



Mediumship Matters Podcast Transcripts

Season 3 Episode 14 - Mediumship Mini S3 Ep 14

Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! How are you doing? I hope you enjoyed yesterday's interview with Fen. Today's episode is another Mediumship Mini—a question that's probably been sitting in my inbox for far too long because, let's face it, I'm so freaking busy! 😅

So, let's get into it! This question is from Karen, who says:

👉 Hi Hannah! I've been listening to your podcast—love it (LOVE is in capitals, so I had to emphasize that!). I wonder if you could do an episode on structuring a one-to-one reading?

👉 I've been doing practice readings for my friends, and I get so much information, but I struggle to structure it. I also don't always know which spirit the visuals belong to. Any advice? Karen, I absolutely know what you mean, and I've got you covered!

Step 1: Decide What Type of Reading You're Doing

One of the biggest mistakes beginners make is jumping between different types of readings without realizing it.

- ◆ Psychic Reading – Tuning into the sitter's energy and life experiences.
- ◆ Spirit Guide Reading – Connecting with guides and their guidance.
- ◆ Evidential Mediumship – Bringing through a loved one in spirit.

Before you begin, set a clear intention: 👉 “I am tuning into the psychic frequency.” 👉 “I am working in the spirit guide frequency.” 👉 “I am blending with a loved one in spirit.”

This clarity will help you structure your reading and avoid confusion.

Step 2: Stick to One Spirit at a Time

When you're starting out, you need to be painfully disciplined with yourself.

- Set the intention that you are working with ONE spirit at a time.
- Even if another spirit is there, ask them to wait.
- This prevents your reading from getting muddled and overwhelming.

For example, when I first started:

- I'd say, “I have a lady here who smokes.”
- The sitter would say, “Yes, that's my nan.”
- Then I'd say, “She's showing me a locket.”
- The sitter would say, “Oh, that's my other nan.”
- And suddenly, I'd panic, thinking I had two spirits blending together! 🤯

But once I got firmer in my process, I started sticking to the original spirit.

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So now, I'd say:

- “I still feel like I'm with the smoking nan. Does this locket make sense for her?”
- Nine times out of ten, the sitter would say, “Oh yes, actually, she did have a locket—I just associate it more with the other nan.”

So, trust yourself. One spirit at a time keeps things clear.

Step 3: Accept That “No” Is Part of the Process

Here's the thing: If you allow yourself to believe you're bringing through multiple spirits at once, you'll naturally get more 'yes' answers.

But just because a sitter says “yes” doesn't mean it's right.

If you commit to one spirit, you may get more 'no' answers—but that's okay! It means: ✓ You're staying disciplined.

✓ You're refining your accuracy.

✓ You're building stronger connections.

Many mediums struggle with this, even at a professional level. So don't be afraid of a few 'no' moments—they make you better!

Step 4: Stay in One Frequency at a Time

Another reason readings can feel scattered is because mediums jump between psychic, spirit guide, and evidential frequencies without realizing it.

When you're new, I highly recommend:

- Psychic readings = Stay psychic the whole time.
- Spirit guide readings = Stay in that frequency.
- Evidential mediumship = Focus only on spirit communication.

This will: ✓ Help you understand the different energies.

✓ Give you more confidence in where the information is coming from.

✓ Strengthen your ability to shift frequencies intentionally.

Once you're confident in each, you can flow between them more naturally in the future.

Step 5: Trust Yourself & Set Boundaries

I know it's easy to doubt yourself—especially when sitters say things like:

- “I thought it would be my mum, not my nan.”
- “That evidence makes sense, but I thought another spirit would come through.”

But spirit doesn't work on demand.

◆ Trust that the right spirit is coming through at the right time. ◆ Stick to your reading structure—even if the sitter tries to direct you elsewhere. ◆ Take control of your energy and intention.

When you do this, your readings will feel more structured, clear, and powerful.

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Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Decide on your reading type first (psychic, spirit guide, or evidential).
- Stick to one spirit at a time.
- Be comfortable with 'no'—it strengthens your mediumship.
- Don't jump between frequencies in a single reading.
- Trust yourself and set boundaries in readings.

Karen, I hope that helps! And for anyone else struggling with reading structure—you're not alone!

If you enjoyed this episode, please leave a review and share it!

And if you're ready to take your mediumship to the next level, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨