



Mediumship Matters Podcast Transcripts

Season 7 Episode 20 - Psychic Medium Jessica Lynne: Sandwiches, Spirit Signs & Spiritual Realness

👋 Welcome back to another episode of Mediumship Matters with me, Hannah Macintyre! And today's guest? She's beaming in all the way from the other side of the world – Australia's very own psychic medium, Jessica Lynne. ✨

Meet Jessica Lynne – Psychic Medium with a Heart (and Humour!)

Hannah: Thank you for being here, Jessica! I've followed your journey, and I just know our listeners are going to love hearing about how you came into this work.

Jessica: Thanks so much for having me! My path with spirit started young – like 12 or 13. My nana passed, and I had this deep sense she was still around. I couldn't accept the idea that someone just disappears. So I started talking to her – literally, sitting with her ashes and chatting away like she was still here.

And here's where it gets interesting – the wooden box her ashes were in had a really sweet, distinct smell. When I'd talk to her, that smell would fill the whole room. I started noticing it happened more and more... until one day I was walking down the street and smelled it. I thought, "Oh my god – she's really with me." That was the beginning of everything.

Meditation Circles, Sandwich Symbols & Laughing Spirit Guides

Jessica: I ended up in meditation classes at the local crystal shop with women who were way older and wiser, wondering who this teenage crystal-obsessed weirdo was. 😂 My guides were always cheeky – they'd show me really funny imagery. While others were seeing unicorns and radiant butterflies, I was getting sandwiches made by spirit nannas. Literal sandwiches.

Hannah: I'm crying laughing – yes! My first circle, people were getting messages like "wings of unconditional love," and I got... a bloodied hessian-wrapped knife. 😬 I just sat there thinking, "Oh no. I can't say that." But I did. Turns out, my guides have a dark sense of humour too!

From Psychology Degree to Psychic Medium

Jessica: I actually trained in psychology! But I didn't want to spend every day crying with people – joke's on me, because here I am doing mediumship full-time. 😊 Spirit definitely has a sense of humour.

I worked corporate jobs, even assisted a celebrity designer. But I started doing readings on the side. Free ones at first, then \$30 a pop – barely covering the cost of crystals, let's be real. I never planned for this to be a career.

But then it snowballed – a full-year waitlist, over 800 people, and finally, Spirit gave me a not-so-subtle shove. I've been full-time for 18 months now and never looked back.

Charging What You're Worth – A Spiritual Money Chat 💰

Hannah: Here comes the awkward bit (mostly for me): MONEY! 😊 Did your readings shift when you started charging properly?

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Jessica: Absolutely. When people invest, they show up with intention. They're ready for healing, ready to listen. The energy shifts. Free or super-cheap readings often attract those who no-show, don't care, or test you the entire time. When you align your price with your worth, your clients align too.

And if you're not energetically aligned with the price? It won't sell. Every price increase I've ever done – I was told by spirit (and sometimes clients!) before I even made the change.

Hannah: SAME. Every time I upped my price, someone would say, "You know, you should be charging more..." And I'd be like, "Okay then!"

Zoom Mediumship & Blocking Out the Noise

Jessica: I learned to do readings online during COVID, so working virtually feels totally natural to me. It doesn't change the connection – it's about intention. I show up the same way whether you're in the room or on the other side of the world.

Hannah: When I moved online, I realised in-person clients bring all that frazzled "couldn't find parking" energy into the room. With Zoom, I get a cleaner energetic space, and people are more relaxed in their own homes.

Jessica: Totally. My wife, Jade, helps me train for distractions – I told her to make noise so I could learn to focus. Now I block her out so well she can talk at me for five minutes, and I won't hear a word. Oops. 😊

Dementia, Comas & Souls in Transition

Jessica: The readings that stay with me are the unexpected ones. Like when souls come through... and they're still alive. I've read for people with dementia or in comas – and their souls are already half in the spirit world, preparing for the next phase.

One client's nana came through clearly... and she was still living. That reading changed everything for me. If you're not visiting your loved one in a nursing home, don't worry – their soul knows. They're aware. It's beautiful.

Self-Care for the Spirit Worker (or Lack Thereof)

Jessica: Real talk – I'm not great at self-care. I show up for everyone else, then realise I've done nothing for myself. We got a sauna recently, which helps because I can't take my phone in. It forces me to reflect and just be.

And I walk my dog every day. That's my one non-negotiable. But otherwise? Still working on it.

Recovering people-pleaser here!

Hannah: Right there with you. I feel guilty when I'm not working, even though rest is medicinal. It's a loop!

Handling Skeptics Like a Pro

Jessica: I don't attract skeptics as much anymore, but when I did early on, it would throw me for days. Until I realised – I'm not here to prove anything. I'm a messenger. If it doesn't resonate, that's fine. Refund and move on. I don't give away my power anymore.

Hannah: PREACH. I tell my students this all the time. Every time you say, "Let me try again," when someone says no, you give away your power. Shut it down, reset, and your next reading will be magic.

What's Next for Jessica?

Jessica: Honestly? I'm trying not to plan. I've been working seven days a week for 18 months and just now created a sustainable schedule. I'm learning balance. I'm in a brand-new energy, and it feels good.

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Words of Wisdom for New Mediums

Jessica: When I started, everything felt piecemeal – like I was getting one word at a time. I thought I'd never be able to do full readings. But it's a journey. Your confidence builds with practice.

Don't be afraid to read for free while you're learning. Don't pressure yourself too soon with big price tags. And find kind people to practice with – circles that support you, not test you.

If Jessica Had a Loudspeaker to the World...

Jessica: Mediumship gives people something to believe in. Life can be hard – we need hope, connection, and something bigger. Spirit reminds us we're never alone.

Quickfire Round 🔥

Q: One crystal for life?

A: Rose Quartz – love, comfort, good vibes.

Q: Guilty pleasure on a down day?

A: Salt & vinegar crisps. No regrets.

Q: Spirit guides' theme tune?

A: "I've Got the Power!" 🎶

Q: One non-spiritual skill you wish you had?

A: Surgery. Imagine being able to save lives like that!

Q: If you were a tarot card?

A: The Tower. Didn't even know why – just felt right. Total transformation vibes.

Q: Surprising fact?

A: I was a ballerina and sang in the Australian Girls Choir. Bring on the karaoke!

Q: Dream dinner guests?

A: My grandparents. No contest.

Q: One thing to banish forever?

A: Fear. It's the root of all destruction.

Q: Spiritual ick?

A: "Love and light" gaslighting. No, I don't have to forgive someone just because I'm spiritual!

Where to Find Jessica Lynne

- 🌐 Website: <https://www.jessicalynnmediumship.com/>
- 📱 Instagram & TikTok: @jessicalynnmediumship
- 🎧 Podcast: Talk Spirit to Me on Spotify & Apple