



Mediumship Matters Podcast Transcripts

Season 2 Episode 30

Dark Night of the Soul

Hello and welcome to Mediumship Matters with me, Hannah Macintyre! I hope you're having a fabulous day. Now, a little warning before we dive in—there's a gardener outside with a hose that sounds like a spaceship launching, so if you hear any weird background noise, just know it's not spirit making a dramatic entrance (or is it?).

Before we get started, I want to say a huge thank you to Amy, Eddie, Karen, and Victoria for your lovely messages about the podcast. It means so much to hear that you're enjoying the no-nonsense, straight-to-the-point approach. I may or may not have gotten a little emotional reading your messages after a couple of pints at the pub—classic me.

Of course, the universe likes to keep things balanced, so while I got all these lovely messages, I also received a few less-than-friendly comments. I just don't understand why people feel the need to attack others for their beliefs. It's not like I'm knocking on doors asking, "Have you heard the good word of mediumship?" I'm just sharing my experiences, and if it's not for you, that's fine! The irony is that social media algorithms will just show these people more of my content because they're engaging with it. The lesson? Where your focus goes, energy flows.

What Is the Dark Night of the Soul?

The Dark Night of the Soul is one of those phrases that gets thrown around in spiritual circles, but what does it actually mean? Essentially, it's that rock-bottom moment when everything feels like it's falling apart—an existential crisis where you question everything: Why am I here? What's the point of this? Why is life so hard?

And while it feels absolutely awful at the time, these moments can actually be a catalyst for deep transformation. They force us to examine our lives, let go of what no longer serves us, and rebuild something stronger.

You don't have to be spiritual to experience this. Even people who don't believe in any of this 'woo-woo' stuff have these moments that shift them onto a new path.

Do we choose to go through these tough times, or does the spirit world push us into them?

Looking back at my own life, I think we create these situations ourselves. Take one of my early experiences, for example:

- My husband and I bought a huge, crumbling Georgian house after watching too much *Location, Location, Location*. (Spoiler: We had no DIY skills.)
- We moved with a baby to a completely new part of England.
- Financially, it was a nightmare.
- I was working for a 'friend' who turned out to be, well, not so friendly.

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This particular ‘friend’ used her position as my boss to make herself feel powerful—belittling me, treating me like her personal assistant, and eventually turning all our mutual friends against me with lies. Overnight, I lost my entire social circle, bar one person. And to rub salt in the wound, she made sure I saw all my former friends hanging out together without me.

I was devastated. Lonely, humiliated, trapped in a toxic work environment. But, in hindsight, it taught me so much about boundaries, real friendship, and the kind of people I want around me. At the time, it felt like my life was crumbling. But that experience shaped who I am today. And, fun fact: Years later, I got a random text from her apologizing. Did she ever set the record straight with our mutual friends? Probably not. But by then, I’d moved on.

The Spiritual Lessons in Everyday Struggles

Here’s the thing—spiritual growth doesn’t just happen on retreats or in meditation sessions. It happens in the messy, human, everyday struggles. It’s in the heartbreak, the betrayals, the failures, and the moments when we feel completely lost. That’s where we learn who we really are.

If you’re going through a dark night of the soul right now, here’s what I want you to know:

- It won’t last forever. No matter how bad it feels, you will come out the other side.
- It’s okay to be angry, hurt, or lost. These emotions are part of the process.
- You are changing and growing, even if it doesn’t feel like it yet.
- You are not alone. So many people have been where you are and made it through.

How to Support Someone Going Through a Dark Night of the Soul

If you know someone struggling, your job isn’t to fix it for them—it’s to believe in them. Hold space for them. Let them know they’re capable of getting through it. Too often, we try to rescue people when what they really need is support and belief in their strength.

Final Thoughts

Dark nights of the soul are brutal, but they lead to breakthroughs. When you’re in it, it feels endless, but one day you’ll look back and see the lessons it brought.

Have you had one of these experiences? I’d love to hear about it! Send me a message, share your story, and let’s keep this conversation going.

Thank you so much for listening to Mediumship Matters. Remember, the magic is in the mundane. See you next time!