



Mediumship Matters Podcast Transcripts

Season 3 Episode 11 - Embracing The Gift Of You

Introduction

Hannah Macintyre: Hello everyone! How are you doing? We are here—Season 3, Episode 11, and I’ve just returned from the most incredible weekend at my Spiritual Experience Retreat! I’m still floating in that beautiful energy, trying to hold on to it for as long as possible before reality pulls me back in—because, trust me, waking up to roof leaks at home is a quick way to bring you crashing down! 🙄

But this weekend? Absolute magic. It was about connection, growth, and pushing the boundaries of our mediumship in a safe, supportive space. And today, I want to share some of the breakthrough moments we had, as well as some thoughts on mediumship expectations, energy exchange, and the impact of media on spiritual development.

Let’s get into it!

The Transformative Power of a Retreat

There’s something so special about taking time away from daily life to focus on spirit and personal growth.

- No household chores to think about.
- No worrying about what’s for dinner (it was all catered—bliss!).
- Just pure, uninterrupted immersion in the spiritual journey.

This retreat wasn’t just about learning mediumship—it was about building confidence, self-trust, and embracing spirit in new ways.

And let me tell you, the students blew me away. We had:

- First-time demonstrators stepping up on stage—and absolutely smashing it! 🙌
- People pushing through self-doubt and realising they were more capable than they ever imagined.
- An incredible Ouija board session that left us all in awe of how spirit communicates.

Ouija Boards: A Gateway to Evidence?

On the final night, we decided to experiment with a Ouija board (spirit board), and wow—what an experience!

Now, I know there’s so much fear and stigma around them, but when used with the right intent and awareness, they can be a brilliant tool for spirit communication.

Some standout moments:

- A spirit spelled out “Sue”, and the recipient was initially unsure. When asked if they had another name, the board then spelled “Gran” or “Grandma”—and suddenly, it clicked. The spirit’s birth name was Sue, but everyone called her Sarah!
- She also hesitated when spelling words, and the recipient later confirmed—she had dyslexia in life.

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How incredible is that? The intelligence of the spirit world never ceases to amaze me. They communicate in ways that make sense, even reflecting aspects of their personality and experiences. That is true evidential mediumship.

Mediumship Expectations & The Influence of Media

One of the biggest discussions we had during the retreat was about how media influences our expectations of mediumship.

• Tyler Henry's Show & Editing Magic

A student, Sue, mentioned she'd been watching Life After Death with Tyler Henry. Now, I love that show—but let's be honest, it's edited for impact.

- Sitters are carefully selected—they're open, expressive, and able to articulate their emotions beautifully.
- Every “wow” moment is shown, while any missed or unclear evidence is left on the cutting room floor.
- People go in with adoration and belief, which completely changes the energy of the reading.

Compare that to demonstrating in the real world, where half the audience is sitting there thinking:

👉 “Go on then, prove it.” 🙄

It's a completely different energy! And yet, so many of us—myself included—compare our mediumship to these edited, high-impact TV readings.

Let's get real:

- Not every piece of evidence lands immediately.
- Not every recipient is open and expressive.
- Not every medium has a perfectly clear connection 100% of the time.

And that's okay. Mediumship is human as much as it is spiritual.

Reframing “The Gift”

I've always said that mediumship isn't a gift—it's within all of us. But something new came up for me this weekend.

I still don't believe my ability to connect with spirit is a “gift” in the sense of something special that others don't have. But I do believe that we each have unique gifts within our mediumship.

For me, my true gift isn't just talking to spirit—it's how I communicate and teach.

- I love sharing knowledge and breaking down barriers.
- I thrive when I can help others trust themselves and grow.
- My personality and humour make my demonstrations engaging and fun.

What's yours?

- Are you naturally compassionate and nurturing?
- Do you have a way with words that brings comfort?
- Are you direct and fearless, able to cut through the noise?

Your gift is YOU. It's your unique energy, style, and way of working. Lean into it!

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Final Thoughts & Takeaways

🌟 Key Lessons from This Episode:

- Retreats create space for deep growth. Getting away from daily life allows spirit to work more clearly with you.
- Ouija boards aren't scary—they can be evidential! Spirit's intelligence shines through in the smallest details.
- TV mediumship isn't real-life mediumship. Stop comparing yourself to edited, high-energy readings.
- You have a gift—but it's not just mediumship. Your true gift is what makes YOU unique in your work.
- Celebrate where you are in your journey. Expansion happens when you embrace your abilities as they are now.

Thank you so much for listening! If this resonated with you, please leave a review and share it—it helps keep the podcast going!

And if you're ready to develop your mediumship in a way that truly aligns with you, check out my courses and mentorship programme at www.hannahmedium.co.uk.

Until next time—keep shining your light! ✨