



# Mediumship Matters

## Podcast Transcripts

### Spirit Social Meet The Creators Edition

#### Season 8, Episode 4

#### Guest: Jeffrey Allan Marks on Consciousness, Spirit Guides and Evidential Mediumship

Guest: Jeffrey Allan Marks

Host: Hannah Macintyre

#### Introduction

In this episode of Mediumship Matters, Hannah Macintyre is joined by evidential medium and consciousness explorer Jeffrey Marks.

Jeffrey's journey into mediumship did not begin with curiosity or fascination, but with fear. A childhood encounter in a deeply disturbed house opened his awareness to the spirit world long before he was ready to understand it. What followed was a lifetime of exploration, resistance, questioning and, ultimately, deep commitment to understanding consciousness itself.

This conversation explores spirit guides, evidential mediumship, trauma, creativity, meditation and the nature of awareness. It is an honest, thoughtful discussion that challenges simplistic ideas about spirituality and offers a grounded perspective on what mediumship really is.

#### What Jeffrey Does

Jeffrey describes himself first and foremost as an explorer of consciousness.

While he works as an evidential medium, he sees mediumship as one expression of a much wider enquiry into awareness, perception and what it means to be alive. His work focuses on understanding consciousness in a practical way, not as an abstract spiritual concept, but as something lived, embodied and experienced.

#### A Childhood Encounter with Spirit

Jeffrey's awareness of spirit began at the age of three while living in a house that was actively disturbed.

During the eight months his family lived there, all of the children experienced physical and emotional phenomena. Jeffrey recalls waking during the night to see a figure in his room, watching it approach his bed, turn towards him and charge. From that night on, fear shaped his relationship with the unseen world for years.

Other members of the family experienced similar disturbances, including objects moving, physical pushes and recurring nightmares. The house was later confirmed by subsequent residents to still be active decades later.

This early experience planted a seed. While it created fear, it also permanently altered Jeffrey's awareness of reality. He knew, even as a child, that life was more than what could be seen with physical eyes.

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## Meeting His Spirit Guides

At around fifteen years old, Jeffrey unintentionally entered a deep meditative state while listening to music. When he opened his eyes, he saw several beings standing around his bed. Initially terrified, he avoided the experience for a week. When the beings returned, one placed a hand on his, creating a physical electrical sensation through his body. The message was simple:

"We're not here to hurt you. We're here to help you."

This was Jeffrey's introduction to his spirit guides.

For the next couple of years, contact was regular and involved other members of his family. These experiences led him into meditation groups and early spiritual exploration, though fear and self-protection remained strong themes.

## Resistance and the Path into Mediumship

Despite these experiences, Jeffrey spent many years pushing his spiritual awareness aside. He tried to live what he describes as a "normal" life, suppressing his sensitivity and closing down energetically.

In his late twenties, feeling deeply unfulfilled, he asked his guides for direction. The very next day, his mother called and suggested he watch a television medium. As he watched, he felt a clear inner instruction:

"We want you to do that."

He resisted strongly. Mediumship felt overwhelming, vulnerable and frightening.

Nevertheless, the guidance persisted.

For over a decade, Jeffrey worked without formal training, learning through experience alone. He later sought structured development, joining circles and undertaking formal education in mediumship. Looking back, he would not recommend learning in isolation, though it shaped his resilience and depth of understanding.

## Becoming a Professional Medium

Jeffrey did not choose to become a professional medium.

Three years ago, during meditation, his guides gave him precise information about changes that would occur in his workplace. When those events unfolded exactly as described, he was instructed to leave his job and work full time as a medium.

With the support of his wife and fellow mediums, he made the transition. Even then, he describes the process as reluctant and challenging, driven not by ambition but by an inability to ignore the calling any longer.

## Consciousness as Awareness

Jeffrey's understanding of consciousness is deliberately simple.

At its core, he believes consciousness is awareness.

He explains that awareness is not permanently anchored to the physical body. Everyday experiences such as dreaming, snoring, teeth grinding and time distortion during sleep all demonstrate that awareness can disconnect from physical sensation while remaining fully present.

From this perspective, spirit communicators are not fundamentally different from the living. They are aware beings no longer filtering consciousness through a physical nervous system.

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## What Mediumship Really Is

For Jeffrey, mediumship is not about personality, ego or performance.

It is the process of allowing another awareness to temporarily interact with his nervous system and brain. His role is to observe, interpret and translate those impressions into language that can be understood by the recipient.

Mediumship, in his view, is a biological and neurological process as much as a spiritual one. It is awareness meeting awareness through the body.

## Evidential Mediumship and Real Validation

Jeffrey places strong emphasis on evidence.

While personality traits, memories and life details matter, the most powerful evidence for him comes when spirit communicators reference what their loved ones have been doing recently.

This kind of evidence demonstrates not only survival, but continued relationship and interest. It speaks directly to self-worth, love and ongoing connection, rather than abstract proof alone.

## Engaging with Consciousness

For those at the beginning of their spiritual journey, Jeffrey's advice is simple and challenging:

Get quiet.

Meditation, in whatever form works for the individual, allows awareness to recognise itself.

Without knowing your own energetic "signature", it is impossible to discern when something other than you is interacting with your consciousness.

Learning to observe rather than control is key.

## Creativity as Grounding

Outside of mediumship, creativity plays a vital role in Jeffrey's life.

He works with coloured pencil portraiture, writes fiction and produces a full-cast audio drama podcast titled *Mooin Mystery Adventures*. Set in a medieval world shaped by mystery schools and expanded consciousness, the series explores spiritual themes through storytelling.

Jeffrey is clear that creativity is essential to his wellbeing. Without it, he experiences deep emotional imbalance. Creative expression is not separate from his spiritual work, but a necessary counterbalance to it.

## Quick Reflections

- One word for his work: Creativity
- Favourite tool: Consciousness itself
- Recommended book: *Seth Speaks*
- Something surprising: A love of absurd, silly comedy

## Final Thought

Jeffrey closes with a reminder that spiritual growth is ongoing.

We are never finished. Like a flower unfolding, growth requires stretching into unfamiliar space. That discomfort is not failure. It is evidence of becoming.