



Mediumship Matters Podcast Transcripts

Season 3 Episode 44 - How To Create Your Own Podcast

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

First things first—I am an absolute tit. On Wednesday's episode, I did a big introduction about my new course and completely named it the wrong thing. Honestly, there's no hope for me! So, let me correct myself:

👉 The course I was talking about is Starting with Spirit—not the gibberish I came out with.

👉 Spirit-Led Reiki is also coming up soon!

👉 If you're interested in learning with me, just message me—I may or may not give you a coherent answer! Or, for something less chaotic, visit my website: hannahmedium.co.uk.

Oh! And one more thing—mentorship is back open for a limited time! If you've been waiting for a spot, now's your chance.

Right, now that I've corrected my absolute shambles of an announcement, let's get into today's topic:

🌟 How to Start a Podcast 🌟

This is something so many people have asked me about, so today I'm sharing everything I've self-taught about podcasting.

Getting Over Perfectionism—Just Start!

Before we get into the technical stuff, let's address the biggest hurdle people face:

✖ “It won't be good enough.”

✖ “I hate my voice.”

✖ “I need better equipment before I start.”

Trust me, I get it. But here's the truth: you will cringe at yourself at first, and that's okay. You'll notice your filler words (mine are 'interesting' and 'does that make sense?'), and you'll probably overthink everything.

But if you keep waiting for perfection, you'll never start. So, just hit record and go for it!

My Podcasting Process—Super Simple!


1 I record in one take. Unless I completely mess up in the first two minutes, what I record is what you hear—every stutter, every dog bark, every accidental course name mix-up.


2 I don't edit. No fancy sound design, no tweaking, no cutting out mistakes. This keeps it real and aligns with my message: Your mediumship is good enough. Let's embrace growth without losing joy in where we are now.

3 I don't re-listen before publishing. Why? Because if I did, I'd end up picking it apart and never releasing anything. Trust yourself!


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Equipment & Software—What I Use

 Computer & USB Microphone – You will need a mic. How much you spend affects quality, but expensive doesn't always mean better. (My fancy Yeti mic has caused more trouble than it's worth!)


 Recording Software – Audacity – It's free and easy to use! Just hit record, and if you need to pause (like when you choke on your own spit—been there!), you can.


 Hosting Software – Acast – I used to use RSS.com, but I recently switched to Acast. They automatically upload my podcast to Spotify, Apple Podcasts, YouTube, and more. I pay about \$25/month for hosting.

 Graphics – Canva – You'll need cover art! I create mine in Canva, and my designs have evolved as I've learned more. But don't overcomplicate it—start simple!


 Theme Music – Made on a Free App! – That little 'boom boom' sound at the start? I made it myself using a piano app on my phone. One day I might hire someone for a fancy jingle... but for now, DIY works just fine!


Podcasting Setup—Keeping It Simple!


 Where to Record: Ideally, somewhere with soft furnishings to reduce echo. If you have a walk-in closet, that's great! But a bedroom works fine too.


 Avoid background noise. I constantly have to tell my husband to stop loading the dishwasher while I'm recording—seriously, why does it always happen then?!


Growing Your Podcast—Tips & Mistakes I've Made

 Be consistent, but flexible. I release daily episodes, but I also allow myself the freedom to skip a day if life happens (like a hangover—oops!).

 Invite guests! I love podcast guest appearances—both as a host and guest. Don't think, "I'm not big enough to invite people." Most podcasters love collaborating!


 Talk about it on social media. The more you share, the more people will find you.

 Trust that you'll improve over time. If you listen to Season 1 of my podcast, you'll hear the difference. Growth is part of the journey!


 Biggest Mistake? Overcomplicating Things. At first, I changed my podcast graphic for every episode (why?!). Now? I keep it simple and streamlined.


Final Thoughts—Start Now!


If you've been thinking about launching a podcast—do it! The biggest hurdle is getting started.

 What you need:


 A topic you love and know well

 A USB microphone


 Audacity (free recording software)

 Acast or another hosting platform

 Simple graphics (Canva works!)

 Courage to just start—because you will cringe at first, but you'll get better!

I hope this episode has helped—now go hit record! 

 Have questions? Email me at podcast@hannahmedium.co.uk.

Thank you for listening, and as always—have a bloody marvellous day!