



Mediumship Matters Podcast Transcripts

Season 2 Episode 42

Voices In Your Head

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Before we dive in, a huge thank you to Karen Hall for sponsoring today's episode through Buy Me a Coffee. Your support means the world!

Today's topic is all about trusting spirit, intuitive development, and the limitations of solo work. This comes from a question sent in by Ina, who asked: "When you say you work with spirit, you use your own voice. So how do you know you're not just making it up?"

Oh, Ina—what a great question! Let's get into it.

How Do You Know It's Spirit & Not Just Your Own Thoughts?

This is the question that haunts every developing medium at some point. And here's the truth: I don't always know.

But here's what I do know:

- Spirit is never unkind. If the voice in your head is telling you that you're not good enough, that's not spirit—that's you.
- Intuitive development requires trust. The early stages of mediumship feel like 97% you, 3% spirit. But that 3%? It changes everything.
- What if it doesn't matter? If the guidance you're receiving is kind, empowering, and helping you grow—does it really matter if it's you or spirit? The transformation is real either way.

When I started working with spirit, I often thought I was making it all up. But even if I was, it was helping me make better choices, be kinder to myself, and confront things I'd been avoiding. That alone was life-changing.

Solo Work vs. Practicing with Others

In my Starting with Spirit course, I emphasize solo work first. Before you read for others, you need to:

- Build trust in yourself.
- Learn to sit in your own energy.
- Understand how spirit communicates with you.

But here's the caveat—you can only go so far on your own.

As soon as you start reading for others, you deal with their energy, their expectations, and their interpretation of what you're saying.

And honestly? Developing mediums can be the hardest sitters ever.

At Arthur Findlay College, I had someone correct me mid-reading. I was receiving the image of a man in a photo, but instead of letting me build on it, she immediately said, "No, I know that photo—you're wrong."

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Well, thanks for that. 😞

The thing is, I was still unfolding the information, and her input cut off my process. This is why I always encourage students to let the message flow rather than jumping in too soon.

Spirit Guides & The Subtlety of Their Messages

One of the biggest misconceptions about spirit guides is that they'll just drop a knowledge bomb into your head the moment you ask a question.

In reality, it doesn't always work that way.

- Sometimes, the answer unfolds gradually over time.
- Sometimes, you'll get insights through conversations with others.
- Sometimes, spirit will guide you through real-world experiences.

For example, when I started questioning earthbound spirits, demons, and attachments, spirit didn't just hand me the answer. Instead, over two years, I had:

- Unexpected conversations with people who challenged my views.
- Videos randomly pop up that expanded my thinking.
- Experiences that made me question everything I had been taught.

Spirit knew I wasn't ready for the answer immediately. I had to go on a journey first.

The COVID Intuition Example

One of the best examples of this is the COVID lockdown.

Before it happened, many of us felt a huge energy shift coming. I was preparing, tidying up loose ends, and sensing something big on the horizon.

But when the lockdowns hit, I initially thought, "Oh no, I completely misread that energy!"

Did I, though?

- Lockdown grew my platform massively.
- I created two online courses that changed my business.
- I reached people who told me I helped them get through that period.

If spirit had told me in advance, "Hey, Hannah, COVID is coming, but it'll help you grow your work," would I have believed them?

Probably not. And I certainly wouldn't have been able to handle it without first living through it.

The Fear of "Getting It Wrong" in Readings

Every medium—yes, every single one—has moments where they deliver something that doesn't land.

- Sometimes it's because we genuinely misinterpret the message.
- Sometimes the sitter forgets or doesn't recognize the evidence.
- And sometimes, we just make it up. (Yep, I said it!)

I've had readings where I've told spirit, "Oops, I think I got that wrong," and they've responded, "Yeah, you did." And you know what? That's fine!

We're human. We filter information through our own experiences and perceptions. That's why:

- Fast delivery is key—the longer you hold onto a message, the more you risk contaminating it with your own thoughts.
- Journaling can be a game-changer—write down messages and check later to see if they came true.
- Practicing with others is essential—you need external validation to build trust.

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Final Thoughts: Developing Mediumship Requires Trust & Practice

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

- Trust yourself. Even if it's 97% you and 3% spirit, that 3% can be transformational.
- Solo work is necessary—but limited. You need external validation at some point.
- Spirit messages unfold over time. They don't always drop instant answers into your head.
- Mistakes are part of the process. You will get things wrong, and that's okay.

And most importantly—if the message you're receiving is kind, helpful, and empowering, does it really matter if it's coming from you or spirit?

I'd love to hear your thoughts on this! Email me at podcast@hannahmedium.co.uk and let's keep the conversation going.

Until next time, keep trusting, keep growing, and keep shining. ✨