

Energy Is Everything: Why Mediumship Needs a Process

Hello and welcome to Mediumship Matters, with me, Hannah Macintyre. Today's episode is about something I think we chronically underestimate in a reading: energy. This one pairs with the next episode, on need — I actually started recording them as one and quickly realised I was tangling too many ideas together, so I've split them apart for clarity.

When we're developing our mediumship, or even working as professionals, we tend to fixate on the quality and calibre of our evidence — how well it landed with the sitter. What we should really be looking at is the energy behind the reading: the energy we create in that space, and how it shapes the evidence that comes through.

The gears analogy

Something spirit has taught me, and that I now teach my students, is to think of your mediumship like the gears of a manual car. In the UK, most of us learn to drive a stick shift — you pull away from the kerb in first gear, then work up through the gears as you accelerate.

I think this is a brilliant way to look at a reading, because most of us want to pull away in sixth gear — the thrill, the speed, the “look what I can do” energy — right at the start. But trying to pull away in sixth gear just stalls the car. There has to be a process. At the beginning of any reading — evidential, card, psychic, even a healing session — that holy trinity of sitter, spirit, and you needs time to connect and build. We understand that in theory, but then we expect our very first pieces of evidence to be mind-blowing, crisp, and completely unique. That expectation is the problem, baked in from the start.

The difference between me and the students I teach isn't that I'm a better medium. It's that I can shift through the gears faster, because I've already proven my mediumship to myself. My doubt and fear are still there — they don't disappear — they just don't stall the car for as long.

“Service to spirit” can be a convenient lie

We talk a lot in spiritual circles about being “of service to spirit,” and as a philosophy, it matters. But when you're sitting in front of someone who's staring at you, waiting for you to deliver — in that moment, that philosophy is nonsense. You're not thinking about service. You're panicking. You're worried you'll fail, worried you're a disappointment, worried they're regretting booking you. That doesn't make you a bad medium. It makes you human.

When I walk out on stage, I'm not thinking “I am of service to spirit.” I'm thinking, God, I hope I can do this well enough, I hope I don't let spirit down, I hope I don't let my sitter down. That's not service — that's me, worrying about me. And I see this again and again in my students: wanting their mediumship to prove itself to them before it proves itself to the client — sometimes even after it's already proven itself to the client.

The energy your sitter brings matters too

An ideal sitter — energetically speaking — is someone who wants spirit communication, not someone who's certain the spirit world doesn't exist and is daring you to change their mind. I made a slightly inflammatory reel about this once, saying mediums don't want non-believers in the audience — which stirred people up, understandably. What I actually mean isn't that you need to be a total believer to deserve a reading. It's that if you're convinced it's all nonsense, there's no piece of evidence I can offer that will change your mind. I did a deep dive a while back into Derren Brown's work debunking mediums — and whatever technique he's using, if you don't believe in mediumship going in, you're not going to believe in it coming out. I don't think it's our job to prove spirit exists to someone determined not to believe it.

But there is something that happens in our own mediumship where we don't fully surrender to spirit — and I think the gears are really a measure of how much you're able to surrender.

Learning to surrender

Early in a reading, in first or second gear, you're very much in your head — worried whether you'll connect with the right spirit, whether you'll get the evidence they want. As you move through the gears, that self-consciousness dissipates, and you're able to receive more, precisely because you're surrendering more.

A lot of mediums get stuck in second or third gear because they're subconsciously still demanding evidence from spirit — even after they've already proven who's come through. It makes me wonder: is proof really what “service to spirit” means? Do spirit actually want to prove their existence to us — or is service simply bringing through messages, guidance, support, the reassurance of I see you, I love you, I'm with you? It probably varies by who's coming through. But I think back to the very first reading I had, from my grandfather, the one that set me on this path. It wasn't “here's how he died, here's his age, here's who he left behind.” It was the things he'd seen me doing since. That proof of his continued presence in my life is what blew me away — that's where the energy was.

When we set up a reading, we tend to hold ourselves back rather than trust spirit's intelligence — trust that if we simply open up and let them share what they want, the reading works. Why do we need to keep demanding evidence at all, when spirit already knows what we want (good evidence), what the sitter wants (reconnection, the feeling of presence), and what they themselves want to share?

Spirit actually had to point this out to me directly once: that I was making my readings about myself. That was a hard one to hear, but it was true — I wasn't trusting them, I was demanding give me evidence, prove it, prove it — often long after it had already been proven for the sitter.

Once I let go of that — once I stopped needing to prove to myself that I was “really doing this” through evidence alone, and started trusting that if spirit filled me with love, there was a reason; that if they wanted to talk about something they'd seen the sitter doing, there was a reason; that every piece of evidence carried its own intelligence — I started moving through the gears far more quickly. The very thing I thought I needed to prove to myself and to my sitters turned out to matter far less once I simply

allowed it. Energy is everything. I think the fuel that gets us through the gears quickly is emotion, feeling, and presence — not fact. The facts arrive as part of that, if we let them.

A reading that taught me this

I did a reading recently for a woman hoping to hear from her mother. The first thing I received was an overwhelming wave of love and pride. My human brain immediately panicked — that's not specific enough, this isn't going to be good enough, this will disappoint her. I had to remember the gears.

I've started telling all my sitters upfront: you'll need to come on a journey with me. If it doesn't feel specific at the start, don't worry — I'm already thinking that too, but we have to let spirit work through the process. So I told her how much her mother loved her, how tactile she was, how she wanted to wrap her in a hug and tell her how proud she was. I was privately thinking, I hope this gets better. Then the next thing that came through: she's holding a baby. I had no context for what that meant. But the sitter's energy just lifted — because that was the one thing she'd asked her mum to confirm if she came through.

I don't believe I'd have received that piece of evidence if I hadn't shared the love and pride first, even though, analytically, that felt like the weaker opening. In that reading, I went from first gear straight to sixth, because I allowed the first-gear energy to do its job.

Sitters are mirrors

Sometimes you'll sit with someone, with all the goodwill in the world, and simply not get much fuel to run on — the reading stutters and stalls, the way a car does when it's running on empty and you're coasting toward the nearest petrol station. That's genuinely stressful, and it happens.

We often talk about the limitations sitters bring — their expectations, their energy. But increasingly, I think a lot of it comes from us. Everyone is a mirror (I know, I know — I'm not always keen on that teaching either, but it holds up). If you feel your mediumship isn't good enough, you'll see that reflected back at you. If you're privately judging the evidence spirit is bringing through, you'll feel your sitter doing the same — even when they're not. Of course, some sitters do carry unreasonable expectations. But I wonder how much of that is really us, not trusting spirit to bring an evolution if we simply start with what we can perceive, and let the rest unfold as a journey rather than demanding it as a destination from the first second.

Sixth gear is elusive — I want to be clear, I'm not saying sixth gear is the only kind of good reading. Third or fourth gear readings can be wonderful. Sixth gear is the rare one where it's more spirit than you, where you finally let go of control entirely, and you're almost observing yourself from outside, thinking, did I really just say that? It doesn't happen in every reading. But it's worth noticing what message you're sending your own energy — because that's what creates flow, or creates the block. If you're broadcasting more evidence, more evidence, more evidence on a loop, that's often part of the problem.

If you were to connect with my grandmother right now, I don't need to know what she did for a living, how old she was when she died, or what she died of — I already know those things. I want just enough to

know you've genuinely got her. After that, what interests me is what she wants to say, what she's noticing, what she's seeing from where she is — not what I, as a medium, might consider “good evidence.”

I hope this has been useful, and that you could follow me through it. Let me know if you've got questions, and as always, I hope this helps. Thank you so much for listening — I'll catch up with you again soon.