnecting

Mediumship, in my experience, is not about learning something new—it's about unlearning our conditioning. We are all naturally able to connect with spirit, but our doubts, fears, and societal influences block that ability. When we let go of disbelief and allow spirit to work with us, the connection flows much more easily.

After a year in the beginner's circle, I suddenly recalled all the incredible things I had previously experienced but had mentally 'boxed away' because I wasn't ready. This is something I see often—people receive incredible evidence in readings but later forget or dismiss it because they can't fully process it at the time.

Developing My Mediumship

For years, I worked primarily with spirit guides, offering card readings and healing. I trained in Reiki and angelic healing, believing that was my true path. But eventually, spirit began nudging me toward evidential mediumship—connecting people with their loved ones in spirit.

At first, I resisted. I had convinced myself that because I had such a strong connection to guides, I shouldn't 'ask for more' by pursuing mediumship with departed loved ones. It took time for spirit to help me shift that belief and fully embrace my calling.

The Ever-Evolving Journey

One thing I've learned is that mediumship is a lifelong journey. No matter how much we develop, spirit always finds new ways to teach us. If we think we've 'learned it all,' spirit will quickly show us how little we truly know! Growth and change are constant, and every step brings new insights and deeper connections.

Mediumship has not only deepened my understanding of the spirit world but has also reassured me that life is eternal. Our loved ones don't simply disappear when they pass—they remain connected, guiding and supporting us in ways we might not always realise.

Looking Ahead

This podcast will cover all aspects of mediumship, spirituality, and personal growth. I plan to share my experiences, answer your questions, and hopefully bring on some fantastic guests. If you have any questions or topics you'd like me to discuss, you can email me at podcast@hannahmedium.co.uk.

Thank you for joining me for this first episode—I can't wait to explore this journey with you!