

# JUSTIN JAMES



*"I am a self-taught artist and psychic medium, and my art is deeply inspired by the spiritual and meditative worlds. Through my paintings, I try to bring to life the powerful visions and spiritual images I experience, offering a glimpse into the unseen world as I perceive it. As a medium this allows me to connect with the spiritual realm, channelling its energy and messages into my artwork. My focus is on capturing the emotions and energy of each vision – whether they are calm and peaceful, stormy and intense, joyful, or sombre. Each painting reflects what I sense and feel, creating a unique connection between the physical and spiritual worlds. My hope is that my work encourages viewers to engage on a deeply personal level, connecting not just with the art but with the emotions it represents. My journey hasn't been easy. I've faced lifelong struggles with mental health, which have profoundly shaped who I am and how I express myself. By the time I turned 49, I had already overcome a brain injury and a stroke – both of which brought immense challenges but also deepened my perspective on life. Despite these difficulties, I've found strength in my art and my connection to the spiritual world, using them as tools for healing and growth. Through my art and mediumship, I hope to show that even in the face of great challenges, it's possible to create beauty and meaning. My paintings are not just expressions of my spiritual journey but also symbols of hope, strength, and the power to overcome life's obstacles."*

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**Your art is deeply connected to the spiritual and meditative worlds. Can you describe what the process of channeling these visions into paintings feels like for you?**

*When I create my paintings, it feels like I'm tapping into a peaceful, quiet space within myself where I can sense and see things beyond the physical world. It's almost like daydreaming but instead of random thoughts, I'm guided by emotions, images and energy that are coming from a deeper, spiritual place. As I paint, it feels as though these impressions flow through me and guide my hand, allowing me to turn what I sense into something real that others can see and feel too.*

**As both a psychic medium and an artist, how do you balance the roles of being a vessel and a creator?**

*To me, both roles are one and the same, they are both such an integrated part of my being, they blend together naturally. When I connect to the Spirit world, the impressions I receive blend seamlessly with my own emotions and creativity, making each piece of work both guided and deeply personal. This process allows me to drop my barriers and be fully myself, something I would normally struggle massively with, as I lack in confidence as a person. By combining the two together, it's a space where I feel completely connected, authentic and inspired, without the need to be overly critical which I would be was I not blending the two.*

**How do you hope viewers will connect with your art on an emotional or personal level?**

*When I paint, I hope that others with similar experiences can connect with my work and feel less alone. I try to keep my paintings with a single or minimal focal points to try and convey my message in a simple yet impactful way. The themes I explore more often than not mirror my current feelings. This I hope makes each piece more personal, genuine and easily relatable to the viewer.*

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Those Below  
Acrylic, 55x45cm, 2024

How we are so fast to judge those around us and look down on them.

**You mention capturing the emotions and energy of each vision, from calm to intense. How do you decide on colors, shapes, or techniques to reflect these energies in your work?**

*When I set up my space to work, I choose colours that feel right to me in the moment without thinking too much, it's all based on what I'm drawn to. As I paint, each vision leads the way, calm feelings mean I will use softer colours and smooth flowing shapes, while strong emotions push me towards brighter colours and bold, striking textures. I trust my instincts and let the emotions and energy guide every choice, so each piece shows both the spiritual vision and how I personally feel it. My goal is to capture the heart of the vision in a way that feels real, and helps others feel it too.*

**How have your lifelong struggles with mental health, as well as overcoming a brain injury and stroke, influenced your artistic style and the themes you explore in your paintings?**

*Having faced the various challenges that I have, I feel this has allowed me to have a deeper understanding of my own emotions, and to express them through my art more easily. Because of this, there is more emotion attached to my art, which in a weird way allows me to be more relaxed. I don't feel that I particularly have a set style, however I think this enables me to be more expressive, painting with feeling, instead of painting with thought, as I tend to flit between themes and style depending on my mood.*

**What does the act of painting mean to you in terms of healing and growth?**

*Art allows me to escape this world and any issues I have in day to day life seem to dissolve when I'm working. When I was unwell, I lost my confidence so it was my go to thing where I could be alone with my thoughts, and forget about what was going on for me physically. A poignant time for me was being selected for my first exhibit. I had experienced such a low time both physically and mentally, and my confidence was at rock bottom. To have that external validation from someone independent that my work was worthy of being shown lifted me out of the difficult and challenging time that I was experiencing.*

**How has your understanding of the spiritual realm evolved over time, and how has this evolution shaped?**

*Every psychic medium's journey is unique and we are constantly learning and developing. I believe as an artist, it is also very similar. The visions and messages that I share through my art haven't necessarily evolved over time, they simply differ in each piece depending on the person that I'm connected with or the message that they feel needs to be conveyed.*

**Many people might not be familiar with the experience of spiritual visions. How would you describe these moments to someone new to the concept, and what role does art play in making them tangible?**

*Describing this is tricky, I wouldn't say it's completely a trance like state but it's close. It's still you painting but there's no stopping to think, it's like being guided to paint and trusting that implicitly. One thing I do notice that is always the same every time is that my temperature rises. My work is very important to me as it's conveying a message spiritually to someone who may not be susceptible to receiving a message from the Spirit world.*

**Are there particular symbols or recurring images in your work?**

*I frequently paint solo figures as focal points of my paintings and I believe this conveys the solitude that is felt when experiencing challenges with your mental health. But I always try and keep these figures very simple, so as not to detract away from the message. Many people say that they can see figures, faces and images within my paintings that at the time of creating them there was no conscious intention or decision to include.*

**Looking ahead, how do you envision your art and spiritual practice evolving?**

*I just hope that my art reaches people that may not normally cross paths with a psychic medium. I keep an open mind and each time I sit to do a painting, it could be anything from a landscape to an abstract. I enjoy the fact that I don't know what I'm going to be painting next, but I believe that there is a message to us all in each and every one of them.*



Friendship

Acrylic, 45x55cm, 2024

A group of friends on another planet just relaxing



Would any of us survive?

Acrylic, 45x55cm, 2024

Would the human race survive a nuclear war?  
If so would it be a life worth living?

