



Mediumship Matters Podcast Transcripts

Season 2 Episode 9

Interview with Lisa Jesswein

Welcome & Introduction

Hannah Macintyre: Hello and welcome to Mediumship Matters! I'm Hannah Macintyre, and today I have an incredible guest—Lisa Jesswein, also known as Intuitive You on Instagram. Lisa is a psychic medium based in the U.S., and we've already been chatting so much before recording that I had to stop us to actually hit record! I know this is going to be a fantastic conversation. Lisa, welcome!

Lisa Jesswein: Hello, my UK friends—and all my international listeners! I'm so excited to be here.

Hannah: We're thrilled to have you. Let's start with your journey. How did you first discover your psychic and mediumistic abilities?

A Lifetime of Spirit Connection

Lisa: Well, my story starts way back when I was five years old. One night, I woke up and saw a full-blown Native American shaman standing at the foot of my bed. You'd think a five-year-old would be terrified, right? But nope—I just said, "Hi." And he replied, "My name is Arrow." He told me that was a name I could easily remember and showed me an actual arrow as a symbol. That moment changed everything.

As I grew older, I realized that Arrow wasn't just a random visitor—he was my spirit guide, preparing me for some major life challenges.

Hannah: And you've certainly been through some challenges. Can you share some of what you've experienced?

Lisa: Absolutely. At seven, I started experiencing serious health problems, and by twelve, I had my first kidney transplant. By sixteen, I'd had two transplants, and that same year, I had a near-death experience (NDE) after suffering five grand mal seizures. I remember moving toward a brilliant light, and the moment I reached it, all I could think was: "I want to stay here."

But Spirit had other plans. A voice—neither male nor female—simply said, "No." And in that one word, I understood everything I had yet to do. Then, I was pulled back into my body. When I woke up, I felt... different. It was like someone had turned up the volume on my intuition. I could hear and feel Spirit in a way I never had before.

Hannah: That is absolutely incredible. And I love that Arrow has been with you through it all. Does he still work with you now?

- Lisa: Oh, 100%. He's what I call the bouncer of my table. Whenever I do table tipping, Arrow is the one checking IDs at the door in the spirit world, making sure only the right energies come through. He's always by my side, and when I need reassurance, I feel a rolling motion in my arms, like a bird stretching its wings.

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The Importance of Spirit Guides & Boundaries

Hannah: I love that! Spirit guides make it so much more accessible. I always joke that if I needed urgent help, I wouldn't message God—He's too busy! But my guides? That's their job.

Lisa: Exactly! And they show up when we need them. After one of my surgeries, I woke up paralyzed on a respirator. I panicked, but I called out for Arrow in my mind, and I instantly felt his calming presence. He told me, "I'm going to put you back to sleep, and when you wake up, you'll be able to move." And sure enough, when I woke up again—I could.

Hannah: That's so powerful. I think a big misconception people have is that spiritual experiences only happen during big moments, but Spirit is always with us.

Lisa: Exactly! And this is why boundaries with Spirit are so important. People always ask, "Why doesn't my loved one come through?" Well, Spirit operates on respect. If they're not coming through, there's a reason—maybe they're waiting for you to be ready. Also, just like in life, Spirit responds to kindness, not demands. If you yell at Spirit like "Why aren't you showing up?!"—they won't! But if you ask with love and gratitude, the connection is so much stronger.

Near-Death Experiences & Spirit's Perspective

Hannah: Your near-death experience is so fascinating. Do you feel that changed how you work as a medium?

Lisa: 100%. I experienced that overwhelming peace and love, so I know without a doubt that our loved ones are safe on the other side. When people come to me, worried if their loved one is okay, I can confidently say—they are home, and they are free.

Hannah: Yes! And I think that's what so many people need to hear. What was it like adjusting to being back after that experience?

Lisa: Honestly? Devastating. I woke up, and everyone around me was celebrating, but all I could think was: I want to go back. I kept it to myself for a while, but eventually, I shared my experience, and luckily, my family was incredibly supportive. Even today, when I talk about it, I get emotional. It was that profound.

Readings & Unique Spiritual Tools

Hannah: So let's talk about your readings. What can people expect when they book with you?

Lisa: My readings are interactive and personalized. I use: Tarot—as a tool to engage the client.

Table Tipping—where Spirit physically moves a table to communicate.

Oracle Decks & Rune Stones—to bring in extra layers of guidance.

I could do a reading without these tools, but I find they help people connect and participate. When clients physically see the energy at work, it validates the experience in a whole new way.

Advice for Developing Mediums

Hannah: What advice would you give to someone just starting their journey with Spirit?

Lisa: Trust your intuition—Spirit speaks in many ways.

Explore different methods—Read books, attend workshops, try various tools. Find a teacher that resonates with you—If an instructor's energy doesn't feel right, they're not for you. Set boundaries—Spirit will respect your space if you clearly define it. Let go of the idea that trauma = spirituality—You don't need a near-death experience to connect with Spirit!

Where to Find Lisa & Book a Reading

Hannah: Lisa, this has been absolutely amazing. Where can people find you and book a reading?

Lisa: You can find me at [IntuitiveYou.net](https://intuitiveyou.net), and on Instagram & Facebook (@intuitive_you). Readings are available via Zoom & in-person, and yes—table tipping works online too!

Hannah: I love it! Thank you so much for sharing your incredible journey, Lisa. This has been such a joy.

Lisa: Thank you, Hannah! And to everyone listening—trust your connection, keep growing, and never stop exploring!