



Mediumship Matters Podcast Transcripts

Season 5 Episode 2 - Interview with Jennifer Conn

A Conversation with Jenni Conn: The Medium Experience, Shadow Work & Spiritual Evolution

Hello and welcome to Mediumship Matters with me, Hannah Macintyre!

I am thrilled to open Season 5 of the podcast interviews with the incredible Jenni Conn from The Medium Experience! Jenni is a powerful, insightful, and down-to-earth medium who brings fresh perspectives on mediumship, shadow work, and self-empowerment.

This episode is a deep dive into the journey of mediumship, what it truly means to connect with spirit, the importance of shadow work, and the evolution of self. So, let's get into it!

Jenni's Journey: From Spirit Connection to The Medium Experience

Jenni's podcast, The Medium Experience, is exactly what the name suggests—her journey with mediumship, her truth, and her ever-evolving understanding of spirit.

But, interestingly, she had a moment of doubt when a well-known medium publicly mocked the name! Instead of shrinking back, she reflected on why she chose it:

- We're all mediums.
- Everyone's experience is unique.
- Her goal is to help people connect more deeply with their own souls.

"Whether you want to have conversations with spirit or not is personal, but your relationship with your own soul is everything."

That clarity made her realise—she's exactly where she's meant to be.

Champagne, Crystals & Creating a Beautiful Life

If you've ever listened to Jenni's podcast, you'll know she loves aesthetic, beauty, and celebration.

- She encourages guests to bring a beautiful drink in a beautiful glass to her Champagne Channelling series.
- She believes that the energy of how we present ourselves matters.
- And, despite her love for crystals, she reminds us—we are the magic.

"You don't need sage, crystals, or rituals to be powerful. You are the crystal. You are the magic."

A beautiful reminder that our energy shapes everything.

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Growing Up Feeling “Off” & Coming Back to the Body

Unlike many mediums who have dramatic awakening stories, Jenni’s experience was different:

- She was always comfortable in the spirit world—it was the human world she struggled with.
- In 2020, after her son’s best friend tragically passed, spirit communication became undeniable.
- She realised she had always been connected—she just hadn’t recognised it before.

“I didn’t have a spiritual awakening—I had a human awakening. I had to come back into my body and fully experience life here.”

The Role of Pain & Shadow Work in Mediumship

Every medium has a hard-knock life story. Jenni is no exception.

- Pain stretches us. It gives us the capacity to hold space for others.
- Our journey inward is the real work. Mediumship is less about spirits out there and more about our relationship with ourselves.
- Shadow work is essential. Without it, we stay stuck in victimhood and energetic addiction.

“You can be victimized, but if you don’t learn the lesson, you become addicted to victimhood. You keep attracting it over and over.”

Shadow work means asking the right questions, sitting with the discomfort, and truly listening to ourselves.

Are We Here to Evolve or Just Experience Duality?

One of my favourite philosophical questions:

- Are we evolving?
- Or are we here to experience contrast—the good, the bad, the light, and the dark?

Jenni’s take:

“Absolutely, we are evolving. The energy of masculine and feminine is shifting. We’re collectively healing old wounds, but we must also take personal responsibility for our own part in it.”

She reminds us—our wounds are not just personal. They are collective.

What Makes a Great Medium?

Jenni doesn’t seek out mediums for readings—she doesn’t need evidence that spirit exists. But she has trained with Gordon Smith, who she deeply respects for his practical, no-nonsense approach.

For her, a great medium is:

- Authentic—not performing, just being themselves.
- Balanced—holding both the evidence and the emotion.
- Confident—in their process, even when spirit communicates in unexpected ways.

She also prefers group teaching and mentorship over one-off readings because:

“Transformation happens when people commit to the process, not just one reading.”

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Jenni's Top Tips for Developing Mediums

For beginners:

- Play! Don't overthink, just practice.
- Say what you see. If you see blue, say blue—it might mean more than you realise.
- Know that if you're drawn to this work, you're already connected.

For experienced mediums:

- Charge what you're worth. Your time and energy deserve compensation.
- Develop your own way. Not all mediums work the same way.
- Keep questioning. The journey never ends.

What Spirit Has Taught Jenni

One of the biggest lessons spirit has given her:

“It's not personal.”

- Everything is connected. We are all one.
- Self-abandonment is the real issue. It's not just about setting boundaries—it's about self-respect and trust.
- Healing is about letting go of the walls, not just putting more up.

What's Next for Jenni? Saying YES!

Jenni is embracing a new phase of expansion, saying yes to new opportunities, including:

- Speaking to international audiences.
- Co-hosting a membership focused on astrology and healing.
- Following where spirit leads without overthinking.

“2024 is about leaning into discomfort and trusting the stretch.”

And I have no doubt it's going to be incredible to watch!

Final Thoughts

This was such an honest, powerful, and inspiring conversation. If you want to connect with Jenni, check out her website and socials (linked in the show notes!).

Until next time—trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

Keywords for SEO: Mediumship development, shadow work, spiritual evolution, authentic mediumship, self-worth as a medium, spirit communication, soul journey, healing the masculine and feminine, personal power, energetic boundaries, the medium experience.