



Mediumship Matters Podcast Transcripts

Season 1 Episode 37

What Makes A Good Sitter?

Evidential mediumship, spirit communication, healing, hope, personal connection, presence of spirit, natural mediumship, spiritual growth, emotional support, spirit guides, authentic readings.

Hannah Macintyre:

Hello, beautiful souls, and welcome back to Mediumship Matters with me, Hannah Macintyre. We're here with Episode 37... or is it 35.2? Honestly, who knows? But we're carrying on the conversation about what makes a good medium, diving deeper into the heart of what makes good evidence in mediumship.

The Evolution of Mediumship

When I first trained as a medium, we were taught to deliver evidence like a checklist: names, dates, places. While that has its value, I'm so glad mediumship has evolved beyond that. If you're looking for a reading filled with tick-box validations, I'm probably not the medium for you. But there are brilliant mediums who work that way, and that's their strength.

For me, mediumship is about bringing the presence of the spirit world to you. Yes, names and dates are interesting, but people are so much more than facts and figures.

The Essence of Connection

Take my Nana, for example. She was wonderfully complex, loving, difficult, and funny. If I had the chance to connect with her through a medium, I wouldn't want them to just say, "She died at this age. Her birthday was in March."

What I'd cherish are the memories:

- Her obsession with our family tree, sharing detailed stories about distant relatives.
- Teaching me to do the twist on the Isle of Wight.
- Loud, unfiltered commentary about the neighbours (who could definitely hear her).
- A hilariously candid chat about pubic hair during a shopping trip.

These are the moments that capture her spirit. When my students bring her through in a reading with her personality shining through, I feel her with me. That's what makes mediumship powerful—not just facts, but the presence of the person.

Spirit Personality Lives On

Here's what I love most about spirit: we don't change when we pass. I'll still be chatty, bossy, a little controlling, deeply loving, and emotionally intense—because that's who I am. Spirit retains personality. Yes, they evolve beyond ego-driven behaviours, but their essence remains.

We often think we'll become these sanitized, angelic beings in the afterlife. Nope! We're still us—just without the human baggage. Even my spirit guides have cheeky senses of humour, because that's how I learn best. The biggest lessons I've received from spirit have been wrapped in laughter and silliness.

•

Mediumship Matters Podcast Transcripts

The Spirit World Isn't One-Dimensional

In the physical world, I can only talk to one person at a time. But in spirit, you can be with everyone simultaneously. Space and time are human constructs. So when you ask your mum in spirit to watch over your child, you're not taking her away from being with you. She can do both—and more—at once.

What Makes Good Evidence?

Good evidence isn't just facts and figures. It's about:

- Presence: Feeling like your loved one is right there with you.
- Personality: Capturing their quirks, humour, and essence.
- Memories: Shared moments that flood you with emotion.
- Emotional Impact: Leaving the reading feeling loved, supported, and seen.

Sure, dates are cool. But you know what's cooler? Love. Connection. Presence.

The Purpose of Mediumship

Mediumship is about healing and hope. Spirit messages often boil down to three simple truths:

- We're with you.
- We love you.
- We're proud of you.

Yes, sometimes there are apologies or specific validations, but at the core, it's always about love.

Names and Dates: Do They Matter?

If I receive a name or date during a reading, I'll absolutely share it. But I don't seek them out because they're not the most meaningful evidence for me.

For example, if your Nan's name was Mary, that's nice. But wouldn't it be more powerful to hear about her baking your favourite cake, her laugh that filled the room, or the way she always misplaced her glasses?

Names matter when there's purpose behind them—like acknowledging a grandchild named after them or reconnecting with a sibling they're reunited with in spirit. Random names without context? Less impactful.

Mediumship Is Like Flipping Through a Family Album

Remember flipping through your Nan's photo album as a kid? She'd sit beside you, pointing at each photo, sharing stories, laughing, and reminiscing. That's what mediumship should feel like.

A medium is like the person sitting beside you, flipping through the spirit world's photo album, sharing memories, emotions, and connections that remind you: they're still here.

Final Thoughts:

Good evidence isn't just about facts. It's about presence, personality, and emotional connection. When you leave a reading, you should feel like you've spent time with your loved one, not just ticked off a checklist.

What do you think makes good evidence? I'd love to hear from you! Email me at podcast@hannahmedium.co.uk or connect on the Mediumship Matters Facebook page.

Thank you for listening, for your support, and for being part of this beautiful journey. Until next time, stay curious, stay open, and remember: They're with you. They love you. They're proud of you.

SEO Keywords:

Mediumship, evidential mediumship, spirit communication, healing messages, personal connection, presence of spirit, natural mediumship, spiritual growth, emotional support, spirit guides, authentic readings, Hannah Macintyre, mediumship podcast.