



# Mediumship Matters Podcast Transcripts

## Season 5 Episode 15 - Interview with Linda Hughes

### From Business to Mediumship: A Conversation with Linda Hughes

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! Today, I'm joined by the amazing Linda Hughes, a Scottish psychic medium with an incredible story of transformation. We'll be talking about her unexpected journey into mediumship, the challenges she's faced, and how she found her purpose. Let's dive in!

### Linda's Unexpected Journey into Mediumship

Like many of us in the spiritual world, Linda's journey didn't start with a lifelong calling—it was forced upon her in the most unexpected way.

- **Early psychic experiences:** As a child, Linda had paranormal encounters but brushed them off as odd moments.
- **Corporate life:** She built a successful career in HR, recruitment, and employment law, living a very structured, business-focused life.
- **A sudden tragedy:** Nine years ago, Linda's father passed away suddenly, an event that acted as a tipping point for years of stress, unprocessed trauma, and emotional overload.

Her father's passing triggered a complete physical and emotional breakdown, leading to a diagnosis of Functional Neurological Disorder (FND).

- **Symptoms mimicked a stroke:** She lost the ability to walk properly, her hands were frozen inwards, her speech was slurred, and doctors told her it could take a year of therapy to recover.
- She refused to accept that timeline.

Then, something extraordinary happened.

### The Healing That Changed Everything

Two friends, both healers, offered to help Linda:

- One was a bioenergy healer.
- The other was a channel for beings from another dimension.

Linda was sceptical but desperate for any improvement. What happened next blew her mind.

"They cured me of all 17 physical symptoms in less than an hour—without touching me." – Linda  
Not only did her physical body heal, but something within her spiritually awakened.

- She suddenly began experiencing strong psychic visions.
- She started receiving spirit messages for strangers.
- Supermarkets became overwhelming—she couldn't switch it off.

At first, she was angry. She hadn't asked for this!

"I thought, 'What have these healers done to me? Why am I suddenly seeing and knowing things I shouldn't?'" – Linda

- But deep down, she knew—this wasn't new. It had always been there.

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## From Reluctant Medium to Professional Reader

Linda decided to lean into her gift instead of fighting it.

- She joined a development circle.
- She trained in Tarot and began reading professionally.
- She took a job at a psychic café in Scotland, which became the ultimate training ground.

In just one year at the café, she read for over 2,500 people.

- Readings lasted only 5-10 minutes.
- Groups would come in for tea leaf readings, tarot, and mediumship.
- The sheer volume of sitters accelerated her development massively.

By immersing herself in back-to-back readings, she learned how spirit worked through her.

“I didn’t sit in development for years—I learned by DOING.” – Linda

Now, Linda offers online readings worldwide and teaches others how to develop their own abilities.

## How Her Past Prepared Her for Mediumship

Every part of Linda’s past has played a role in her spiritual work today.

- Corporate career? Helped her build a professional, structured business.
- Figure skating as a child? Taught her discipline and the power of visualisation.
- Being bullied? Gave her resilience and deep empathy for others.

“Spirit knew exactly what they were doing. Every experience shaped the medium I am today.” –

Linda

## The Importance of Professionalism in Mediumship

Linda has a strong stance on professionalism in spiritual work.

- Too many people jump into mediumship without proper development.
- Spiritual business should be run like a real business—with ethics, structure, and care for clients.
- She’s seen the chaos of unprofessional online readings—especially on platforms like TikTok.

“If we want to serve spirit properly, we have to hold ourselves to a higher standard.” – Linda

## Advice for Developing Mediums

If you’re starting your mediumship journey, here’s Linda’s top advice:

- “As above, so below.” If you want spirit to bring through names, start paying attention to names in your daily life. Want better timing in messages? Work on punctuality and time awareness in your own life.
- Practice, practice, practice. You need at least 20 practice readings with strangers before you start seeing your own patterns.
- Confidence is built by action. Don’t wait to feel ready. Do the work, and confidence will come.

“Confidence is the reward for doing the scary thing—it doesn’t come first.” – Linda

## Free Workshop for Beginners

Linda is offering a FREE online mediumship workshop on May 19th, perfect for beginners.

- Learn how spirit communicates.
- Understand your strongest senses.
- Discover how you’re already receiving messages (even if you don’t realise it).

Sign up on Linda’s website—link in the show notes!

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Final Thoughts: What Spirit Wants You to Know

If Linda could share one universal truth, it would be this:

“Redefine what success means for YOU. Spirit doesn’t care about your job title, your bank account, or your car. What matters is love, connection, and living a joyful, authentic life.”

A beautiful reminder that happiness is in the simple things.

Where to Find Linda Hughes

- Instagram & Facebook: @LindaHughesMedium

Thank you so much, Linda, for sharing your amazing journey! Until next time—

Trust spirit, trust yourself, and keep evolving.

Love,

Hannah x

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