



Mediumship Matters Podcast Transcripts

Episode S7, Episode 36 - Taking the Leap with Medium Jennifer Jeska

The Journey Begins

Hannah Macintyre:

Hello and welcome back to Mediumship Matters! I'm Hannah Macintyre, and today's episode is extra special because I get to chat with someone I've had the joy of working with for the past year — a friend, colleague, and incredible medium who's truly blossomed in her development journey. Please welcome Jennifer Jeska!

Jennifer Jeska:

Thank you for having me, Hannah! This feels like a full-circle moment. I actually discovered you through your podcast, and when I heard you speak, I thought, That's my teacher!

Hannah:

I love that! And now here we are, on the other side of that journey. Let's start right at the beginning — how did this amazing (and slightly crazy) life with spirit begin for you?

Discovering Mediumship

Jennifer:

It's funny — for years I thought I had zero connection to spirit. Then, about eight years ago, a medium approached me out of the blue. She told me that my dad — who was in spirit — had been at my wedding. I'd only just been married two months earlier.

She gave me details she couldn't possibly have known, and that moment changed everything. I'd loved mediums since I was a child — Sylvia Browne was my idol (even though, looking back, she was quite intense for a little girl!). But after that reading, everything clicked. I realised it was real.

At first, I didn't think I'd ever become a medium. I went for an energy healing session — completely embarrassed, by the way — and thought, "What am I doing here? Everyone's going to think I'm mad!" But during that time, things started happening. I began seeing faces, having premonitions, and feeling energy in ways I never had before.

Then I attended a retreat called Discover Your True Soul Self. I nearly talked myself out of it — told myself it was too expensive, too ridiculous — but my husband and a friend both insisted I go. And honestly, it was life-changing.

At the retreat, the medium leading it told me point-blank: You're already connected. This is going to start happening whether you're ready or not — so you might as well learn how to handle it.

She was right. Once I opened that door, there was no going back.

Starting Out

Hannah:

So what happened after you got home?

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Jennifer:

My husband was... cautious. He said, “You can’t really do that, Jen. You’ll lose your clients!” (I’m a hairdresser.) But something inside me had shifted. I started meditating, reading, and exploring everything I could. Eventually, I realised I couldn’t just dabble — I needed proper training. And yes, it was terrifying! I’ve always been the “play-it-safe” type — the one who keeps everything neat and under control. Mediumship felt dangerous. But spirit clearly had other plans.

Finding Her Calling

Hannah:

Tell everyone a little about the work you do now.

Jennifer:

My absolute passion is evidential mediumship — that’s the crown jewel for me. There’s nothing like seeing someone’s energy shift as they realise their loved one is really there. Watching that healing unfold is beautiful.

I also offer card readings — something I didn’t expect to love — and I practise Reiki. Recently, I’ve started training as a grief educator with Dr David Kessler. Spirit literally gave me the word grief coach in a dream one night! I woke up thinking, “Please don’t tell me I need a four-year degree for this.” But it turned out all I needed was the right training.

It feels like the missing piece — merging evidential mediumship with grief education so I can support people in healing after loss.

Balancing Two Worlds

Hannah:

And you’re still running your hairdressing business too! Have you figured out how to bend space and time?

Jennifer:

Nope! I just don’t relax — ever. (laughs)

Coming Out as a Medium

Hannah:

When you “came out” as a medium, how did people react?

Jennifer:

That was one of the hardest parts. My mum was thrilled, but my husband was hesitant at first. Over four months, I slowly told my clients because I didn’t want them finding out through gossip.

Most were supportive, but some weren’t. I received a thick packet of letters from someone telling me I was going to hell — complete with Bible verses and prayers for my “redemption.” I also had clients cancel appointments, calling me part of “the occult.”

It was painful, but it also taught me resilience.

Shifting Perspectives

Hannah:

And your husband — how’s he feeling about it all now?

Jennifer:

He’s my biggest cheerleader! He supports me completely, though he does ask me to tone down the spirit talk sometimes — fair trade, since I don’t want to hear about football!

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Memorable Readings

Hannah:

What's a reading that's really stayed with you?

Jennifer:

One of my favourites was a woman whose mother came through with a message of forgiveness. She showed me how her daughter had been holding guilt about a decision that led to her being placed in care. Spirit made it clear — it wasn't her fault. Watching that healing unfold was incredible.

And then there was the firefly. During the same reading, I kept seeing a little light dancing in the air. When the client asked what signs her mother sent, I finally mentioned it — and she burst into tears. She'd been seeing a single firefly at night, long after firefly season, and knew it was her mum. It was such a powerful validation.

The First Steps

Hannah:

What about your very first reading?

Jennifer:

It was the week I joined The Gateway. I'd watched a few lessons and thought, "Can I really do this?" I found a practice partner and somehow got three little pieces of information — and it felt like magic! I was buzzing for days.

Now, of course, I do twenty pieces of evidence and still think it's not good enough. It's such a fast shift from "Wow, I did it!" to "That's not enough."

Facing the Fear

Jennifer:

When I started offering professional readings, I felt constantly tested. Practice sessions were painful, but the paid readings went well — until they didn't, and I'd spiral into doubt again. Mediumship pushes you to the edge of your comfort zone again and again.

Creating Retreat Experiences

Hannah:

You've started running mini-retreats too — tell us about those!

Jennifer:

Yes! A friend and I run book-your-own retreats so people can come with close friends rather than strangers. We offer readings, massages, mini-classes, and finish with sound bowls and meditation. It's magical — relaxing and uplifting. I'd love to do more.

Lessons Along the Way

Hannah:

What's the biggest lesson you've learned about yourself?

Jennifer:

That life doesn't have to be safe. You can make choices just for joy, without knowing the outcome. You can take risks and completely change your life — and that's okay.

Advice for Sittings

Hannah:

For people booking a reading for the first time, what advice would you give?

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Jennifer:

Come with an open mind. You don't need to meditate or pray — just be willing to receive whatever happens. Spirit knows what you need.

Understanding Evidential Mediumship

Hannah:

How do you explain evidential mediumship?

Jennifer:

It's a soul-to-soul connection. The best way I've heard it described — actually from you — is energetic charades. Spirit sends impressions as energy, and we translate them into human language. It's a delicate dance of feeling, sensing, and trusting what comes through.

Signs from Spirit

Hannah:

You've got a free e-book, 10 Signs Your Loved One in Spirit Is Still With You. What's the most surprising sign you've heard?

Jennifer:

Definitely the firefly! But also when spirit uses other people as messengers — that's always amazing.

Working Online and Looking Ahead

Jennifer:

I mostly work online — it fits my lifestyle, and it's just as powerful as in-person. But I do love fairs and would like to open a physical space one day where I can combine hairdressing, readings, and healing all under one roof.

Advice for Her Younger Self

Jennifer:

I'd tell myself: stop taking it all so seriously. You can't force mediumship — it's about flow, not control. And if a reading doesn't work, that's okay. Refund them, send love, and move on.

Quickfire Round

- Sunrise or sunset? Sunset.
- One word clients should leave feeling: Wow.
- Favourite oracle card: The Magician.
- Card that shows up most: Seven of Swords — choices, crossroads, lessons.
- Reading preference: Always someone I don't know!
- Self-care ritual: Walking my dogs (without my phone).
- If not a medium or hairdresser: A therapist or psychologist.
- Myth to bust: Mediums aren't talking to demons — spirit communication is filled with love, not fear.
- Currently reading: Hidden Forces by Ann Theato and a book co-written by John Edward and an FBI agent — absolutely fascinating.

Final Thoughts

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Jennifer:

If I could leave listeners with one message, it would be this: Don't always play it safe. The best things in life come from taking risks, even when you're terrified. I used to avoid risk completely — now, I see it as the pathway to purpose.

Demonstrating Mediumship

Hannah:

Before we wrap up, tell us about your Spirit Social demonstrations.

Jennifer:

I call them “My Journey to Platform Mediumship.” I wanted to be transparent about the process — the nerves, the learning, the realness. I'm not pretending to be perfect. My hope is that it encourages others to show up as they are, because you don't have to be flawless to make a difference.

Hannah:

Exactly — it's about showing up. Thank you so much, Jennifer. It's been such a joy to watch you shine.

Jennifer:

Thank you, Hannah — and thank you to everyone listening.