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Season 3 Episode 93 - Interview With Jannine Toone Psychic Medium

Healing, Spiritual Growth & The Mediumship Journey with Jannine Toone

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm joined by the wonderful Jannine Toone, who has kindly agreed to share her journey and insights into working with Spirit. Thank you, Jannine, for being here!

Jannine's Journey into Mediumship & Healing

Jannine is a psychic medium, healer, and spiritual teacher, dedicated to helping people understand Spirit communication and overcome blocks in their development. She shares how, at the start of our journey, Spirit often gives us signs and synchronicities to guide us, only for everything to go quiet. But this isn't Spirit abandoning us—it's their way of saying, You've got this! It's time to find your own way.

Jannine has been professionally working with Spirit for over 15 years, but her connection started much earlier, around the age of 12 or 13, during a time of deep personal struggle. Facing bullying and family challenges, she found solace and guidance from Spirit, including her great-grandmother, Rose, who she had no prior knowledge of.

From early on, she experienced vivid spiritual encounters, including guidance from her higher self and future self, steering her away from harm. Spirit provided her with protection and reassurance during some of the toughest moments in her life. This connection carried her through, shaping her unique, healing-based approach to mediumship.

Using Mediumship to Heal & Support Others

Jannine's journey hasn't just been about connecting with Spirit—it's been about healing herself and others. She believes that painful experiences often crack us open to Spirit and push us toward deeper spiritual awareness.

She now works with clients who are navigating grief and personal transformation, helping them connect with their own loved ones in Spirit. Her readings are not just about messages—they are about healing, understanding, and empowerment.

She emphasizes that Spirit doesn't just want us floating in the ether; they encourage us to find earthly support, build resilience, and balance spiritual work with practical life.

Working in the Astral & The Importance of Grounding

Jannine is highly attuned to the astral realm, often working outside her body in dream states, assisting people on a soul level. Many of her clients have reported dreams where she appeared to offer guidance—something she has experienced for years.

However, she stresses the importance of grounding. As someone with a Pisces Moon, she jokes that she'd be floating in the spirit world all the time if she could! But grounding is essential—it ensures we can function in our daily lives without being completely lost in Spirit.

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Her favorite grounding practices include:

- Cooking – Especially using earthy vegetables.
- Cleaning – Even clearing out a teenager’s messy bedroom can be grounding!
- Mindful awareness – Engaging in everyday tasks to remain present.

She reminds us that sometimes, the best spiritual downloads happen when we aren’t focusing on Spirit—when we’re simply living in the moment.

Experiencing Spirit: The Full Spectrum of the Clairs

When it comes to sensing Spirit, Jannine uses all the Clairs—though her journey with them has evolved.

- Clairvoyance was her initial strength, receiving images and symbols.
- Clairaudience (hearing Spirit) was blocked for a time, possibly due to past trauma, but has since reopened.
- Clairsentience (feeling Spirit) is one of her strongest abilities, as she often physically feels the emotions and sensations of both Spirit and her clients.

She describes mediumship as a triangle of connection—the medium, the client, and Spirit. It’s about blending energies, not just relying on one sense.

She also touches on Spirit apologies, explaining that many spirits go through a life review where they see the impact of their actions. While not all readings involve apologies, when they do, they can be deeply healing for both Spirit and the sitter.

What is a Life Review?

A life review happens after passing, where Spirit re-experiences key moments from their life—both the good and the bad.

- It’s not about punishment, but about understanding.
- Spirit sees events from the perspective of others, recognizing their impact.
- It’s done with love and guidance—often in a healing space in Spirit.

This process allows Spirit to grow and evolve, and it often leads to deeper healing between them and their loved ones on Earth.

The Mother Wound & How It Affects Spiritual Awakening

One of Jannine’s biggest areas of work is healing the mother wound—an emotional wound caused by complex relationships with maternal figures.

She has noticed a pattern: many people who experience spiritual awakenings have unresolved pain related to their mothers.

- A mother doesn’t have to be abusive to leave an energetic imprint.
- Many people are born into generational patterns of trauma or disconnection.
- Spirit can offer comfort and support, but ultimately, healing happens in the earthly realm.

Understanding this wound can open people up to deeper spiritual growth and self-acceptance.

Divine Blueprints: Do We Have a Predestined Path?

Jannine works with divine blueprints—a map of our soul’s journey. While we have free will, there are certain key experiences and lessons that are set in place before we are born.

- Some events are predestined, while others shift based on our choices.
- Healing and growth can speed up certain aspects of the blueprint.
- Sometimes, we wait for others (e.g., soulmates or colleagues) to be ready before our path unfolds.

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She sees this as a Connect Four game—one step leads to another, and everything aligns when the time is right.

Advice for Those Starting Their Spiritual Journey

Jannine's advice for beginners:

- Stay open & curious – Watch other mediums, explore different styles, and learn from various sources.
- Be willing to make mistakes – Growth comes from trial and error.
- Set boundaries – Both with Spirit and in your daily life to avoid burnout.
- Balance spiritual & earthly life – Don't become isolated in your journey.
- Do it YOUR way – No two mediums are alike. Find what works for you!

She emphasizes that mediumship is evolving, and we are no longer bound by rigid rules. The next generation of mediums will bring fresh perspectives and new ways of working with Spirit.

Healing & Trauma: You Don't Need to Be Fully Healed to Work with Spirit

A powerful message from Jannine: you don't have to be "fully healed" to do this work.

- Healing is ongoing – Life is about learning and evolving, not reaching a perfect state.
- Your wounds attract the right clients – Your struggles shape your ability to help others.
- Vulnerability is a strength – The more you embrace your humanity, the stronger your connection to Spirit.

Final Thoughts

- Spirit never leaves you—trust your journey.
- Your struggles are part of your purpose.
- You don't have to be perfect to work with Spirit.
- Grounding is essential—balance is key.

A huge thank you to Jannine for sharing her wisdom! You can find her website in the show notes. If you have any thoughts or questions, email me at podcast@hannahmedium.co.uk.

See you next time!

—Hannah