



Mediumship Matters

Podcast Transcripts

Spirit Social Meet The Creators Edition

Season 8, Episode 13

Jennifer Jeska on Grief Education, Evolving Mediumship and Holding Space Without Fixing

Guest: Jennifer Jeska

Host: Hannah Macintyre

Introduction

In this episode of Mediumship Matters, Hannah Macintyre welcomes back Jennifer Jeska, evidential medium, intuitive reader and now certified Grief Educator.

Since her last appearance on the podcast, Jennifer has undergone a profound professional and personal transformation. After completing intensive grief education training under Dr David Kessler, her mediumship has evolved in ways she did not anticipate.

This conversation explores grief support, evidential mediumship, holding space, validation, public demonstrations and what happens when spirit begins working with the expanded capacity you have built within yourself.

Training as a Grief Educator

Jennifer completed a three-month Grief Educator certification, a process she describes as both intense and transformative.

Initially, she believed grief education would focus on helping people move forward. Instead, she learned something far more important:

Grief is not meant to be fixed.

It is meant to be witnessed.

This shift has fundamentally changed the way she approaches her work. Rather than viewing grief as something to resolve, she now understands it as a deeply personal and ongoing transformational process.

How Grief Education Changed Her Mediumship

One of the most fascinating aspects of Jennifer's evolution is how her training has influenced her readings.

Since completing her grief education, spirit has begun bringing through deeper commentary about how her sitters are grieving. In around 90 percent of her sessions, loved ones in spirit now reference:

- The client's emotional coping patterns
- Their lack of support systems
- Private grief rituals, such as looking through photographs
- Emotional isolation

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Jennifer describes it as having "more data in her databank." Spirit is now able to work through a wider frame of reference because she has expanded her knowledge and understanding.

Her mediumship has not become less evidential. It has become more layered.

Validation Over Fixing

Many grieving clients come to a medium in their darkest hour. They are not simply curious. They are hurting.

Jennifer now recognises that the most powerful thing she can offer is validation.

When a client feels seen in their grief, when their pain is acknowledged without being corrected or minimised, something shifts. They feel less alone.

She emphasises that mediums do not need to say, "It's okay," or try to reduce tears. Holding space, continuing the work and allowing emotion to exist without interruption is often the greatest gift.

The Responsibility of Mediumship

Jennifer speaks candidly about the responsibility mediums carry.

People in grief can easily give their power away. They may take every word spoken in a reading as absolute truth. Because of this, Jennifer is careful to:

- Encourage discernment
- Remind clients not to surrender their autonomy
- Allow space for questions
- Avoid overstepping into fixing or directing

Mediumship is not about control. It is about connection.

Evidence Versus Presence

Like many developing mediums, Jennifer once focused heavily on producing strong evidence. Recently, however, she has noticed spirit slowing her down. Rather than providing rapid-fire facts, they are sharing stories, emotional context and reflections about the sitter's present life.

While evidence remains crucial, presence and validation are often what clients truly need. This surrender has required Jennifer to move beyond her comfort zone and trust that spirit knows what the sitter requires.

Living With Grief Personally

Interestingly, Jennifer realised during her training that she had not fully processed her own early losses.

Most of her significant grief occurred before the age of seventeen. Her coping mechanism became productivity, strength and forward motion. She believed resilience meant pushing through.

Grief education taught her otherwise.

Now she recognises the importance of:

- Scheduling time to feel emotions
- Allowing tears without judgment

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- Understanding that grief is lifelong
- Accepting that transformation is ongoing

The healing journey continues for everyone, including the healer.

Protecting Yourself While Holding Space

As a medium, empath and grief educator, Jennifer is mindful of energetic boundaries.

She emphasises the importance of:

- Maintaining a slight energetic distance
- Setting intention before sessions
- Clearing energy afterwards
- Practising daily Reiki for self-care
- Grounding through simple rituals, such as time with her dogs

Compassion does not require self-sacrifice. It requires balance.

Public Demonstration and Expansion

Jennifer is stepping into a new chapter: public demonstrations of mediumship.

She describes the upcoming in-person demonstration as both exciting and expansive. The fear exists, but the excitement outweighs it.

She hopes to move toward regular public platform work, allowing audiences to witness evidential mediumship and experience the reassurance of continued connection with spirit. Demonstration, for Jennifer, is about sharing spirit in a collective space where healing can ripple outward.

Signs After a Reading

On her website, Jennifer offers a free ebook about recognising signs from loved ones after a mediumship reading.

She explains that the question she hears most often is:

"How will they show me they're still around?"

For her personally, signs often arrive through music. She describes receiving specific lyrics that match her emotional state perfectly, even discovering songs she did not previously know.

Signs are personal. They are interactive. They continue long after a session ends.

Expanding Into Spiritual Life Coaching

Alongside grief education and platform work, Jennifer is also pursuing spiritual life coaching certification.

Her intention is to help people:

- Explore their intuition
- Deepen their spiritual connection
- Create fuller lives beyond work alone
- Reclaim joy and balance

She recognises that in order to guide others, she must also model the balance she is teaching.

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Quick Reflections

- Grief in one word: Lifelong
- Spirit in one word: Omnipresent
- Evidence or presence: Evidence
- Grounding practice: Time with her dogs
- Work energy right now: Exciting and expansive

Final Thought

Jennifer Jeska's evolution reminds us that mediumship grows as we grow.

The more capacity we build within ourselves, the more spirit can work through us. Grief does not need to be fixed. It needs to be witnessed.

And when we allow ourselves to expand, our work expands with us.

Transcribed and adapted for accessibility and SEO from the original interview recording.