



Mediumship Matters Podcast Transcripts

Season 9 Episode 3 -

Encouragement Isn't Development

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

Let's talk about something mildly uncomfortable.

Feedback.

Advanced mediumship.

And why being triggered might actually be part of the process.

Teaching Advanced Mediums Is... Interesting

As I've started attracting more advanced mediums into my courses and mentoring spaces, I've noticed something fascinating.

There's a real split down the middle.

Some students expect me to be:

- Straight talking
- Opinionated
- Direct

Which, let's be honest, is my personality.

Others find that same direct feedback absolutely devastating.

And that breaks my heart.

It's forced me to really reflect on my teaching style. Am I doing it right? Am I serving my students properly? Am I too blunt? Not blunt enough?

Because here's what I'm noticing.

A lot of people are learning mediumship in very lovely, very kind spaces. And that's beautiful at the beginning. We all need encouragement. We all need safety.

But if you want to take money for readings and work with the public, "nice" isn't enough anymore.

Professional Mediumship Means Opening Yourself to Critique

If you choose to work professionally, you are choosing to open yourself up to:

- Opinions
- Disappointment
- Critique
- That horrible empathic feeling when you know a sitter isn't satisfied

Somewhere in that journey, many of you come to me wanting validation.

Don't we all?

But what happens is this: you don't hear the validation. You only hear the parts that need work.

Especially in advanced groups.

And yes, that's triggering.

It's triggering for you.

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And if I'm honest, it's triggering for me too.

Beginners vs Advanced Students: Completely Different Energy

Teaching beginners is joyful.

You coax.

You encourage.

You say, "Look, you can do this."

And they light up.

It's magical.

Teaching advanced mediums is different.

Advanced mediums who are working with the public need to be held to account. They need to know where the gaps are. They need to refine.

But most of us don't love hearing where we have gaps.

I don't.

You don't.

None of us do.

And yet growth demands it.

Why I Changed My Offerings (Again)

At the time of recording this, it's February 2026. I've recently closed or shifted one of my long-standing offerings, The Gateway membership.

The energy had gone.

Over 60% of members left around the same time. Energy doesn't lie. They felt it too.

And I realised something important: you cannot effectively teach beginners and advanced students in the same space.

- Beginners get overwhelmed.
- Advanced students don't get stretched enough.
- Everyone ends up slightly dissatisfied.

So I've restructured into Mediumship Clinics at clear levels:

- Foundations
- Clarity (Intermediate)
- Mastery (Advanced)

Because when you sign up, you are entering into an energetic agreement.

If you join advanced, you are asking for advanced feedback.

And that will not always feel comfortable.

Validation vs Growth in Mediumship

Being told "You're amazing" feels great.

But vague mediumship with praise doesn't help you grow.

Growth needs friction.

Development requires refinement, not just reassurance.

As a teacher, I believe in you. I want you to be the best medium you can be. And because I believe in you, I won't hold back the lessons that will help you improve.

That doesn't mean belittling.

I've had those teachers. The ones who broke my heart without explaining how to do better. That is not teaching.

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Real teaching says:

- Here's what didn't work.
- Here's why.
- Here's how to improve it.

Comfort Is Not Evidence

Let's take an example.

Saying:

- "They're proud of you."
- "They love you."
- "They're around you."

These are comforting statements. I say them all the time in readings.

But they are not evidence.

If it fits everyone, it isn't evidential mediumship.

Comfort is important.

But proof builds trust.

Trust builds healing.

We can't skip that process.

The Gym Story (Because Apparently That's My Theme Now)

The other day at the gym, an instructor called me out publicly for putting down a heavier weight and switching to lighter ones.

Into the microphone.

In front of everyone.

I wanted the ground to swallow me whole.

But here's the truth.

For two years, I'd been telling myself I couldn't lift that weight for the full session. At first, that was true. Now it isn't.

I was stuck in an old identity.

Sometimes feedback isn't about tearing you down. It's about calling you forward.

Why Advanced Courses Feel Brutal

If you join an advanced course and think:

"That was brutal."

Good.

It means you were stretched.

If you leave thinking:

"I don't even know if I want to work with spirit anymore."

That doesn't necessarily mean quit. It might mean rest. Or move back to intermediate for a while.

Mediumship has seasons.

Sometimes you push.

Sometimes you coast.

Sometimes you heal.

All are valid.

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If You Never Get Tough Feedback, Be Concerned

If a teacher only ever says:

“Nice.”

“Very nice.”

“Lovely.”

They don't believe in your capacity to grow.

The same applies to sitters.

If you only ever get “yes, yes, yes,” be cautious. That can mean disengagement. Real sitters will give you no's. They'll help you refine.

No's are not rejection. They're opportunity.

The Uncomfortable Truth About Learning Spaces

You will rarely demonstrate your absolute best mediumship in front of your teacher.

I didn't.

I gave some truly dreadful readings in teaching spaces. It was like I regressed five years every time I sat down.

Nerves. Pressure. Expectation.

But that's what a learning space is for.

If you only ever show your best work, you're not learning.

What This Means for You

If you sign up for:

- A beginner's course — you'll be guided gently.
- An intermediate course — you'll be stretched thoughtfully.
- An advanced course — you will be refined rigorously.

That's not cruelty.

It's commitment.

Feedback is medicine.

You don't have to enjoy it.

You don't have to smile and say, “Delicious.”

But you do have to decide whether you want to grow.

Be brave.

Hear the critique.

Don't take it personally.

It's not about who you are.

It's about who you're becoming.

Thank you so much for listening. I'll catch you again soon.