



Mediumship Matters Podcast Transcripts

Season 3 Episode 31- Evidential Mediumship Part 2

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! How are you doing? Before we dive into the second part of our deep dive into evidential mediumship, a quick reminder—visit my website at hannahmedium.co.uk for upcoming live shows, residential events, and courses. You can also join my mailing list to stay in the loop with everything new. A huge thank you to everyone who reached out after the first part of this series—it really means a lot to hear your thoughts and feedback! Now, let's continue exploring evidential mediumship.

Building Trust in Spirit Communication

You're learning to experience spirit, to trust what you receive, and to allow yourself to surrender. That's not always easy! Developing evidential mediumship takes time, and often, self-doubt kicks in: Am I making this up? Should it be clearer? Am I even capable? These thoughts are completely normal. Every medium experiences them at some point. But here's the key: evidential mediumship is about flow. When you've built a strong blend with spirit, information should come in like ticker tape, flowing smoothly without hesitation. However, achieving this takes practice, patience, and understanding the mediumship triangle.

The Mediumship Triangle

Your readings depend on three key elements:

1. Spirit – Always in perfect alignment, ready to communicate.
2. The Medium (You) – Your energy, mindset, and confidence affect the reading.
3. The Sitter – Their energy, openness, and engagement influence the connection.

When these three elements are aligned, magic happens. But if either the medium or sitter is out of sync, the reading may feel off. This is why emotional and energetic self-awareness is so important for mediums!

Breaking Patterns in Mediumship

One challenge many developing mediums face is habitual patterns in their readings. If you always receive the same kind of spirit (e.g., grandparents) or the same evidence (e.g., heart attacks), it may be time to challenge yourself.

💡 Try this: Actively ask spirit to bring forward a different type of communicator. If you've only received grandparents, ask for siblings. If you always get health conditions, ask for personality traits instead.

By setting this intention, you allow yourself to expand your connection and develop a richer mediumship experience.

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Getting It Wrong to Get It Right

A big part of developing as a medium is being willing to get things wrong before you get them right. This is how you refine your skills.

When you're learning something new—like picking up on how someone died—you might misinterpret the sensations at first. That's okay! Over time, your understanding of spirit's communication will become more precise.

The key to surrender is accepting that mistakes are part of the process. You have to be willing to feel awkward, take risks, and trust spirit even when your logical mind tells you otherwise.

The Danger of Overthinking the Clairs

Many students get caught up in figuring out which “clair” they're using (clairvoyance, clairaudience, clairsentience, etc.).

Here's my advice: Don't label it—just say it.

When someone asks how I “knew” something, I often say, “I don't know—I just knew!” If you overanalyze whether you're seeing, hearing, or feeling something, you pull yourself out of your power and disrupt the flow of mediumship.

A Lesson in Trust: Saying What You See

Early in my development, I was practicing mediumship with a group of friends. I connected with a young woman's father and saw a newspaper headline in my mind: Major Local Celebrity Dies in Bike Accident.

Instead of saying exactly what I saw, I doubted myself and asked, “Was your dad well-known? Did his passing make the papers?” She said no.

Later, she realized his name was actually Major. If I had just said what I saw, it would have been stunning evidence! This experience taught me a crucial lesson: trust what you get—don't shrink it to fit expectations.

The Vulnerability of Mediumship

Mediumship is one of the most vulnerable things you can do. Unlike singing or performing, you're going on stage with no script, no idea what's coming next, and no guarantee that your message will be understood.

This is why self-work is just as important as mediumship development. If you struggle with confidence, fear of failure, or overanalyzing, these things will show up in your mediumship.

How to Be a Stronger Medium

1 Let the sitter say only “yes,” “no,” or “I don't know.” This keeps you from being influenced by extra information. **2** Don't seek validation from the sitter. Their reaction isn't a measure of your ability. Trust what spirit gives you. **3** Be willing to hold space for a “no.” If spirit insists on something, don't change it just because the sitter doesn't immediately recognize it. **4** Find the right practice partners. Don't read for sceptical people just looking to test you. Work with supportive, open sitters who understand the process.

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The Power of No

Nos are a natural part of mediumship. If you aren't getting nos, you're likely playing it too safe.

💡 Remember: Sometimes sitters forget details, only realizing later that your evidence was correct. If you believe spirit has given you something, stand by it. Many sitters come back later saying, "I thought you were wrong, but I checked with my family, and you were right!"

Experiment, Play, and Find Your Style

Mediumship is a lifelong journey. The best way to improve is to experiment. Try different approaches:

- Start with message first, then evidence—see how that shifts the energy.
- Ask sitters who they want to hear from and practice calling that person forward.
- Reverse your process—see how that changes the experience.

The more you experiment, the more you learn what works for you.

Final Thoughts—Keep Going!

Mediumship isn't about being perfect—it's about being brave, open, and willing to grow.

✉ Have questions? Email me at podcast@hannahmedium.co.uk.

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Thanks for listening