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SPEAKERS

Hannah Macintyre, Linda Hughes

H Hannah Macintyre 00:02

Hello, and welcome to mediumship matters with me, Hannah Macintyre. And another great guest interview for you. Today I am talking to Scottish psychic medium, Linda Hughes. Welcome, Linda.

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Hi, Hannah. It's so lovely to be on here.

H Hannah Macintyre 00:20

It's so lovely to be talking to you. I've been obviously stalking you going through your stuff, having a look, you're a busy bee, just like myself. And I know that you've listened to the podcast. So you know what the first question is going to be? Because it's always the same. How did this start for you? And I know you've got quite a story. Yeah,

L Linda Hughes 00:41

so I've got quite a story. It's not quite unique, but certainly unusual. So I definitely had sort of some psychic and paranormal experiences when I was younger Hannah, like many of us that come into this sort of line of work. But you know, we we tend to just pass that off as just something unusual and, and we got on with building a career and a family in very traditional normal ways. And then around nine years ago, I had been through a really stressful time in my life, my young son had been very, very sick, and we almost lost him when he was around 14 months. And then, you know, I was running my own business at the time. And I came into this business, I was selling mindful jewellery. So every piece of jewellery had an affirmation attached. And I really didn't expect it to get as large as it did. So I My orders were going all over the world. And I was bringing my own sort of corporate ways into leading that very first sort of glimpse of what I've spiritual based business might look like for me. So I was really heading

towards burnout quickly. stressed, and really, really busy, so really overstretching myself in all areas of my life. And then my dad died. very suddenly, it was a very quick passing, we had sort of eight hours notice that he's been airlifted to hospital and he's not going to survive. And I felt at that moment, Hannah, it was almost like all the stress over the years, and even from further back through unprocessed trauma of being bullied as a teenager at school and all throughout my teenage years. All this sort of stress is caught up with me in that moment my dad passed, it felt like I was standing on a cliff. And his death just sort of pushed me over the edge. And I had a complete breakdown, physical, mental, spiritual, the whole lot. And I was diagnosed with a condition called functional neurological disorder. I essentially was making dinner one evening at the sort of very early stages of that breakdown. And I suffered 17, stroke like symptoms. So I thought I was having a stroke, we rushed me down to a&e. And the on all kinds of tests, blood tests, scans, brain scans. To tell me I had this condition functional neurological disorder. So I couldn't walk, I couldn't talk, my speech was slow to my body was slumped over at the left, both feet turning inwards, at the knees and at the ankle. So I was walking with a really unusual frame and gait. And I was just in a really, really bad place. And the neurologists that, you know, diagnose me told me it would take me about a year to learn how to walk and talk again through physiotherapy. A lot of talking therapy, medication, and some of it was quite heavy medication they were looking to put me on. And you know, my youngest at the time, my daughter was a teenager and my youngest was only four. And I don't know that your diagnosis just didn't sit well with me. I just thought how can I stay like this? For a year, you know, I couldn't even feed myself because my hands were twisted in words and there was no strength and my fingers. And so I had two friends who had been in part of my sort of spiritual business group quite a lot of success on social media and I was teaching other spiritual entrepreneurs how to grow their business, and they offered to come and see me and give me a healing session. One of them was a bio energy healer and the other was channelled who channels beings from another dimension and she has a fabulous woman who still does that work. Her name is Sally clouded and she lives off grid in the Spanish alcohol mountains. But she's originally Scottish and we met years before in person. But honestly, Hannah, I did not believe in anything quite as woowoo as that I was really sceptical but I was in the frame of mind that even if they could help me improve slightly, it would be worth giving a try. And they cured me of all 17 physical symptoms in less than an hour without touching me and It completely changed my life view. And, and it seemed to be that they not only healed me physically, but emotionally and spiritually, it was like the clear to all the stuff I've been shoving away and stuffing down somewhere for years that was adding to that stress that stressful state that I was living in. And from that this sort of floodgate opened where I started to experience lots of psychic and medium ship experiences and occurrences in my daily life. And it honestly felt overwhelming at first I remember feeling actually really angry, thinking of what have these healers done to me like why am I experiencing this in life? And honestly thought somebody was going to just come and put me in a straitjacket and correct me away, you know, why was suddenly able to know things about people and why was I able to sense spirits at the soul clearly. And so from that point, Hannah, I decided that this is probably something that I've always been, you know, in tune with, I think we all are, I don't think mediums are any different from anybody else. I think we all have this ability. But I thought maybe that's that sort of calling me to pay attention to that at this point in my life. So that that awakening to spit it led to me going on to develop in a circle or spiritual awareness circle. I got really interested in Tarot. So I read tarot, professionally. And a very quickly took a job in a psychic cafe in Scotland, where I just had the opportunity to read for a vast amount of people from all different walks of life. So in that first year, of me actually stepping up and conducting mediumship readings, I read for two and a half 1000 people in that first year, because it was a it was a busy cafe and we're repeating very short times, maybe five or 10 minutes per person. But you know, five or six people would come in and groups and they'd have their tea leaves read tarot mediumship. So it gave me a really great platform to

accelerate my learning and development. And I've continued that and an overtake that online and a report people all around the world and it's become just part of who I am. It's always been part of who I am. But, you know, it's me really stepping in fully to who I am. What

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Hannah Macintyre 07:24

a story. Where do we start with questions about your story? I mean, it's just nuts. I love it. I love how honest you are as well. You know that feeling angry with the healers? Like this isn't what I wanted you fix me, but now I've got this. Like, scuze me. So when spirits started manifesting in your life following your healing, like how were you receiving that? What were you experiencing? So



07:53

I think I'm predominantly clairvoyant. And that was the first sort of clear sense that I became aware of what I would visually see images in my mind's eye, you know, completely conscious with my eyes open. But whether they were still images or images that were playing in a film, it was almost like I was getting a snapshot into people's lives when I when I walked past them. You know, being in supermarkets or busy shopping centres was completely overwhelmed for me. In the beginning, Hanna, I just didn't know how to switch it off. And so yeah, just also the just the knowing things without knowing. And I honestly believed in the beginning that maybe I've just been given, I don't know, some kind of skill, but I'm a really good guesser. That's what I believed. I just couldn't believe that. There are new things about strangers that I've never met, and it was coming through with such detail. It was, you know, a real, like, throw myself in at the deep end type of entry into it. So a lot of it felt overwhelming and confusing to begin with. Whereas a lot of other people take a much more gentle and slower approach to developing their mediumship. So it's a shock when, you know, awakens feel forced within you.

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Hannah Macintyre 09:11

Yeah, most people are seeking it, I think. Yeah. Whereas you were like minding your own business.



09:18

I was very much a reluctant medium to begin with Hannah, even in the first few years of practising and again, anybody that's developing their mediumship skills that are out there listening will probably identify with hiding in the spiritual closet. I used to just tell people, I was a social media manager when I met them if they asked what I did for a living I, I felt so awkward about saying that I'm a psychic medium, and this is what I do for a living. I was worried about the reaction from others because it was so different from the corporate world that came from a world where I had, you know, 15 years experience in HR recruitment and employment law. I went to work in a suit every day I had a company car. It was a very traditional linked to five job.

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Hannah Macintyre 10:01

Do you find that the corporate life that you lead has helped you with running a business though, because, you know, it's spiritual and it's and it's the spirit work, but there also needs to be the the business head on it, doesn't it?

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10:14

Absolutely. And a lot of that has really helped me excel, you know, in what I'm doing and grow my business fairly quickly and be able to reach a lot of people and have structure and strategy behind it. And even prior to really doing the mediumship, when I was doing spiritual business coaching, that was a huge part of what was important to me was getting spiritual people to also develop business acumen at the same time. Because we really need to be able to create a business that that offers us an opportunity to serve as many people as possible to be that Ambassador to spit it. And we can't do that. If we don't know, you know, how to create a website or how to take payments or how to pay your taxes every year, how to work your social media and actually get yourself visible in front of the people that maybe need what you have to offer.

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Hannah Macintyre 11:05

Absolutely. And I think as well, professionalism, I've got a real bee in my bonnet about that, especially being on tick tock, are you on tick tock, geez,

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11:13

not tick tock. It's the one platform that I have. Oh, it is, you

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Hannah Macintyre 11:17

know, there's just these ice them. I showed my husband, someone doing a tick tock live with mediumship readings the other day. And I said, this is what we're up against. And he went, but that's a joke, right? That's a joke, right? Because they were in their dressing gown. And they were just, you know, like, their dog was running around, their baby was crawling on them. That is just chaos. And I went, No, that's real. I said they've got 300,000 followers. And he was like, I was I know. So I do think that there is also that need to be in that professional mindset, which is, you'd think spirit are going to do it for you. But they're not that comes from you. The personal

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development, the business development has to run alongside your psychic and mediumship development. And I think as well, it also helps attract the type of clients that you're going to work best with. So I have a lot of successful high profile clients that I work with, that run successful businesses that are high up in media that are in TV film, that are celebrities, if you

like, and they're very successful in their own lives, they are seeking out somebody that is wanting a professional, successful service that they can access. And also from a spirit point of view, I always think no matter what career we've had, in the past, it's always linked by threads. And what we're going to do so it doesn't surprise, surprise me at all that I have. A lot of people seek career guidance, because I spent so long in recruitment, and matching people with suitable jobs and given them that career advice. That was my profession before I came into this. You know, it's like an invisible radar or sent a note saying I have these skills, if you're looking for this, I'm your medium, and everybody will have that in their own mediumship. And that's what helps us create the right people that need what we have to offer it in our own unique way in the way that we can uniquely deliver that for them. And it's why there's room for lots of mediums to be successful, there's no need for any type of competition, there is plenty of room for us all to thrive and mediumship is a very unique journey, not just you as an individual, but how your mediumship comes through to you is a very individual and personal thing. And it will always relate to others or connect with others specifically.

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Hannah Macintyre 13:41

I love it. So true. And definitely for me, I mean, I was a professional cook, and worked as a PA at a music school. But the skills that I learned in both of those environments, having my own business cooking, having my working as a PA really did set me up for this again, like you say the business side of it, knowing how things work, knowing how to present social media. It's It's fascinating how it all links in. So you are where do I want to go with your story? I want to go back in time because I saw something really fascinating on your website. You used to be a figure skater.



14:17

Yes, yes, I was a competitive figure skater when I was young.

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Hannah Macintyre 14:21

And I thought that was an interesting thing, as well as keys and puzzle pieces that make you into the medium that you are now because that is about presenting isn't it and, and the drama of it. I mean, figure skating is not just skating, is it it's telling a story. So do you find that that's had an impact on the medium that you are?



14:41

Definitely be you've just given me new angles to look at that. Before so, you know for me being a competitive ice skater when I was young firstly gave me discipline. I was training seven days a week I was competing in the Scottish championships you know secured medal was in those by the time I was 14. But I was extremely shy Hannah. So I would get so anxious before I went on to competitions that I would become ill. I remember them thinking I had a burst appendix at one point. And it was just nerves. I mean, I was really, really shy. But what that helped me most with is being able to visualise and really accessing that sort of third sight if you like. Because before I stepped on the ice before I tried a new jump, I would visualise how that needed to look

in my head, where my feet positions needed to be, what edge of the blade I needed to land on, if I was going into competitions that would visualise myself completing the routine without falling and picking up the trophy at the end. So it really helped me, I think, develop my you know, clairvoyance because I was such a visual manifester case around what I wanted to achieve there. And just the natural drive and ambition, you know, it's changed days. Now, if we look at how kids are in school, the sport stays at all team events, there's no winner. And, you know, I was in a very competitive sport where I wanted to be the best that I could be. And not necessarily competing with others. But I was always looking to progress, the level I was at, I'm still the same man medium shirt.

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Hannah Macintyre 16:19

Yeah, you

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16:21

know, work in a really nice capacity. And I'm very, you know, experienced and professional with what I do, there's always that next level, you can go to a medium ship is not something, you learn a breach of standard in, and then you're stuck at that. So I'm always stretching myself to try new things to explore new techniques to push myself to get more accuracy in the details. And so there's there's that and I think that that came from those early days of being disciplined and being competitive with myself.

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Hannah Macintyre 16:52

I love it. So as I was saying to you, before we hit record, I've already recorded part of this season, even though it's not coming up, it's not even starting for another two months, when it's out there. And one of the things that I've been talking about you will chuckle is what it takes to be a medium. And one of the things is that discipline of not just expecting it to be handed to you on a plate, but you. And you're right, the vulnerability is so much tied in with what you were just say, the fear of it, I kept waiting to not be afraid, I kept thinking when I when it's ready, when I'm ready, and I'm developed in my mediumship enough, I won't be breaking it anymore. And I had to learn that actually, you've just got to push through that. So you've already been in that place. Yeah,

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17:38

and it's, it's so similar in the way that if I wanted to advance the jumps that I was able to do, I'd have to get used to falling a lot and picking myself back up and being you know, physically hard and recovering and getting back on. And it's no different than the journey we go through mediumship. You know, we improve with accuracy. As we practice as we actually do the work. There's only so much you can learn about the mechanics of mediumship. And the principles of it, you have to actually step in and do the work and be willing to fail multiple times. Part of understanding how your mediumship works for you is not just what it feels like when you get it right. But what it feels like when you're not connecting properly, and you're getting things wrong. And so all those early days in mediumship, where I would sit down to a table of five

people and I would get everything wrong for all five of them. And I'd go away and cry and think What am I doing? Why am I pursuing this? Why do I feel so called to this work? When it's, you know, it can create such a negative impact on your self confidence in your belief. If you don't find that resilience to start again, go out and see the next client and trust that you're listening through those sessions were here maybe not as accurate as you would like, you have to know what that feels like in your body.

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Hannah Macintyre 19:02

I love it. Completely agree. Definitely. That's definitely been a massive part of my my journey too. And the other thing that I wanted to touch on sorry, just to rip apart all of your past but I just it's such a it's such an interesting story is the bullying. Yeah. So because I know that you've mentioned on your pug, podcast, your website, you know, very shy, very introverted, forcing yourself already to do this figure skating and then being terribly bullied. What How much do you think that's impacted? Who you are now as a medium?

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19:39

I'm hugely high. Now. It's impacted my life really. I think anybody that has experienced sort of prolonged bullying to the severity that I did, you know, it was through my entire teenage years, so there was constant emotional abuse, physical abuse, the threat of violence all the time and I did take action and move schools. But you know, we didn't move for a relief. So I was safe at my new school, and I made lots of wonderful friends that have, you know, become lifelong friends. And I did have a very good school life and that second school, but I still had to come home at the end of the day. And so leaving my house became a difficult situation, if I met any of them, that would threaten me. You know, 18 of them chased me one evening, and they were charged by the police. You know, it was really severe. And it was it was in the national newspapers at the time, because it was one of the worst cases of bullying that was happening. And they singled me out because I was so shy, so quiet. And I was a sort of a college student, I was successful on the ice, I was successful in the classroom. I had been extremely popular all through primary school. And so I felt like I was an easy target. And the effect that that had on me, Hannah, you know, your teenage years are really important for your, your developmental skills, you know, as you're shaping who you are, you're identifying your place in the world, how you interact with others. And when you have trauma on that scale, I really lived the first part of my adult life with no confidence, no self esteem, I had to do a lot of work to build that back up, I had to do a lot of healing, to really work on that. And but what I find interesting is that from that I really had a fear of success, more than a few to failure. I really, you know, the tall poppy syndrome, I felt like if I was to rise up and really stepping in my abilities, whatever area of life I was in, yeah, I would be notice now I'd be the first to be cut down. So I just wanted to blend in be normal, be invisible. And that was my biggest fear rather than my fear of success. And what I find interesting is when we come to mediumship, you know, when we look at the witch, when and how women were persecuted for speaking up and being seen as different. I looked at spirit and thought, Why on earth are you asking this of me, I don't want a controversial career. I don't want a career where I need to put myself out there and be so visible. And, you know, it felt like it was in conflict with everything that I was trying to create in my life. But it's probably been the biggest opportunity I've had to heal, to find my true inner voice to find my inner confidence, my belief in myself, it's been the best way that spirit could have helped me in that, that sense. I

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Hannah Macintyre 22:34

love it. Thank you for sharing that. Because I think that will resonate with a lot of people. And I know that you've got a very extreme example. But I can also relate to how Spirit helped me in that finding who I'm remembering who I was, I was always there, but just allowing who I was to come back out. So here's the question for you. All of these terms, I mean, the loss of your father, suddenly at such a young age, just craziness, the bullying, this high pressure career as a child figure skating, I mean, that is just then you know, all of the impact on your body and all of that, you know, your story isn't they can make a film of it. And everyone will go that, wouldn't it? We'll go based on true events, and everyone would go no, really? No, really. But in all of that, how much do you feel was predestined? How much do you feel that your soul went? Right? This is what I'm going to do. This is how it's going to be because it's going to lead me here.

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23:36

Well, I do believe in fate. And I can see that some of these experiences I think my soul probably did agree to before I came in, because where I am today feeling the most confident I feel in my life. And you know, even when I felt confident before I wouldn't have vocalised that because I would have thought it's, you know, a bit too ego based. But you know, I am confident to say I'm confident about who I am. I'm confident about the professionalism and what I do in my work, I'm confident around my mediumship abilities, I don't know found to have got to this place and become who I was, without all those experiences. And it's only with hindsight, we can look back. I used to think that the bullying especially, had robbed me of the life I was supposed to live and the person I was supposed to be, you know, because a lot of us shy. I was confident internally. And they took all of that away from me. And really my own inner voice was replaced by the voice of the bullies who, you know, used to say the most horrible things to me. And that became my own inner dialogue for a lot of years. So I don't know if I would be the person I am today without it. And I think with hindsight, we can look back and see the blessings in difficult situations and trauma. And I think I probably did, I probably did agree to this as difficult as it was especially now when And I feel so aligned with myself with spirit with my purpose. I just don't know if I would be doing this in the way that I do and do it with, you know, such ease and such joy had not had the experiences I've had.

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Hannah Macintyre 25:15

Yeah, and the energy work because I always think there's something that, like you say, attracts the right people, but it's an unspoken thing, isn't it? It's an energy, it doesn't matter what you're saying out of your mouth, or, or it's that the way that you're calling people to you from the healing work that you've done and the alignment that you know, now find with your true self. And I mean, I don't know, I just find it fascinating. You hear stuff about law of attraction, you know, but I don't believe that you were attracting that to you. I think that there must be more at play. And then you look at fate in pre birth plans. And then you just go, huh?

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25:56

It's no point it all makes sense. Okay, that was quite a journey. But I'm glad to have arrived where I'm at right now

where I'm at right now.

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Hannah Macintyre 26:02

Yeah, goes for a bit London. Yeah.



26:05

Agree all of this, even with energy. I mean, I talk about this a lot is about the way you show up to your clients will set the tone of how that session is going to be received by the setter, the way you put energy into creating your social media posts and habit might be helpful to someone, and you're doing it within 10 and love and kindness and a purpose behind it. That's more powerful to be any algorithm on Facebook, or Instagram. Everything has energy and when you are really mindful of what you're putting out in the world I think it will always be returned in your will always attract in. You know things that much. Love it.

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Hannah Macintyre 26:46

I love it. So, chicken or egg what came first for you Tarot or evidential or was it simultaneous?



26:57

Oh, absolutely Tidal, 100% Tidal. It was something that I had been curious about anyway. And the mediumship and the psychic elements of my work, they were so overwhelming and so difficult to understand and control at the beginning. That Tarot gave me structure to work around. And it gave me a system that I could not only help others, back it access healing for myself, and tarot. And when I took the first job, actually, in that spiritual Caffee, I had applied and said, I'm a tarot reader. So I'm not psychic, I'm not medium. I've resisted this so much. Even in the development circle, I would be happy to learn about crystals and energy work and meditations and visualising every time it came to mediumship. I said, No, thank you. That's not for me. And I started that job in the cafe. And on my first day, the owner looked at me and she said, You know, I think I know you think you're a tarot reader, but you're gonna medium with me, and I did see one. And within two weeks, Hannah, I was given, you know, mediumship readings without the security of my tarot cards. And one of the most important elements that helped make that happen, was being in among like minded people, people that viewed the world the same as ours, that you experienced it the same as I did. So working alongside other mediums normalised what I was doing, and that takes away all the barriers that we put up around how people will perceive us, or what if I'm weird, or what if I get things wrong, you're in with a very supportive community. And it's why I encourage anybody who is learning to find a community of like minded people who are also developing. It's so important that we get that energy and that support and that community around us and we don't feel on our own with this. So yeah, that was it was so quick once I was in there. And the very first experience I remember being absolutely terrified toddler, an older man had walked into the cafe very early in the morning. Everything about his demeanour, his posture looked sad. He just looked like a really broken person when he came in. And we made them a coffee and then the mediums were through the back and it was just the start of the day and they were debating, Does anybody feel Coulter's energy? Does anybody want to take this reading and you know, they'll do the

next there was always a bit of communication went on. And I was sitting like silent in the corner. And they said to me, Linda, European really quiet. I said, I know it's about his wife, Margaret. I just saw her walk in with them. And they sort of forced me Look, you know, that this man is here to see you. And that reading Hannah had such an impact not just for the the man. We had so many details come through it felt like his wife was in the room. But for me also, it was my breakthrough moment that I realised I am actually doing this and this is helpful to people Hold on, there is real purpose in doing this work, and there's a value to it. And this is important work. It's not silly work. It's not something trivial. This is as important as you know, somebody getting their broken leg tended to be able to use mediumship as a healing tool to help people overcome grief and move forward. And that man left there. And he transformed his life. He actually went travelling around Europe in a camper van after that, and he was in his 70s.

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Hannah Macintyre 30:28

Oh, I love it. What an amazing start for you. So, obviously, you've done 1000s of readings, you've got loads of experience, you teach mediumship. What do you think makes a good medium?

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30:45

I think we need someone with a drive determination of risk deserve a resilience that is going to commit to the work because it's not an easy journey to take, there is so much we have to delve into about ourself about the way we work about our own healing, we have to confront our own grief and move through that in order to not become the unhealed healer. And so I am always looking for somebody with commitment. I think anybody can access this. We're all born with psychic and mediumship abilities. It's part of our soul senses, that's what makes us up. But we are predominantly in a very physical world. So, you know, we're taught at young age to look at the physical and value that more the external surroundings of touch or senses or sight, we're taught to value that more than our internal in our senses. And so anybody with commitment, and drive can learn, and anybody that is willing to get through the difficulties to keep picking themselves back up, will create success for themselves. But the people, I do see a lot of people, Hannah, and I think it maybe is the sort of tick tock generation, they think then come a few classes, and then off they go, they can charge a fortune, and they can suddenly be a medium. And it just doesn't work that way. And although I've built my career up over a short space of time, I have intentionally positioned myself where there's opportunities to read for a vast amount of people, because it's the only way to really develop your mediumship. So I didn't want to just do one reading a week for someone I wanted to see connected for 50 people a week, that's how I'm going to develop quickly. So anybody with that commitment, and anybody that is willing to work on themselves, at the same time in harmony with developing your mediumship, they're gonna be successful in it. And they are going to make a difference to the people that they connect with. And they serve.

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Hannah Macintyre 32:49

I love it completely agree with everything you said, bang in

 32:55


our thoughts and our energy. Ship to be talked about in a really down to earth tangible way. Because really, people are performing mediumship all the time, but they just don't know how it feels in the body. They think it's something outside themselves. And they think it's something that they need to, you know, go and find. And it's inherently who we are anyway, we just have to learn how to access that. And then yes, we do need to know the mechanics of it. And we need to know what we're doing while we're doing it. Can't just be like, Oh, I don't know what's going on here. But I'm getting these messages. We've got to understand the process. So yeah, it's inherently who we are. Anyway, we all have the senses. I

 Hannah Macintyre 33:40

love it. I love it. And what would be I know, actually, while I remember, I'm going to bring it up, you have got a free online course coming up. So can you just tell us about that really quickly? Yes.

 33:52

So this is a free workshop for anybody that is a beginner that is looking to really understand the mechanics of mediumship before they start practising. So we look at all the clear senses, we look at how they feel within the body, how they come through to us and readings, I give examples of what they look like. And this will be the second time I've run this course this year. I run it regularly. And I make it free because it's a nice starting point for anybody that wants to go on. I think it's so important that we understand what we are trying to learn before we try and work that we're trying to develop. So this this is a free workshop is being held on the 19th of May, and the one that I just run earlier in January. The biggest feedback was that people were like, oh goodness, I am hearing things clairaudient Lee, but I didn't know what felt like that. So they are getting to recognise themselves in this workshop and they're realising I already am doing some of these things and I am already perceiving the world in this way. And that is a great foundation to start your journey is to understand how you're experiencing it and what you're experiencing, and then go on to develop it. So yeah, the details will be on my website. And I'm sure you'll think that 19th of May everybody is free to join,

 Hannah Macintyre 35:14

I will put a link to your website in the show notes. So everyone can just easily click through and book themselves on because it sounds amazing. So I know you're probably going to cover this. But I would just like for the listeners that can't make it different time zones, whatever. What are your three tips for developing medium right at the beginning of their journey.

 35:34

So firstly, I always like people to work on the principle principle of as above, so below, so anything with our mediumship if we, you know, if we're learning mediumship, and we're wanting to bring through names, for example, which is a really great validation. This is

something that eluded me and my own mediumship for years until I realised I was no good with names down on the ground here. So names were not important to me, I was really interested in what somebody was passionate about. I would say things like I'm great with faces, but I'm awful with names and a big constantly apologising. So if we want to work on something to develop one area for mediumship, we have to be working on it on the ground. So paying attention to names using people's names and conversation taking no, it's like you're sending a message to spit it that say, Hey, names are important, an important detail for me, I'd like you to bring them through when spirit connects. So that is the first thing, whatever it is we're working on in our medium ships to work on it in tangent with what we're working on on the ground. The second thing is practice, Hannah, we can study the principles of mediumship, we can watch other mediums, and how they pick up on spirit messages. But the only way we learn is by doing the work and stepping in and experiencing it for yourself. And I say to all mediums that train with me that they really need at least 20 practice sessions with complete strangers before they believe and understand patterns within their own mediumship of how, you know somebody's dad shows themselves to him and why we know that's a dad we're connecting with, or how do we know somebody was an accountant in their life, why we've seen that maybe in the last week or so we instantly recognise it. And the third way would be to really build confidence because that is really key. I see so many talented mediums, Hannah, come to training. And they are so gifted with what they're doing. They're presented in such a beautiful way. They're given heartfelt messages, it's very uplifting and very positive. And then they go away after the training, you know, after the more more longer training, and they do nothing with it because they lack confidence. And so some of them we have to remember is the confidence is that award we get for feeling the fear and jumping in and doing it anyway. It's not something we need before the event. That is the reward that we get afterwards. And so any area they can build their life, learning a new hobby, trying a new skill, learning a new language, again, anything that's not connected with mediumship it's important to build personal confidence when you're stepping into mediumship journey.

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Hannah Macintyre 38:25

I love it. Fan bloody tastic can stop nodding and really interesting things there. Because that, as above so below, never heard that. But it makes so much sense. I love it. This is why I think you need to have lots of different inputs and your medium ship and lots of different because everybody has different. There's all these little keys that can make such a difference. I'm going to use that now. Yeah, definitely. I'm going to use all the time, Linda, somebody in the



38:52

workshop last week saw oh my goodness, this is why I'm struggling with timings of things. So they were struggling to work out maybe how long it had been since somebody passed or maybe a future event that they were getting a little feeling about but they've no idea. And they realised oh my goodness, I am terrible at scheduling in my life. I cannot keep time with anything. I forget appointments, so don't keep tight. So they know that if they want to get better information about timings from Spirit, they have to be more conscious and more mindful about how they are paying attention to timings on the ground. And

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Hannah Macintyre 39:28

and Blumen tastic. Right, I'd like to end with one last question if that's the case. And I would like to ask you if there was one thing that you could say to every single person on the planet about the spirit world, what would you like them to know?



39:43

I think spirit would like us all to redefine what success looks like for us as individuals because there is no one blueprint that comes through. When you connect with so many spirits. You see what's important to them. And yes, there's always a thing Right, that runs through all of it, Hannah, it's not about the money that you earned. It's not about how big your car is or how fancy your houses, it's about the simple pleasures, the love and connection with others. And it sounds really cheesy and corny, but it's those simple things that make a difference taken opportunities when they present, being the creator of your own life. And that is the one thing, I think we're so caught up in comparing ourselves with others. I think if we can take time to really understand what joy looks like for us as an individual, what success looks like for us as an individual, and focus on that and switch off all the shoulds and the comparison with others, then I think that's a really key way that we can find an experience more joy and happiness in our life. And it's the joyful and happy experiences that spirit shared the most often. So important.



Hannah Macintyre 40:56

So did I that was absolutely incredible. I could talk to you all day. Um, so thank you so much, Linda. Like I said, I will put your website in the show notes that people can go check you out. And thank you very much.



41:10

You're very welcome. Thank you for having me, Hannah.