



Mediumship Matters Podcast Transcripts

Season 4 Episode 3 - Tips for Developing Mediums

Mediumship Matters - Season 4, Episode 3

Overcoming Resistance, Building Confidence & Navigating the Challenges of Mediumship

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

Today's episode is all about resistance in spiritual development—why we experience it, how it manifests, and most importantly, how we can push through it to grow as mediums. Whether you're struggling with nerves, imposter syndrome, or feeling like you're not ready to practice, this episode is here to help you break through those barriers!

The Balance Between Pushing Through & Knowing When to Rest

One of the biggest challenges my students face is knowing when to push through fatigue and when to rest.

- A little tiredness? That's actually when mediumship can flow better! When you're slightly tired, you let go of control and surrender more easily.
- Completely exhausted? That's when your energy is too depleted, and your readings suffer.
- How do you know the difference? It comes down to trial and error. You have to practice in different states to understand what works for you.

I always encourage my students to show up, even when they don't feel perfect. Mediumship isn't about waiting for an optimal state—it's about learning how to work with your energy in any condition.

You Are More Ready Than You Think

One of the most common excuses I hear is: "I'm not ready to practice yet."

Let me tell you a secret: You will NEVER feel ready.

Mediumship development is a paradox—you can't get better without practicing, but many people avoid practice because they don't feel good enough. It's a loop that keeps you stuck!

Here's what I tell my students:

- Stop saying "I don't know what I'm doing"—your energy listens to every word you say.
- Instead, try: "I'm excited to practice and see what unfolds."
- Showing up for practice is what makes you ready—not the other way around.
- The only way to gain confidence is to step into the unknown and trust that spirit will meet you there.

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The Role of Sitters in Practice Sessions

Many students get caught up in worrying about their sitter—will they bring through the right spirit? Will the sitter get what they want?

But here's the truth:

- Practice sessions are for the medium, not the sitter.
- Spirit knows what the medium needs for their growth.
- The sitter might get an unexpected message, but that doesn't mean the practice was unsuccessful.

I had a spirit come through in multiple practice sessions—someone I barely knew from my teenage years. At first, I dismissed it, thinking, why is she coming forward when I have closer loved ones in spirit? But I later realized: she was a fantastic spirit communicator for practice! Spirit orchestrates who comes through, and it's often for the medium's growth, not just the sitter's needs.

Overcoming Nerves & The Fear of Getting It Wrong

Nerves are a natural part of mediumship.

Even after two years of demonstrating, I still feel nervous before stepping on stage. But the difference now?

- I trust my connection to spirit.
- I know nerves will always be there, but I've learned to work through them.
- The only way to lessen nerves is through consistent practice.

And here's a big truth: you will get things wrong. That's part of the learning process!

Every "no" is an opportunity to refine your abilities. The best mediums aren't the ones who never get a no—they're the ones who don't let a no stop them.

Gaps in Readings—How to Keep the Flow Going

A big struggle for developing mediums is moments of silence in a reading. That awkward pause where your mind goes blank, and you panic.

Here's how I handle it:

- I refuse to stop. I don't let the silence break my flow—I keep speaking.
- I don't overanalyse. If I try too hard to "figure it out," I disconnect.
- I trust spirit. They haven't abandoned me—I just need to realign with their energy.

Spirit never leaves us hanging—we just sometimes step out of our power. The key is to notice when that happens and pull yourself back in.

How to Be a Great Sitter in Practice Circles

A lot of people accidentally hinder their partners in practice sessions because they try to "help" too much.

Here's what NOT to do:

- Don't give suggestions like "maybe it means this"—let the medium figure it out!
- Don't jump in too quickly with validations—sometimes a medium needs a moment to unfold the message.
- Don't try to make it easy for them—the best learning happens when a medium struggles and overcomes it.
- Your job as a sitter is to hold space, listen, and validate what's correct. That's it!

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Getting Comfortable with NOs

Nobody wants to hear a “no” in a reading. But here’s the reality:

- No’s are NORMAL. No medium gets everything 100% correct.
- A no isn’t failure—it’s information. Maybe the sitter forgot something, or maybe you need to refine your message.
- The more no’s you experience, the less scary they become.

I’ve had entire nights where I got nothing but no’s. I’ve had moments where I wanted to quit. But pushing through is what builds resilience.

Now, I’d rather commit to specific evidence and get a no than play it safe and stay vague. Great mediumship is about going deeper, even when it’s uncomfortable.

Prioritizing Your Spiritual Work

Many people say “I really want to develop my mediumship, but...”

And what follows is usually an excuse.

The truth is, if you really want this, you’ll find a way.

- You don’t need the perfect time, perfect setup, or perfect life to start developing.
- Spirit won’t clear your schedule for you—you have to make mediumship a priority.
- If you wait for “the right moment,” you’ll be waiting forever.

If you’re serious about this work, commit to it. Show up. Do the practice. Push through the resistance.

Final Thoughts: Embrace the Journey

Mediumship isn’t about getting everything right—it’s about:

- Being willing to learn.
- Practicing even when you don’t feel ready.
- Trusting that every experience is part of your growth.

So, if you’re feeling resistance, nerves, or doubt—you’re exactly where you need to be. Keep going, keep practicing, and keep trusting.

Thank you for being here! If you’ve got questions, send them in—I love hearing from you.

Until next time—trust yourself, trust spirit, and enjoy the journey.

Love,

Hannah x

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