



Mediumship Matters Podcast Transcripts

Season 3 Episode 102 - The Mindset Of Mediumship

Navigating Imposter Syndrome, Trance Mediumship & The Truth About Dark Spirits

Welcome to Mediumship Matters with me, Hannah Macintyre! Can you believe we've hit 100 episodes of season three? Absolutely wild. Time flies when you're chatting about the spirit world!

Today, I want to dive into a topic that's as universal as it is frustrating—wobbles, fear, and imposter syndrome. I know, I've talked about this before, but I think it's important to keep the conversation going because guess what? Even I still deal with it.

When Doubt Creeps In...

Even after all these years of working with spirit, I sometimes wonder: What if I run out of things to say? What if spirit gets bored of me? What if I'm doing this wrong? And despite spirit proving themselves to me over and over again, those intrusive thoughts still whisper, Was that really them, or was it just me?

If you ever feel this way, please know—you're not alone. I think there's this deep-rooted belief that if something is "meant to be," it should be easy. But spiritual work, like anything worthwhile, takes effort. And let's be honest, even if I had a spirit guide standing in front of me wearing a neon sign that said, "We are here," I'd probably still go, Yeah, but are you really?

Trance Mediumship—Are We Getting It Wrong?

Lately, I've been revisiting Abraham Hicks' early recordings, and while some of their messages resonate, other parts... not so much. One thing that always gets me is the absolute certainty some people have that trance mediumship is 100% spirit speaking through them with zero influence from the medium. I just can't get on board with that.

Think about it—if spirit were directly speaking through us, why would we need language at all? Wouldn't their messages just download straight into our brains? And why do some trance mediums suddenly start speaking in bizarre, exaggerated voices? If my guide, Charles, came through sounding like a Punch & Judy puppet, I'd have serious questions!

I've been to see trance mediums who claim to be giving pure, unfiltered spirit communication, and yet... they get things wrong. And I don't believe spirit gets things wrong. So, somewhere in the process, human interpretation is involved. And you know what? That's okay! But let's be honest about it.

Why Do We Love the Idea of Dark Spirits?

Now, let's get into the juicy stuff—demons, dark spirits, and haunted houses.

- I've been asking: Why do so many people WANT dark forces to exist? Why are so many people more comfortable with the idea of demonic attachments than a universe filled with love?

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Listener Kelly sent in a fantastic email about this, and I couldn't agree more with her take. She believes (and I do too!) that the fear of dark spirits is something we've been taught—a tool for control. Think about it: the best way to manipulate people is through fear. And what's scarier than an invisible entity waiting to possess you?

When people say they've encountered angry spirits through Ouija boards in haunted locations, I believe they're tuning into fear energy, not actual spirit communication. I've run many spirit board sessions, and the ones that work best are the ones filled with laughter, high vibes, and zero fear. No creepy candlelit tables or spooky chanting—just joy and a genuine intention to connect with loved ones.

Can Spirits Pretend to Be Someone Else?

I've heard mediums say spirits “pretend” to be other people, and honestly? I've never experienced that. Spirit, in my experience, always comes as they are, with no trickery or deceit.

I also don't believe in walk-ins—this idea that some random spirit can jump into your session uninvited and ruin a connection. Spirit is intelligent. They're not crashing readings like a party guest who wasn't on the list!

The Night Hag & Collective Consciousness

Listener Binky asked a brilliant question about entities like the Night Hag, a figure described across cultures and time periods. How do multiple people describe the same thing if it isn't real?

I think it's less about a shared spirit and more about collective fear and storytelling. Humans have always been afraid of the dark, of things we don't understand, and of figures that represent power or mystery (hello, witches!). The more we talk about something, the more it imprints into collective awareness, but that doesn't make it a spirit in the same way our loved ones exist in the afterlife.

The Line Between Spirituality & Psychosis

One listener wrote in asking about the fine line between spiritual experiences and mental health issues. And let me be clear: I am not a mental health professional. But I do believe that spirit is always good.

If an experience makes you feel afraid, trapped, or out of control, then it's likely NOT spirit—it's something internal that needs addressing. And there is nothing wrong with seeking professional support if needed.

I had a personal experience in my early 20s when I was in a very dark place. One night, after too many drinks and too much grunge music, I saw a hooded figure crawl in through my window. It terrified me. But looking back, I don't believe that was spirit—I believe it was a physical manifestation of my mental and emotional state at the time.

A Beautiful Story from Valerie

To end on a lighter note, Valerie sent in an incredible story about her mother's passing. The hospital staff insisted her mum wouldn't pass that night, but her mother knew better. Just before she took her last breath, she confirmed that her late husband was there to guide her home.

Later that night, Valerie saw both her parents standing together, smiling. No words, just love. And isn't that exactly what spirit is? Pure, unconditional love.

So, what a ride this episode has been! From imposter syndrome and trance mediumship to dark spirits and collective consciousness, we've covered it all.

If you've got thoughts on any of these topics, I'd love to hear them! Send me an email, drop a comment, or connect with me on social media.

Until next time, keep questioning, keep exploring, and most of all—keep trusting in spirit.

- Love, Hannah x

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