



Mediumship Matters Podcast Transcripts

Season 3 Episode 70 - Listener Questions

Can You Practice Mediumship Without Permission? Overcoming Fear & Navigating Energy Boundaries

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today, I'm diving into a backlog of listener questions—so if you've sent one in, you might just hear your answer today! And if you've got a burning question, don't forget to email me at podcast@hannahmedium.co.uk.

Now, let's get into it!

Practicing Mediumship Without Permission—Is It Okay?

Karen asks: "Is it possible to practice mediumship without the person knowing? For example, if I'm having lunch with a friend, can I try to connect to their loved ones in spirit—without telling them?"

Karen, I love this question because it touches on ethics, free will, and the nature of spirit communication.

Yes, it's technically possible, but just because you can doesn't mean you should. Mediumship isn't just about proving we can do it—it's about respect, boundaries, and timing.

Here's why:

- People need to be ready. A message from a loved one in spirit can be deeply emotional, and if they're not prepared, it can be upsetting rather than healing.
- Free will matters. Everyone has the right to decide if they want to receive communication from spirit.
- The energy is different. The mediumship triangle—medium, sitter, and spirit—requires active engagement from the sitter. If they're unaware, you're not receiving their energy, which means your connection won't be as strong.

That said, if you want to practice outside of structured readings, try asking spirit to bring forward random souls who are happy to help you develop. While you won't be able to validate your messages, it's a great way to strengthen your connection without breaching ethical boundaries.

But ultimately—if you want to truly grow, you need to practice with real sitters and allow for live feedback. It's scary, but it's how you develop into a strong, evidential medium.

Mastering Mediumship: Is There a Step-by-Step System?

Kayla asks: "I've been developing my gifts and I'm getting great evidence—but I feel like I need a structured process. Is there a 10-step method I should follow?"

- Kayla, I get why you'd want a clear-cut formula, but the truth is—there isn't one. Mediumship isn't a one-size-fits-all practice.

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However, here's a general process to help you build a strong foundation:

- Set Your Intention. Invite spirit in and open your energy.
- Blend with the communicator. Focus on their presence and energy first.
- Start with bullet points. Get simple, clear evidence before expanding details.
- Trust what comes. Don't overanalyze—let the evidence build naturally.
- Use emotion as your guide. If a detail feels charged with feeling, lean into it.
- Surrender deeper. Once you feel the connection, move into storytelling and deeper specifics.
- Refine & practice. The more you do it, the stronger your connection will become.

Remember—every medium is different. As you gain confidence, you'll develop your own flow and method that works best for you!

Struggling with Evidential Mediumship? You're Not Alone!

Christopher shares his experience:

- Before COVID, he was doing one-on-one readings and platform work.
- After taking a break, he felt called to return—but his first reading didn't go well.
- He could read psychically, but when he tried to connect to spirit, nothing happened.

Christopher, this is so common!

The vulnerability of evidential mediumship is intense. It's an emotional, high-pressure experience, and it's easy to fall into self-doubt.

Here's what I've learned:

- Fear blocks the flow. If you're worried about getting it wrong, you're already restricting your connection.
- Energy needs time to build. Just because you were strong before doesn't mean you'll jump straight back in at full power.
- Not every sitter is the right match. If a person's energy isn't open, your connection won't be as strong.

Give yourself patience and grace as you step back into this work. Spirit is always there—sometimes, we just need to clear our own blocks before we can hear them.

Are We Truly Destined for Something? Or Do We Create It?

Aaron asks: "I believe in free will, but I keep getting signs that I have a mission. Spirit keeps showing me things I'm meant to do. But if we create our own reality, does that mean I could fail?"

Aaron, this is a BIG one. And honestly? I wrestle with this question myself!

Here's my current perspective:

- We have a soul blueprint. There are certain themes, lessons, and experiences we are drawn toward.
- But we still have free will. We can follow the nudges from spirit—or ignore them.
- Spirit will always find a way. If you don't step into a role, someone else will. The work that needs to be done will happen with or without us.

The question isn't "Will I fail?"—it's "Am I willing to take the risk and try?"

If spirit is showing you people, places, and opportunities, take them as encouragement rather than guarantees. The only way to know if it's truly meant for you is to step forward and see what unfolds.

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How Do You Know When to Let Go of Someone?

Tiffany asks: “I keep hearing that we should let go of people who no longer serve us—but how do I know if someone is still in my life for a reason?”

Tiffany, this is such a nuanced question.

Here’s what I’ve learned:

- If someone drains your energy consistently, they are not your person.
- If you feel relief when they leave, trust that.
- If you’re making excuses to keep them around, ask yourself why.
- Just because someone sticks around doesn’t mean they’re supposed to.

Some people come into our lives for a lesson, a season, or a lifetime. If a relationship is bringing more stress than joy, it’s okay to step away. Your peace matters.

Final Thoughts: Trust Yourself & Keep Growing

Today’s episode covered ethics in mediumship, spiritual growth, navigating doubt, and trusting the signs from spirit.

If you take anything from this, let it be this: You are in control of your spiritual path. You get to decide what aligns with you, and spirit will always support you.

Thank you to Karen, Kayla, Christopher, Aaron, and Tiffany for your amazing questions!

If you’ve got something you want me to cover, send it over to podcast@hannahmedium.co.uk.

Until next time—trust yourself, trust spirit, and trust the process.

Love,

Hannah x

Keywords for SEO: Mediumship development, evidential mediumship, psychic readings, connecting with spirit, spiritual boundaries, intuitive growth, energy vampires, ethical mediumship, soul contracts, free will vs destiny, spiritual lessons, working with spirit guides.