

# SPIRIT-LED

# SUCCESS

# WITH JOLENE

**I consider myself incredibly fortunate to have met Jolene in this lifetime. She has been immensely helpful on my journey, opening my eyes and changing my perspective on many things.**

**Today, I am thrilled to introduce you to Jolene Trister (formerly Jolene Setterfield).**

Jolene is an International Intuitive, Spiritual Teacher, Writer, Entrepreneur, and Author. Based in the UK, she is a highly trusted professional intuitive reader with over 20 years of experience. Additionally, she is a spiritual business mentor specializing in feminine leadership. In this interview, we'll dive into her fascinating world and wisdom.

Before anything else, I'm grateful for your time, Jolene. I'm aware of your busy schedule and appreciate your commitment to contributing to this pioneer issue.

**The Collective Today: How do you balance your roles as a wife, mother, and entrepreneur?**

**Jolene:** I started my own business in 2011 when my son was 5 years old, so it was a challenge



at first trying to navigate the entrepreneurial world alongside being a single mum (at that point I was also going through a divorce with my son's dad!).

However, I was super passionate to get my business up and running and my son had just started school which made things a little easier in terms of me being able to work during school hours.

I think being a single mum and starting a business (from scratch!) is such a great learning experience, it got me to learn a LOT with all of the various challenges thrown at me.

I'm now remarried and my son is 18, so things have changed a lot in the past 10 years!



Samjhana Moon, Sacred Soul Photographer

My son has finished school now, so I don't have to work within the school holidays anymore, which has given me a lot more time and flexibility to focus on projects that I never had the time to do before. Being a wife for the second time has been so much better and different to the first time around.

I feel one of the main differences is that I am now in my 40's, and when I first got married, I was only in my early 20's, so I feel like I have learned a ton since then and making much more conscious and balanced decisions (well, I try to!).

There is a saying that wisdom comes with age, and I do believe this to be true, as I feel like quite a different person now compared to when I was in my early 20's.

I see the world differently and feel much more connected to nature now and how things are connected, especially compared to back in my 20's.

Nature plays a big part in my life now, in that I live in the English countryside and it nourishes me. I lived in a small but busy town for pretty much all of my life up until moving to Somerset in 2019 just before the pandemic, and Somerset is one of my favourite places in the UK.

I do think where we live can impact us, and so nature has played a key role in me feeling more balanced in my everyday life, but also in my work.

Taking time for ourselves daily is key, and I do like (and need) my own space regularly too, mainly so that I can connect in with my spiritual team and so that I can also hear my own intuition.

I always say that our business is an extension of us, so therefore how we treat ourselves is how we treat our business! This makes it even more essential to ensure we are taking good care of ourselves and this is where my daily routine plays a huge role in my life.

I have a morning and evening routine, both of which help to keep me plugged in and on track. If I forget to do either of the daily routines (such as when travelling for example), then I do tend to notice straight away how this impacts my energy, and that's why I feel it's so important for me personally to do them.





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I've been doing them for years, and I believe this has contributed hugely to me being able to keep a good balance between all of the different roles I have. I have mini meetings with my spirit guides each morning, which help guide me for the day ahead. I do notice a difference when I don't do this (such as when I'm travelling or if I am on holiday), and so I have found that continuing to do a daily practice helps to benefit me a lot.

I also write in a gratitude book each day, and this is usually part of my evening routine, to keep me focused on what I am genuinely grateful for, along with visualising practices.

Having a daily practice which includes grounding exercises such as meditating and going for a walk in nature are a key part of my daily routine to help keep me balanced.

**The Collective Today: After providing intuitive psychic readings and coaching sessions for others, how do you typically feel at the end of the day? Given the emotional and spiritual nature of your work, how do you unwind and recharge to maintain your well-being? Are there any specific practices or rituals you engage in to help transition from your role as a guide to nurturing your own energy and inner peace?**

Jolene: This can vary at different times of the year I have found, as I do feel that the seasons and our environment can and do have some influence over our energy and thus impacts how we feel/show up at times.

I do have my own daily practices which I use which help me a lot and helps to sustain a balance within myself, as mentioned earlier, and this is where the daily morning and evening practices are key for me.

During the winter months for example, I find I am more tired by the end of the day much earlier than compared to the spring and summer months (pretty much as soon as it starts to get dark, which is around 4pm here in the UK in winter).

I find that my body wants to relax and rest as with the natural cycle of winter, where the natural kingdom tends to hibernate and sleep, ready to regenerate its energy for the spring again.

I do feel us as humans are so linked to the nature kingdoms, but we often forget this link and continue to keep pushing ourselves when our natural body clock is telling us to rest.

I don't feel burned out anymore, as I do take care of my energy and I have had this happen in the past (burnout), so I put into place my daily practices to help prevent this. Burnout can happen when we are overdoing it and pushing against our natural body clock. It can also occur when we are giving way too much and not refuelling.

In contrast to the winter months, during the summer, I find that I can work for hours on end and still have a ton of energy! I tend to work with the natural seasonal cycles and also my own hormonal cycle, as this can work wonders.

I do believe that as a woman, our hormones can also affect us and our cycles, so I have been looking into this a lot more and enjoying the work of Dr Peltz who talks about this subject in depth.



I believe that how we look after our energy daily, is key with this.

I am strict when it comes to cleansing and protecting my energy (every day), because there is SO much energy flying around, I have to be cautious as to what I do and don't allow to come into my energy fields, especially given the work I do via the intuitive readings.

When connecting with different energetic realms, it is key to be clear in what you are inviting in, so I always say a prayer/invocation before I start my work, but also afterwards, to thank my team and to close the energy down.

Every morning and evening, I have a daily practice that I follow, and this helps me to stay grounded and focused.

Part of my practices include journalling, as this helps me to get a load of the thoughts whizzing around my head onto paper, and it helps me to gain much better clarity as a result.

I also meditate (I use various methods of meditation such as guided meditations and also silent meditation for example and I do tend to switch this around throughout the week).

Nature is also so healing for us all, that I tend to go out into nature at least once a day, away from all distractions and technologies, so that I can refuel my energy, even if just for 10 minutes, so I highly recommend doing this also.

I am a huge fan of and deeply believe in the law of attraction and so I use practices to help with this, such as visualisation and gratitude, which I highly recommend.

At minimum (such as if I am travelling) I will recount at least 10 things I am genuinely grateful for that day. I keep it fresh to help keep the energy more real and flowing, I don't tend to say the same things over and over, as this can sometimes slow down the energy if my heart is not in it.

I focus on what I am truly grateful for that day, no matter how small it may appear or insignificant, if it feels good, I do focus on the gratitude for it.

If I have had a challenging day, I tend to also look at what I've learned from that and then focus on the positives, so that I don't go to bed feeling upset or negative from the day's events, and this can be a big energy changer, especially when we don't feel like doing it!

This is when it can be the most powerful and make the most difference.

The clearance of energy is essential alongside this, so I tend to use a prayer of protection that I created to help with this, alongside using energy cleansing sprays (aura and protection sprays) and also incense for a good blast of cleansing at least once a week, when I cleanse my home and the room where I work from.

Keeping the space where I work thoroughly clean and clear of clutter is also essential, as I treat it like a living sanctuary with me working with these different realms.

The cleaner and more organised I keep the room, the cleaner the energy is, so I am a big fan of ensuring things are kept clutter free and clean, but especially my main room where I work.

I also love Marie Kondo's book *The Life-Changing Magic of Tidying Up*.

**The Collective Today: Nature, travel, and animals seem to be close to your heart. How do these passions enrich your life?**

**Jolene:** I moved house in 2019 just before the pandemic happened, and it was the best move I have ever made in my life! I had always dreamed of being in Somerset as the nature here is just magical.

Because we have a lot of nature around us, there are so many places to visit which all have this magical and often healing energy emanating from them, and also even just being in our garden is a healing experience amongst the flowers and plants.

I do believe that the nature kingdom is divine, and it has so much to teach us. I find I am in awe of it daily because it is just so effortless, abundant and it flows in a divine order which we cannot see.

It has a divine intelligence about it which fascinates me, including all of the different creatures which live amongst it, including us humans!

I find that spending time outdoors is healing, regenerating for the soul and super cleansing.

There is something magical about being surrounded by nature and spending time away from all the man-made noise, to just immerse ourselves in nature.

Samjhana Moon, Sacred Soul Photographer



There is much for us to learn as humans from the nature kingdom, especially with regards to all of life within it, from the tiniest insect to a large animal, they are all interlinked by this divine life force, and I think it is truly magical.

I find I can get lost (on purpose!) in these ancient woodlands surrounding here and imagining what our ancestors experienced and what life was like back then, as they would also have experienced the birds and wildlife which we have amongst us today.

Nature, animals, and the entire wildlife kingdom are such gifts to us, and there is so much wisdom which we can learn from them.



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I have always enjoyed travelling and find that I learn loads from visiting new countries and places, and especially in terms of the communities that I visit and the various places I am drawn to (often these tend to include ancient sacred sites, Greece being one of my favourite places on the planet!).

I have yet to visit many more countries, but I absolutely adore having the opportunity to get to meet like minded souls on their own human journeying through this lifetime.



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I do find I often meet people I feel I have had past lives with too, this has happened on quite a few occasions when I have been travelling along with having déjà vu and potential memory downloads of previous lifetimes, its fascinating!

I also find that when we ask our intuition if there is anywhere we need to visit to help us in this lifetime, we can often be drawn synchronistically to places we have had a past life link with.

How we would know is because it would feel familiar to us, even though we had never visited. Also, I have found others are drawn to these exact same places, and we can cross paths with those we have had past lives with, who can also feel familiar and become lifelong friends.

I love being spontaneous when I can and having adventures, I feel like it helps to refresh our energy and bring our soul alive!

**The Collective Today: Can you share how you ground yourself amidst the demands of your work and personal life?**

**Jolene:** This is where the daily practice is key for me, because without it, I would quite honestly feel like I was spinning!

My daily practices are split into two, morning and evening. I also connect in with my intuition (in the morning) and my spiritual team and I journal at the very minimum (if I am in a rush or travelling for example).

It can be easier to get caught up in the constant busy-ness of life, and so getting ahead of things helps to get things in order, so that I don't feel behind or overwhelmed.

I also am a big fan of the 5am club which is a practice based on a book written by Robin Sharma. That book is incredible and helped me to change my life around. It wasn't easy at first, but it soon becomes part of the daily practice, its all about persistence!



This is what I recommend for a daily morning and evening practice:

### **The Morning Routine 30 Minutes**

**(set a timer if needed, but keep to 30 minutes only, as this is part of creating a daily routine and a new habit which supports you)**

To start The Morning Routine, I HIGHLY recommend lighting a candle (only if it is safe to do so! – never leave a candle unattended!) When lighting the candle, invite your spirit guides and higher self to guide you by saying a prayer such as the following:

*Dear Divine/God/Goddess/Source (whichever you are more aligned with),*

*Thank you for helping to guide me today in the most wonderful, beautiful, synchronistic ways. I am open, ready, and willing to receive any and all divine guidance which can help to steer me ahead in the right direction and which can help bring me closer to my divine purpose and dreams.*

*Thank you spirit guides and my Higher Self for leading me and showing me the way. Thank you for all of the divine wonderful miracles which are occurring in my life in the most magical of ways.*

*Thank you. Thank you. Thank you.*

*And So it is. Amen*

The Morning Routine can consist of any of the following, or anything which supports you spiritually, it is not limited to just these (these are just some ideas and examples to help you get started!);

- Journaling
- Meditations (guided or in silence whichever you prefer)
- Affirmations
- Reading or listening to a book/audiobook which inspires you (any personal development or spiritual book which can help – please see recommended reading below)
- Gentle exercise (such as yoga)



## The Evening Routine 15 minutes (set a timer if needed)

### Practice 1 is the Gratitude Diary

A Gratitude Diary is where you use any journal (but open it so it is double paged) and write on the left-hand page the date of the day you are writing it (do this daily) and **ONLY** write on the left hand page, but write about what you are truly grateful for right now.

Keep this relevant to either that days events, or recent events, as this helps with the energy as it is ultimately the **FEELING** that you want to be focused on.

Feel genuine gratitude and appreciation about the things you are genuinely grateful for, and start small, it doesn't have to be anything huge!

*'I am so happy and grateful now that....' and write whatever you are generally happy and grateful for. It can be something small such as a cup of coffee or the sun shining (I am genuinely grateful for when the sun shines here in the UK, as it is raining or cloudy most of the time!!!).*

### You write in **PRESENT** text for the left hand side of the book.

For the **Right-hand** side of the book, you write about what you **DESIRE**, but as though it is here **NOW**.

For example, think about your goals for the weeks/months or even year ahead, and start to write them in the right-hand side of the page **AS THOUGH IT HAS HAPPENED**, and keep doing this until you finish the end of the page.

### Practice 2 Visualisation

These evening practices need to be done in this specific order, so that you can gain the most out of them.

Practice 2 consists of you using the **RIGHT-HAND** page of the **GRATITUDE DIARY**, and visualising what you want as though it is already here and happened.

When you do this before you go to bed, it is so powerful, because these thoughts are staying in your conscious and subconscious mind all night long. This also means that when you go to bed in genuine gratitude, you will find you start to wake up more in gratitude, but it takes practice and consistency, so keep doing it and watch the miracles which start to unfold in your life!



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### **The Collective Today: What motto or guiding principle do you live by?**

**Jolene:** I truly believe that we can create our own reality as we go along and we can change some events in our lives (the ones that are not destined), BUT intertwined with allowing the divine flow to guide us so that we are in sync with our divine destiny.

I also believe that there is a divine force way bigger than us, which works through us and for us.

Therefore, my guiding principle is that we create with our thoughts, words, and actions, whether wanted or unwanted, and so being aware of how we show up in the world is key. Also, knowing that this divine force is in EVERYTHING and EVERYONE.

There is a book by Florence Scovel Shinn which I adore which I also base a lot of my principles on, which is called The Game of Life and How To Play It (written in the 1920's – she was WAY ahead of her time!).

Florence talks about for example, the importance of the spoken word and how much this influences our life, and I truly believe this.

It has been spoken about in many religions also over vast periods of time, about the power of the word and I feel like it is something which can serve us greatly, but it can also cause us problems if we do not use our words wisely.

### **The Collective Today: What are some valuable lessons you've learned throughout your lifetime that have deeply impacted your outlook on life and influenced your approach to your work, relationships, and personal growth?**

**Jolene:** That sometimes when we feel like we are 'losing it all' we are often losing all that no longer serves us, which opens us up to endless possibilities and potential.

This has been a key one for me, especially during the ending of a relationship or a job for example from years back, or when something occurred in my life which puts things in a spin, such as my divorce.



I tend to now look at things from a 'birds eye' view now, looking at the bigger picture, instead of any seeming drama or fear which is presenting. I look at what is the deeper message behind all that is showing up.

I ask myself questions such as 'what am I holding on to which is now leaving my life?. What do I need to let go of in order to move forward? this is a great question to ask whenever we go through these types of challenges and changes.

Theres been points in my life (various times) where I felt I 'lost everything' and wasn't sure what I would do, but these times (often known as 'dark nights (knights!) of the soul') are also an opportunity to really look deeper and beyond where we are limiting ourselves.

We can tend to outgrow certain people, situations and experiences which we are trying to hold onto, but our soul will end up changing things so we HAVE to CHANGE, even when we don't want to.

These dark knights (I call them knights as I feel they are an amazing opportunity to change, even though they are challenging), they really do open our hearts up and make us look at EVERYTHING we need to deal with, that which we maybe don't want to see, we cannot run away, we have to look at what's in front of us.

As challenging as they are, they present a real opportunity to start again, to do something different.

Im a big FAN of the book Outwitting the devil by Napoleon Hill, which talks about why we get stuck and end up 'drifting' in life, and this book summarises perfectly to me why this is. This book (amongst many others) has been life changing for me and I still refer back to it regularly.

**The Collective Today: What do you find to be the most challenging aspect of being a psychic, and how do you navigate and overcome these challenges while guiding others on their spiritual paths?**

**Jolene:** For me this has been a variety of things over the years, from people judging me and being rude about psychics in general (mainly because they don't agree with it or they don't believe in it) and also feeling that I have to somehow 'prove' myself due to this and the constant criticism that psychics tend to have thrown at them, and this can create a feeling of imposter syndrome.

Also, there is so much pressure to get the information 'right' and accurate all the time and this is where I feel like everything can be scrutinized way more than say someone in a 'typical' 9-5 job.

The thing with psychic work is that we work energetically, and it is not a typical nor normal 9-5 job, so it is entirely different to say a more corporate typical career.

It comes with a lot of pressure and sometimes burdens, but also it can be truly liberating to help others with sharing something which can be life changing for them.

Because we live in a time where anything is possible and where we can share information in whatever capacity we desire, it also gives us the freedom to work in many ways which we once couldn't do.

This also brings with it a lot of responsibility, because whatever we are sharing with the world holds energy, and sometimes when we have so many negative things being thrown at us via the mainstream media for example, it can be hard to uphold a positive mindset and outlook on life, and this is where sometimes people get triggered and where haters come in.



Samjhana Moon, Sacred Soul Photographer

I have found that cleansing and protecting my energy is key, because we are all energy and we are always giving out energy, whether people are conscious of it or not.

I am super sensitive to energy in general and so I can tend to pick up on someone's energy pretty quickly, and this is where my cleansing and protection practices are key, to help remove/deflect any energy sent my way.

For example, even visiting a store we can pick up others energy without realising it and this can impact us for the remainder of the day. This is why cleansing our aura (daily) is key I believe, so that we are not carrying other peoples energy.

**The Collective Today: Looking ahead, what aspect of your work excites you the most? Are there any upcoming projects or collaborations that you're particularly enthusiastic about?**

**Jolene:** I genuinely love helping people in any way I can. I feel I have learned so many things over these past 20 years of my life, some of which are now more important than ever, that I love to share whatever wisdom and inspiration I can, even if just getting into a conversation with a complete stranger for example.

I love being able to inspire and empower people, so in whatever way I can do this, I am most happiest.

I am planning to teach more as I absolutely love it.



I have so much to share with people that I have found I need to put this information into ways in which people can learn it, whether in a book, courses or trainings. It has been something I have wanted to do for a long time and I have a book in the works right now sharing lots of exciting spiritual teachings.

**The Collective Today: How do you envision the future of your work, and what aspirations do you have for it?**

**Jolene:** To continue helping people in whatever capacity I can, be it through teaching, readings, courses, or books, I strive to share as much as I can.

I find that modalities change at times, so I am also open to the divine flow in how this shows up for me.

I find that when I am surrendered to the divine flow of energy, ideas and inspiration tend to pop in to my consciousness so much more easily.

I also find that people and opportunities show up synchronistically, so I do love to live from this energy.

I have often thought I would love to host a podcast of my own at some point and it keeps coming up, so I do feel that this is something I would love to look at.

I LOVE writing as well, so my dream would be to write books and share everything I know, to help others who are following in a similar pathway and to help others navigate life with a little helping hand.

**The Collective Today: What advice would you give to your younger self, considering your journey and experiences in life, both personally and professionally?**

**Jolene:** To live in the moment more and not futurize things, nor to live in the past.

I think we spend way too much time avoiding being in the 'present moment' which is ultimately where all of our energy and power is, and therefore my advice to my younger self would be to live in the moment and to TRUST.

There are so many times I doubted my intuition, and yet when I look back, I can see it was always there for me, guiding me, I just didn't hear it (or want to hear it!).



Hi! I'm Jolene Trister. I am a highly trusted, UK based, professional intuitive reader with over 20 years experience. I am also a spiritual business mentor, specialising in feminine leadership.

