

AN INTERVIEW WITH MEDIUM JANET MAYER

Q: How old were you when you first exhibited ability to communicate with spirit, and what were the circumstances?

Janet: My abilities became known at age 5. I awoke one night to see my dad standing in the doorway and I could see through him. Thinking he looked like a ghost I made a noise, started to scream and he looked up at me. I later realized he was “astral traveling” and I saw him. After that, I began to pay attention and I realized I knew things before they happened, like the day I went to see my grandmother and knew I would never see her again. She died that night. However, I have seen her since....

Q: What are the ways that you interact with spirit? (Are you more likely to see them, hear them, sense them, etc)

Janet: I sort of consider myself “Janet of all trades.” Let me explain. I allow them to come to me however they can or need to. I’ve seen full bodies, sometimes shadows; I’ve even seen just heads of people because they have something unique they wish to show me about their face or head. I consider myself mostly visual. If I don’t see them actually standing before me, I get pictures or quick flashes like lightning in my mind that give me a glimpse of who they are. I’ve felt their presence nearby at times, especially when I wake up in the morning or go to work on a reading! I sometimes smell perfume, smoke, or a scent they may be connected to like an auto repair shop. I’ve also had some who whisper words in my ear that I can actually hear. And I have felt ways in which they have passed as well. I allow myself to be open when I work on a reading to bring through whatever they wish to share. It’s the least I can do!

Q: Does having such ability provide challenges to your personal life?

Janet: Yes, I still get a bit annoyed when someone says, “Oh well, you’re a psychic medium, so you would know that!” I don’t know everything, none of us mediums do; we are human after all. What you see on TV has been edited or enhanced and as wonderful as it is to get that message out there, people still need to know everyone is unique in that you just never know what or who is going to show up or not show up in a reading! It’s also a challenge when someone is looking for one specific thing in a reading. I can’t promise I’ll get that one thing. I never know. I just stay open to whatever needs to come through and if the other side wants you to know, you’ll know. If not, take what they give you and see what plays out.

Q: Has it enhanced your life as well?

Janet: It’s been wonderful to help others with my abilities in my own way. It’s also nice keeping tabs on my son! I always know when I need to call him or when he needs me. I’ve heard so many times, “Mom, I knew you would call!”

Q: Any advice to those who wish to communicate directly with their own deceased loved ones?

Janet: Find time to meditate or find a quiet place to just feel their presence even if for just 5 or 10 minutes, then ask for a sign and see what plays out in the days ahead. Ask them to give you something that you can understand personally and that they show it in anyway that they can. Don’t expect one specific sign. Then be open to what you believe you have received. Last, thank them! Let them know you’re acknowledging them. Whether it’s a song you hear in the car, a light flashing, or your cell ringing when you mention their name. They come to you to show you they are thinking of you and that they are OK, just as your thinking of them - so reciprocate by thanking them!

Q: Was working as a research medium at the University of Arizona helpful in your development as a medium? Or not?

Janet: It was extremely helpful! It not only validates what I’m doing, it made me push the envelope to see how far I could go. I found out it is limitless, and so I became open to whatever way the Spirit wished to come through. I didn’t allow boundaries, and the researchers would push past them anyway. Think about it; What are the odds of doing a reading for a man named “John” and getting a high percentage rate? It was quite amazing, and an honor to be a part of the research. I hope more doors open to research of this kind.

Q: How do you conduct private readings?

Janet: I meditate on each reading at least two to three times before I actually do the reading and I write down whatever I get. The day of the actual reading, I share by phone what is written and anything else that comes in during our conversation. So, before I even talk to you, I have pages of notes for you! At this time I am only doing phone readings. You can check out my website at JanetMayer.net or email me at JanetMayer11@aol.com for more information.