



# Mediumship Matters Podcast Transcripts

## Season 3 Episode 22 - Sitting In The Power

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you today? I've got a fantastic question from Deanna, who says, "Loving your podcast, especially the new mini offerings. Well done!"—thank you, Deanna! She asks: "Hannah, what's your take on sitting in the power? Would you share your thoughts and experiences, especially for those starting out?" Let's dive in.

**The Truth About Sitting in the Power**

So, funny story—I actually tried to record this episode once already, but I got completely tangled in my own resistance to my answer! That tells you something, doesn't it?

When I first started developing my evidential mediumship, I was told that sitting in the power was crucial. I thought, This sounds amazing! I'm going to do it! But here's the problem—no one could really explain what it actually meant.

It reminded me of when people start meditating, expecting to hit some special enlightenment zone with a heavenly fanfare announcing, Congratulations! You're now in deep meditation! But the reality? Your mind wanders. You remember an argument from 1997. You forget you're supposed to be meditating entirely.

And here's where my resistance kicks in: I don't really believe there's a power to sit in anymore. **Is Sitting in the Power Outdated?**

When I was first taught about sitting in the power, I did it faithfully. I'd visualize a light inside me, growing and expanding, imagining myself powering up like some kind of cosmic battery. And yes, I do think visualization is helpful when you're starting out—it builds confidence, creates focus, and helps open up your energy.

But as I progressed, I noticed something troubling. Before readings, I'd sit there obsessing: Am I in the power yet? Is this it? Should I play music? What if spirit is judging me? I got so tangled in the idea of sitting in the power that I was actually blocking myself.

So, I stopped. And nothing changed—except that my mediumship became more natural and fluid.

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## The Blackboard Analogy—A Better Way to Understand Spirit Connection

Instead of sitting in the power, I now use what I call the Blackboard Analogy.

Imagine your energy as a blackboard covered in chalk scribbles—your to-do lists, worries, arguments, things you still need to heal from. Every thought clutters the board. When you attempt spirit communication, you're trying to leave enough blank space for spirit to write. The clearer your blackboard, the clearer the messages.

- If you're stressed, replaying an argument, or overwhelmed with daily life, your board is full. Spirit communication will feel murky.
- If you've taken time to be present, calm, and still, your board is clearer. You'll receive messages more easily.

It's not about some mystical power—it's about managing your own mind and energy.

## Mediumship is Evolving—And So Should We

Back in the day, sitting in the power was emphasized because mediums needed to work differently. But times have changed. Spirit communication is now faster and more accessible than ever—just like how technology has changed the way we absorb information. Our grandparents gathered around candlelight to hear one storyteller. Now, we absorb knowledge from our phones, often in isolation. Spirit works with us in the same way, adapting to modern energy.

I sometimes feel that sitting in the power has become a bit of a hierarchical teaching tool—almost like a gatekeeping mechanism. Oh, you can't communicate with spirit because you don't sit in the power properly!

That's rubbish. If spirit wants to come through, they will.

## The Mediumship Triangle—Where the Real Power Lies

So if sitting in the power isn't essential, what is? I believe real power builds when the three corners of what I call the Mediumship Triangle align:

- Spirit in the spirit world
- The medium
- The sitter (or audience)

When all three are in sync, magic happens. That's when you get mind-blowing, undeniable mediumship.

When demonstrating, I only have two of those elements—spirit and myself—until I find the right sitter. In those moments, the audience's collective energy fills that third space. That's why a supportive, engaged audience makes such a difference in a demonstration.

## What About Building Power Before a Reading?

Here's a big NO-NO in mediumship: trying to communicate with spirit in advance.

If you attempt to pre-connect before a reading, you're not blending with spirit in the moment—you're just recalling memory. Real power builds live, through the exchange of energy between medium, spirit, and sitter.

And let's be honest—when you first step onto a stage, your mind is filled with logistics: Turn your phones off, we'll have an interval at X time, here's how to respond... You are not in an altered state yet! And that's fine. The blend with spirit strengthens as you go.

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## Do What Works for You

Deanna, my advice? Do what feels right for you. If visualizing power helps, great. If it doesn't, that's fine too. What matters is:

- Clearing your blackboard—making space in your mind and energy.
- Trusting spirit. They will come through, power or no power.
- Letting go of self-imposed pressure.

Personally, I've let go of things that don't resonate anymore—like hand positions in Reiki. We evolve!

## Final Thoughts—And A Challenge for You

So, there you have it. Sitting in the power? Not necessary. Managing your mind and energy? Absolutely essential.

If this has triggered questions—or if you're screaming at your phone in disagreement—email me! I love these discussions.

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Thanks for listening, and we'll catch up again soon. Have a bloody marvellous day!