



# Mediumship Matters Podcast Transcripts

Season 2 Episode 38

## Unsubstantiated Evidence

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, we're diving into a topic that sparked a lot of discussion—Reiki healing, spiritual consent, and professional boundaries in mediumship.

### The Importance of Consent in Reiki & Healing Spaces

This episode was inspired by an email from Ellen, who shared an experience with a Reiki healer in Wisconsin. During her session, the healer insisted that the Pleiades were the spirits communicating through her and that they were guiding all mediums.

Ellen wasn't expecting this. She came for healing, not a lesson on interplanetary spirit guides. It left her feeling uncomfortable, and she wanted to know my thoughts.

Well, Ellen, buckle up, because I have many thoughts!

#### 1. Reiki Should Be About Healing—Not Mediumship

When someone books a Reiki session, they're often vulnerable, seeking balance, relaxation, and restoration. A healing space should feel safe, neutral, and supportive—not a place where a healer imposes their own beliefs.

It's not that spirit doesn't assist in healing; of course they do. But that doesn't mean a Reiki session is an invitation for unsolicited mediumship or intergalactic messages. If a client wants a reading, they will book a reading.

#### 2. Professionalism Matters in Spiritual Work

Just because we work with spirit doesn't mean we should be floundering around like a woo-woo free-for-all. Boundaries matter.

Imagine booking an eye exam and, instead of checking your vision, the optometrist starts reading your palms. You'd be baffled, right? The same logic applies here—offer what you advertise.

If a practitioner markets themselves as a Reiki healer, then Reiki healing is what they should provide. If they want to offer mediumship, they should state that clearly beforehand, giving the client the option to consent.

### Mediumship vs. Psychic Work: Know the Difference

A common issue I see in the spiritual world is the confusion between mediumship and psychic work.

- Mediumship = Communication with the spirit world. A blending of energy between the medium and a spirit communicator.
- Psychic Work = Reading the energy of a living person, sensing residual energy, or picking up intuitive information.

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Some practitioners mistake psychic work for mediumship. They may feel a presence and assume they are delivering a true spirit message, when in reality, they are just reading the energy around the client.

## The Ethics of Unsolicited Messages

This brings me to another major pet peeve—approaching strangers with unsolicited spirit messages.

In the U.S. (and increasingly in the UK), there's a trend of mediums approaching people in supermarkets, coffee shops, and other public places with messages like:

“Your grandmother is here, and she says...”

It might make for great TV, but in reality, this is completely unethical.

- You have no idea if the person is emotionally prepared for a message.
- You could be reopening deep wounds or trauma.
- Consent is key.

A professional medium waits for someone to come to them. Just like a therapist doesn't walk up to strangers diagnosing their emotional issues, a responsible medium should not impose messages on people who haven't asked for them.

## Are the Pleiadians Your Spirit Guides?

Now, let's address the Pleiades discussion.

If you've been in spiritual circles long enough, you've probably heard people talk about Lemuria, Atlantis, the Pleiadians, and starseeds.

Do I think it's possible that we have interplanetary origins? Absolutely! The universe is vast. It would be naive to think Earth is the only place with life.

BUT...

- What does knowing you lived on the Pleiades actually do for you in this lifetime?
- Does it provide evidence of survival after death?
- Does it help you heal, grow, or evolve?

If it's just an ego boost, allowing someone to say, “I'm special because I'm Palladian,” then what's the point?

True spiritual growth isn't about hierarchies or feeling superior—it's about connection, love, and expansion.

## Spiritual Snobbery & Keeping a Healthy Scepticism

There's a dangerous tendency in the spiritual community for spiritual snobbery—people acting like they're more enlightened because:

- They wear floaty trousers.
- They claim to remember every past life.
- They insist they only communicate with higher vibrational beings.

But true spirituality is about inclusivity, compassion, and curiosity—not superiority.

So, if you ever feel like someone is talking in circles just to sound mystical, question it. Trust your own experience. Not everything that sounds spiritual is actually meaningful.

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Final Thoughts: Trust Yourself & Set Boundaries

If you take anything away from today's episode, let it be this:

- Consent matters. Always.
- Reiki should be about healing—not an impromptu mediumship session.
- Spiritual work requires professionalism. Offer what you advertise.
- Don't let spiritual jargon intimidate you. If it doesn't resonate, that's okay.
- Trust your own experiences above all else.

And finally—if you're in Wisconsin, Ellen, maybe find a new Reiki healer. 😊

I'd love to hear your thoughts on this! Email me at [podcast@hannahmedium.co.uk](mailto:podcast@hannahmedium.co.uk), and let's keep the conversation going.

Until next time, keep questioning, keep exploring, and most importantly, keep it real! ✨