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# THE PSYCHIC WEARS PRADA: MEET MEDIUM FLEUR, LANA DEL REY'S GRIEF THERAPIST

Banish thoughts of Mystic Meg — the Millennial psychic Medium Fleur offers 'grief therapy' for celebrity clients. Will she convince one cynic?

Lotte Jeffs



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**M**edium Fleur sees dead people. Not all the time: she'd never have managed to study neuroscience, or even been able to pop out for a pint of milk, were she constantly in discussions with the spirit world. But she can "tune in", as she puts it, like turning the dial between radio stations until white noise gives way to a channel you can hear loud and clear.

She's in the UK from LA to promote a series of psychic shows in December in which she will communicate with the audience's deceased friends and family live on stage. We sit together in the Harry Potterish library room of a Kensington hotel after my first ever "reading", during which she communes with my lost loved ones, and I have my cynical, logical mind blown by the experience.

"Imagine we are living in a two-dimensional world," she says, holding a sheet of notepaper in each hand to explain the existence of the afterlife. "We'd be this piece of paper, and they [the spirit world] would be this piece of paper. And in some ways we exist very separately. But if I were to overlay them perfectly and you were to look at it from a horizontal perspective" — she places the sheets on top of each other — "it

would look like one piece of paper. But it's actually two dimensions occupying the same space."

You have questions, I get it: scientific explanations, basic reasoning, evidence to prove her theory wrong. But OK, how did she know about the trip I took to Paris seven years ago with my cousin Billie before she died of a brain tumour? And furthermore, how did she know before I did that Luis, Billie's 14-year-old son, to whom I'm very close, had just had a drastic haircut? She told me Billie did not approve. (This I believe 100%.)

I don't know if what happened during our 40-minute reading was "true" in a scientific sense, but does it really matter? Because for a moment, I felt that I was in touch with the person I miss most in the world, and that was... nice. Plus, Fleur isn't some hokey new-age palm reader draped in moonstone pendants trying to make a fast buck out of fragile people. She's a stylish 27-year-old LA hipster who likes salsa dancing and spends her weekends going to indie gigs because most of her friends are musicians, including Lana Del Rey. "There are a handful of truly gifted mediums in this world," Del Rey has said, "and Fleur is one of them."

After her live shows in the UK, Fleur, who also shares a manager with Del Rey, is sure to see her unique brand of psychic therapy reach a growing audience. And the time is right, because young people are looking inwards, and upwards, seeking solace in the supernatural. From witch schools to astro beauty treatments and past-life dating apps, Millennials are fuelling the demand for all things otherworldly. Ancient practices such as tarot readings are now playing out in WhatsApp groups and Insta posts. There's even a crystal-ball emoji.



Connecting with the spirit world: Medium Fleur is based in LA and has several celebrity clients  
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Fleur has had these unusual abilities from an early age. “When I started going to primary school, there was a sense of, ‘OK, well, I’m seeing this person over there and no one else is

seeing them,” she says. Fleur’s parents kept their daughter’s talent a secret in the family throughout her early life — not even her younger sister knew until they were both in early adulthood. “My parents didn’t want me treated differently, they didn’t want me to become a puppet at gatherings.” Her mum is a journalist who would just “ask me lots of questions”, and her father, an engineer, is very “black and white”. When presented with a fact he couldn’t explain, such as his five-year-old daughter knowing esoteric details about his dead relatives, he accepted it.

I get the sense Fleur could have done any number of things professionally, not least complete her studies to become a doctor. But halfway through her course, she realised, “I’ve got to figure this medium stuff out”. So she dropped out of university and went public. She has been a full-time medium ever since, and now works out of an office in Hollywood with a roster of clients: “Politicians, doctors, anyone from a FedEx worker to a pre-school teacher, a stay-at-home mum to the CEO of a business, to celebrities.” The actress Emma Roberts is another famous fan.

Fleur is booked up for a year in advance and an hour-long session costs \$290 (£210). I ask if

Millennial navel-gazing is boosting interest. “If you come to see me, you’re only coming because you love someone who’s on the other side,” she says, “so I think it’s quite the opposite of narcissism. But we [Millennials] are asking questions we feel we’re allowed to ask, which, in the past, would have been taboo. In our generation right now, we’re allowed to say, ‘I believe this because I’ve experienced it.’”

And what about dating? It must be a challenge. “I think it takes a really confident person to date me, because it does tend to freak people out. There have been relationships where every other day they’d be, like, ‘Have you read me? What did you see?’ And I’m, like, ‘I haven’t. I don’t know why you’re so paranoid about this. What are you hiding?’”

Fleur sees what she does as a kind of “grief therapy”, though she’s keen to point out the value of using a qualified psychotherapist as well. She will only, for example, read once for the same client, as she feels it would be emotionally unhealthy for someone to become too reliant on reconnecting with the deceased. Nor will she take on a client until six months after their loved one has passed away, in order not to interfere with the early grieving process. “As a medium, I’m privileged to hold somebody

else's hand through grief in a way that is really special," she says.

Having recorded my reading, I play it to my aunt and Luis. I was worried it would upset them, but it was comforting for all of us to think that the person we loved and lost might be somewhere close by, just skimming the surface of this world, watching over us or, at the very least, disapproving of our haircuts.

*Medium Fleur will be appearing in December in London; for dates and tickets, go to [livenation.co.uk](http://livenation.co.uk). [@mediumfleur](https://twitter.com/mediumfleur)*



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