



Mediumship Matters Podcast Transcripts

Season 3 Episode 58 - Interview With Lucy Jayne From Cosmic Order

Welcome to Mediumship Matters!

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm joined by the fabulous Lucy Jayne from Cosmic Order—a brilliant evidential medium and the owner of a thriving holistic business. If you're into mediumship, crystals, and all things spiritual development, this episode is for you!

Who is Lucy Jayne?

Lucy is an evidential medium offering one-to-one readings and running Cosmic Order Ltd, a business supplying crystals and holistic tools across the UK and internationally.

💡 “Mediumship is my connection, but crystals are my passion!”

You can check out her offerings at www.cosmicorder.life!

Lucy's Journey into Mediumship

Lucy's path into mediumship was never a choice—it's always been part of her life.

◆ As a child, she saw, heard, and sensed spirits constantly. ◆ Her mother, though intuitive herself, was terrified and tried to ignore it. ◆ At age 11, she and her mum saw her grandmother's spirit appear in their home the moment she passed. ◆ This was the moment she realised, “Spirit is real—and I can connect.”

💡 “Spirit has always been normal for me. It wasn't a ‘wow’ moment—it was just life.”

The Difference Between Personal Spirit & Public Mediumship

Lucy describes two very different experiences in mediumship:

✅ Personal Spirit Connection – Natural, effortless, like chatting with family. ✅ Public Readings – More structured, requiring energy control, trust, and delivery skills.

💡 “I never had to learn how to connect to spirit—I had to learn how to connect to people!”

Navigating Spirit Communication in Public

Lucy's first experience with a spirit outside of her family happened at a funeral:

◆ She blurted out a message to a grieving woman about her loved one. ◆ The reaction? “Don't be stupid.” ◆ This taught her that not everyone is open to spirit messages.

💡 “Mediumship isn't just about talking to spirit—it's learning how to deliver messages appropriately.”

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Why Some Spirits Don't Communicate Clearly

◆ Some spirits stay distant—they're present but don't fully blend with the medium. ◆ This can be due to sitter readiness or a natural energetic boundary. ◆ Blending happens best when the energy feels safe and comfortable.

💡 "It's like hugging a stranger versus hugging a loved one—some connections are just easier."

Boundaries with Spirit—Avoiding Random Readings

Lucy shares a hilarious but frustrating experience:

◆ At the Opera House, a spirit insisted she pass on a message to their husband sitting nearby. ◆ She refused, knowing it wasn't appropriate. ◆ That night, she reworked her boundaries, making sure she only connected when she chose to.

💡 "Work is work. Home life is home life. Spirit needs to respect that too!"

The Role of Humour in Readings

◆ Spirit often brings humour to lighten the energy. ◆ One husband in spirit said, "Tell her I should've worn pyjamas—I didn't want to be found naked!" ◆ Laughter helps healing, making the connection feel natural and loving.

💡 "Spirit isn't just about grief—they want to make us smile too."

The Reality of Mediumship—Not Every Reading is a 'Wow'

✔ Some readings blow minds, but not every message will be life-changing. ✔ Sitters need to be open and engaged—energy affects connection. ✔ The best readings happen when the sitter works with the medium.

💡 "If you cross your arms and demand proof, you're blocking your own experience."

Finding a Good Medium—What to Look For

Lucy's tips for finding an ethical, high-quality medium:

✔ Avoid flashy sales tactics—real mediums don't need gimmicks. ✔ Check their behaviour online—are they helping or just selling? ✔ Look for a healing aspect—a reading should bring peace, not just proof. ✔ Personal recommendations are key—word of mouth beats advertising.

💡 "A great reading isn't just about messages—it's about transformation."

The Power of Crystals in Spiritual Work

Lucy is passionate about crystals and how they support energy work:

◆ Citrine - Her favourite! Attracts abundance, joy, and confidence. ◆ Kyanite - Amazing for spiritual communication & flow. ◆ Amethyst - Great for deepening connection to spirit (but too intense for her personally!).

💡 "Crystals change the energy of an entire space—use them intentionally!"

Advice for Beginners in Mediumship Development

◆ Take your time—don't rush into giving readings. ◆ Understand energy first—before spirit, learn your own energy. ◆ Trust the process—there will be ups and downs. ◆ Find what works for YOU—not every method suits every person.

💡 "Mediumship is a journey. Enjoy it, don't rush it."

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Final Thoughts—Authenticity is Everything

Lucy and I agree: Integrity matters in mediumship.

💡 “Forget the gimmicks, forget the drama—just focus on genuine connection with spirit.”

A massive thank you to Lucy Jayne for sharing her journey! If you’d like to book a reading or explore her crystal shop, check out the links in the show notes.

And as always—have a bloody marvellous day! 🚀