



Mediumship Matters Podcast Transcripts

Series 1 Episode 22

Interview with Becs

Mediumship Matters – Season 1, Episode 22

Hannah Macintyre:

Hello and welcome to Mediumship Matters! It's me, Hannah Macintyre, and today I'm really excited to be joined by Becs, a fellow medium. Hello, Becs!

Becs:

Hi! Good morning! It's great to be here. Time seems to be all over the place lately—I barely know what day it is!

Hannah Macintyre:

Don't worry, you're in the right place! Let's start by getting to know you a little. Tell us a bit about yourself and your work as a spiritual medium.

Becs:

Well, I prefer the title spiritual medium over psychic medium. My role, my passion, is facilitating reunions between incarnate and discarnate spirits—those of us here and those who have passed. It's my life's work to help people understand that life and love don't end with physical death; they simply continue in another form. It's just normal, really! Communication with spirit should be as natural as breathing, and I love helping people realise that.

Hannah Macintyre:

I love that perspective. So, how did you discover your ability?

Becs:

As a child, all I wanted to do was talk to spirit—I was obsessed. I remember watching Joy Stokes on TV and thinking, That's what I want to do! But nothing seemed to happen for me back then. Looking back, I realise now that mediumship unfolds when we're truly ready. I wasn't a natural clairvoyant—I didn't have spirit friends as a child. I had to grow into my abilities. It wasn't until my late 20s, when I started working with tarot and navigating my own emotional transitions, that my mediumship started to develop properly. It's true what they say—when the student is ready, the right teacher appears!

Hannah Macintyre:

That's such an important message, especially for people who feel like they're waiting for something to 'switch on' instantly. Mediumship is about development, not instant gifts. I also wasn't one of those children seeing spirit all the time—it came later for me too.

Becs:

Exactly! And one of the biggest lessons I've learned in development is patience. We all want it to happen now, but you have to do the work. A mentor of mine used to say, Mediumship is easy. What makes it difficult is the medium. It's true! The hardest part is getting our own overthinking and self-doubt out of the way.

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Hannah Macintyre:

Yes! Mediumship should be the most natural thing in the world, but our human minds complicate it. I completely agree.

The Emotional & Personal Growth Side of Mediumship

Hannah Macintyre:

One of the things people don't realise when they start mediumship is how much personal development comes with it. You think you're signing up to talk to spirit, but suddenly, all your own stuff comes up!

Becs:

Oh, absolutely. Before I fully stepped into mediumship, I was still trying to be someone I wasn't. I spent years as a bodybuilder, suppressing who I truly was. That internal conflict blocked my connection to spirit. It wasn't until I began my transition and started living in alignment with my true self that my mediumship opened up. You can't channel spirit when you're disconnected from yourself.

Hannah Macintyre:

That's such a powerful message. Mediumship requires us to be authentic, and that means working through our own emotional blocks. Spirit won't let you bypass your own healing!

The Importance of Validation in Mediumship

Becs:

One of my biggest pet peeves in mediumship is when people focus purely on evidence but forget the emotion. You can't just say, I have your mum here, she loves you. You need personal validation—something real and specific. Like, Do you remember the custard tart she always left in the fridge for you after school? That's the kind of thing that brings a true reunion.

Hannah Macintyre:

Yes! Mediumship isn't just about ticking off names and dates. It's about bringing the love and connection through. That's what spirit wants—to be felt.

Navigating Challenges in Mediumship

Hannah Macintyre:

I think every medium has had that night where nothing seems to land. Have you had one of those?

Becs:

Oh, absolutely. One of my worst experiences was at a big charity night for a West Ham football supporters' club—the same night they got relegated. The energy was awful. I got a link about a coach driver who'd had a heart attack at the wheel, and this bloke in the audience just says, Yeah, you're really shit, aren't you? It was brutal! But then, in the second half, the energy shifted, and a woman took a message that changed everything. You just have to keep going.

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Hannah Macintyre:

That's the thing—every medium has those nights. It toughens you up. You learn that you will have bad nights, but you keep going because the good nights—the life-changing nights—make it all worth it.

Advice for Those New to Mediumship

Hannah Macintyre:

What advice would you give to someone who's just starting their mediumship journey?

Becs:

- Be patient. This is a lifelong journey. You won't be 'ready' overnight.
- Find the right teacher for you. Not everyone resonates with every tutor.
- Practice in safe environments first. Start with friends, family, small groups—get comfortable.
- Work on your own healing. The more emotionally balanced you are, the better your connection with spirit.
- Understand that the evidence is important, but so is the feeling. Spirit communication is about love, not just facts.

Hannah Macintyre:

Brilliant advice. It's all about allowing the process to unfold rather than forcing it.

What's Next for Becs?

Hannah Macintyre:

So, what's next for you, Becs?

Becs:

I'm back out demonstrating, which I love. I'm also running a Spiritual Awakening class for people who are new to all of this but feel like something is shifting in them. Not everyone wants to be a medium—some people just want to understand their experiences. And... I keep getting told I should write a book, so maybe that's on the horizon too!

Hannah Macintyre:

That all sounds amazing! And where can people find you?

Becs:

My website is www.becs-medium.com, and I also do free morning meditations on my Facebook page every weekday at 9am.

Hannah Macintyre:

Brilliant! I'll make sure we link to all of that. Thank you so much, Becs—it's been an absolute pleasure!

Becs:

Thank you, Hannah! This has been so much fun!

Hannah Macintyre:

And to everyone listening, thank you! If you enjoyed this episode, please share Mediumship Matters and spread the word. See you next time!