How Childbirth Deepens Intuition & Why Learning to Trust It Can Change Everything Transcript

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Introduction and Guest Welcome

Hey friends, I'm your host Dr. Elizabeth Samana, the intuitive psychiatrist, and you're listening to Stepping Into Soul Power. Friends, many of us are parents and there is a moment, if you've ever given birth, you ever been present when life has entered this world, a moments just after where everything just kind of goes quiet and something shifts, there are big shifts that are happening.

And it changes something about ourselves. Our next guest is a doctor of naturopathic medicine. She's a medical intuitive. she is master of not only just looking at your body, but really truly helping you to listen to it.

She bridges science and soul in a way that very few practitioners dare to do. Dr. Lauren Sanchez, welcome to the show. Hi, Dr., Samantha. I'm so excited to be here and talking to you today about all the things that we both mutually love.

Yes, well, you've got just a unique blend of skills and experiences. And I wonder if you could tell us about your journey, your path, how you decided to go the path of becoming a naturopathic doctor and a medical intuitive.

Lauren Sanchez's Path to Naturopathic Medicine

Thank you. Yeah, I always knew I was going to be a doctor I think since the age of five. My dad's a medical doctor, a physician, and it was just known.

And there was no doubt in my mind that was the path I going. It wasn't until I an undergraduate and I starting to heal many aspects of myself through lifestyle and nutrition did I realize that there were other ways to heel besides pharmaceutical medicine.

I became very interested in all the ways I can manipulate the way I was eating, how to nourish my body. I mean, I wasn't juicing in college when people were doing keg stands.

And luckily I found out about naturopathic medicine kind of like through… I almost want to say it probably was through spirit because it came in the sign of three, right?

So I heard about it from a YouTube that many years ago. and then someone handed me a brochure about a naturopathic school. And then I heard about it from a colleague at my really small university who I was studying with.

We were doing a lot of research in the summer. we were working one-on-one in a lab and he said, did you hear about this natiropathy school? And mind you, nobody was talking about natriopathic schools in Texas, right?

Because we don't have a university or natrpathy college in texas. So It was definitely divine. And once I started reading about it and how the naturopathic doctors were looking at the body in terms of root cause and, how to support the, body through nutrition and mind-body medicine, it all just was like a big aha moment, right?

And it's like, a no-brainer that that was the medical path I was going to follow instead of the more traditional path that I always thought that, I needed to pursue.

Then once in naturopathic school, we learned a lot about energy and energy medicine. And there's a lots of electives you can take like craniosacral and all those kind of hands-on healing modalities.

When I started to do that work, that opened up something in me I didn't even know I had. We all have these clairvoyant skills and that's when I first realized that I did.

and all these messages started coming to me and I realized that there was something very fascinating happening and i pursued more and more of these types of hands-on healing modalities like cranial sacral and reiki and from that those were the the paths and the gateways that led me to medical intuition.

Wow for those who don't know what craniosacral is or Reiki, just describe like, what does that look like? What do those healing modalities look? Yeah, they are similar but different.

Cranial sacral is a hands-on modality in which we are moving the sacro fluid through intention, through gentle touch. We can place our hands on certain positions to bring more movement into that space for healing.

we can gently move cranial bones with gentle-touch and intention. A lot of profound changes can happen with cranio sacrum. That's where I began was learning that as a student.

you Then after school, I learned reiki through a reikimaster teacher here in Austin, Texas. And that's similar in that most people practice hands-on with reki as well.

Craniosacral Therapy and Reiki Explained

That's also about energy movement, bringing energy in the spaces in which we need movement there, and then kind of relaxing the other spaces where there's too much tightness and too stuck energy.

Lots of intention is important with that. Then working with, in my mind, through my work with spirit and higher power. Those modalities, if you've never experienced them, can have profound shifts with very little touch, with little intervention.

They're very gentle, but yet there's this shift that can occur. You can leave with this like, wow, something changed, I feel lighter, more movement in my body.

I let go of something. Wow. As you've gone through just kind of adding, it sounds like you're integrating more and more modalities. So it's like, you are adding tools to your toolbox.

How have you found your intuition has evolved? Yeah, it has. And yes, I would agree. The tools in the toolbox. I always feel like it's fun to add more tools.

A lot of us would would just keep finding more things that we want to learn and geek out about and get certified in or experience in our practice or anything that can strengthen how we help people or how to help ourselves.

Right? I have found that the intuition has strengthened over time because of trust towards it for instead of kind of doubting it or second guessing it, starting to really believe it and know that it's true.

When you do that, it gets stronger. And then I have noticed through having children, I naturally gained more intuitive skills every time I had births a human, which is very fascinating.

about this? Tell us about what's going on with you. It was like a bonus upgrade. I didn't know that could happen, to be really honest. The very first time I took the Reiki course with the master, Reikimaster and the trainer here in Austin, I was pregnant in that class.

And I going to it with that idea of that, oh, this could probably be a great modality for my future family, right? So I just started to build my family.

So, gentle yet effective modalities to treating my family and my kids, knowing that I was signing up for years of raising kids and also probably potential illnesses and challenges.

So I actively pregnant in that first class when I kind of got my first Reiki experiences receiving as well as giving. And I didn't really notice anything while being pregnant, to be honest, in terms of more intuition or less.

But that's really when most of this started to I would say become something I needed to do, right? It's like, oh, this is really important.

How Intuition Grew Through Practice and Motherhood

I'm really supposed to be in this class and learn because something about this just feels like I am supposed be here and vital to my trajectory and my career, so adding it to the naturopathic practice.

And then after I had that kid, I didn't really go into doing a lot of energy medicine. As many of us kind of know, when we have a baby, it kind just shifts a lots of things.

It shifts our attention. We may not be putting as much into our business and our practices as we kind But that accepts, right, because I was enjoying life with a new baby.

It was really when I had my second kid that I start to realize that something happens with birthing a child that's beyond the experience of having a kid and beyond postpartum.

And it was like this tapping in and understanding without really trying too hard. It kind of came with more ease, right? So with my second kid is when I really started practicing the medical intuition.

This is what I realized, oh, I'm not really just doing Reiki here, Right? I am receiving very specific information that this person needs to know about their healing.

I'm supposed to be sharing this and I am supposed be utilizing my medical knowledge with this modality and the medical intuition kind of just became a part of me and what I was doing.

And then what's interesting is I just had my third kid, right? in uh more way more years of practice as a medical intuitive under my belt by the time I got to this and a lot of my own healing to have this pregnancy and to enjoy a of it but when I birthed this baby I was very I would say intentional about my energy and about My connection with this child interesting and I did notice just once again like this interesting upgrade.

It's not like a aha moment. it's Not really big. Its quite subtle, but it says heightened sense of intuition and this clairvoyant skills that are just a little sharper a Little bit more clear things come with more ease and i do think that that probably is something that most of us can experience, but more so when we birth a child because we are portals bringing in, you know, the spirit, The soul, right?

And I think that opening that up and bringing forth life, it allows us this upgrade so that we can be attuned to our baby and give the baby everything it needs, not just like physically what it means, But like emotionally and spiritually as well.

Wow. So it sounds like Childbirth, it's almost as if you're being prepped for some sort of spiritual initiation. Yeah. I'm not quite sure. In my slower moments postpartum, I have really mulled this over and tried to figure out like, why is it this way?

Why have I noticed this? Is this what other mothers notice? This is what others intuitives have noticed? I definitely think part of it is to really provide something to the baby, you know, but I think it obviously goes beyond that.

It's really universal. But what I've noticed with the second and third child when this happened is understanding that the new babies also has spirit guides.

And I when this whole process happens allows me to know their guide to figure out how to communicate with it to support my child, especially in those early months when things are really kind of scary when you bring a newborn

home, right?

Even like things like their vitals can be unpredictable, you know, your checking them when they're sleeping, if they are breathing and they get these little spikes of temperature and you're concerned as an illness or they do get this early newborn illnesses or what have you.

And I think that, that spiritual process of being open and knowing their guides is supportive in those very early months where things feel still scary.

And so when you're working with women, how can they really capitalize on their intuition as they're going through the birthing process? What are your thoughts?

Yeah, that's an awesome question because a lot of what I do in my work now is helping people understand their own intuition and helping them trust it and really validating it for them because I realized that a of us are unwell because we stopped listening and trusting our intuition.

And so, more recently in years in my practice, I've been thinking, how do I help people get in touch with that, notice it, access it and prove it?

Birth, Energy, and Spiritual Connection with Children

All the things. In that process, one way you can really harness it get and touch it is just to be still and quiet and sense and feel, which is very hard to do obviously in the whole birthing process and all that.

But there was a moment in time right after I birthed my son, and this is really profound for me. He was born six weeks early. And so they had to, I think maybe five minutes after me holding him, they to take him to the NICU.

So they put him in this little kind of like incubator type of box, right? It's not, but I'm describing as best as I can. And then they have to roll him away and take them to Nicu.

They allowed me to see him very briefly when he was put in that box that they were transporting him too. And it was at that moment I connected with him energetically on purpose.

I threw, I cast out a connection, much like fishing, and I through it at him and connected my heart with his enerjetically, right? And I told him, energotically telepathically I said, everything's going to be okay.

you're going to be okay, I'm going be OK, and your dad is with you. And I strengthen that so that we could communicate that way, even though he was on the sixth floor and I was the second or third floor of a hospital, right?

And so it's if you can slow down and be present and you could form that energetic connection of communication. You can essentially send a lot of information through that and even sense a Okay.

Um, you, talked about casting your net and are there some practical things that people can do on their own, um, build trust? Yeah. Build trust with themselves and their intuition.

Yeah, I, yes. And I think this is necessary actually, because the more sick somebody is, the harder this. Or the. Difficulty they've had in the medical system whether that's something like gaslight You know gas lighting from the Medical System or whether That's Something like Trauma from The Medical system the Harder this is for them to have trust with Their Own Bodies Their own Intuition Because They're Sick and They've Lost a lot of Trust right but it's in my opinion, if they can build that practice and harness it, it can be the best guiding light for their healing, right?

And one thing they feeling into and sensing the energy in their solar plexus, right? So something I practice sometimes, and it's really simple, is where is my solar Plex is pulling me?

Like where's the energies saying I should go? It can be something as simple as like a literal direction. Yeah, I go left or right. Or it should be as something like an option.

right, not a physical direction, but an option. Should I go towards this or should I towards that? And sensing your energy there and seeing is there a pull?

Is there retraction? It can be very hard with chronically sick people. But to start to even just feel into that space would be a good place to just start.

Just to notice what that place feels like. Does it feel On or off? Does it feel hot or cold? Is it feeling heavy or light? Do you feel painful or an absence of pain?

Because a lot of our energy is held there. And that space is complicated. So, practicing by putting your hands on it and by sensing what does it naturally feel like when you're just sitting there with your hand on.

How do you start to notice if there's a pool? And you mentioned something, it's talked about trust, intuition, and then the follow through. There's the fall through whatever your intuition is telling you to do.

For people who are intuitive, I guess that that's a question of trust. Right? Like if you don't follow it through, then is it that you just don' trust enough?

What are your thoughts? This is a good question. I really like this. Some of it is like, yeah, you don't follow through because you The strong majority of us do that.

Oh, I felt that, but then I didn't think so. I noticed that immediately, then, and I was like, nah, that can't be. That's what most people do because they let their cognitive minds choose ultimately.

They always, for some reason, find like that's got to be the right thing because that is what my brain is saying versus that what I've felt. So it is sometimes a trust problem and other times it's just that we have problems with follow through, right?

Building Trust in Intuition for Healing

That we all do that. We're all guilty of like, oh, I know I'm supposed to Do this in terms of exercise and nutrition and supplementation and I just didn't do it, right?

It's not so much a trust issue. It just like we're overwhelmed human beings and it's a it's a something else to do, right? But building that trust is really important because if you keep dismissing it and you're allowing your mind to always make the decision, even though the intuition is REALLY strong, like essentially you are bypassing the Intuition every time, you missing some really, really IMPORTANT messages.

And it is possible that you dismissing even a path that you should be going down. We hear this all the time from people who say, yeah, I knew for so long, there was something about my marriage that was making me sick.

There was the person I was married to that just didn't quite feel right, even though they said all of the right things and they did all right. But something just did not feel quite right and then they find out later after years of being sick that it ultimately was what they thought it was, right?

Which was something like a marriage or a partnership or friendship or job. And miraculously, once they start to listen to that and they remove the issue or they follow the guidance of intuition, then they feel better and sometimes can radically heal.

So following your intuition can be a pathway to healing. Absolutely. Yeah, absolutely. And that's why I have started to utilize it not only as like a tool in my practice, like listening to my own in terms of how I want to approach somebody's healing with them, but teaching them to listen to their own and really to validate it, to validated with

because ultimately they're going to heal themselves, right?

Like I don't really heal anybody. Nothing I really do heals anybody, it's ultimately, they can heal themself. And so, yes, them learning to trust their intuition is what's gonna ultimately help them heal and find healing.

And as you've worked with different people, you have lots of tools in your toolbox. But like, is there a particular modality that you truly, truly love to use that has really helped not only just connect with the people that work with, but also yourself?

Yeah, there's so many modalities and it's kind of very based on the person. So sometimes, and this is what's really fun about my job when I do the medical intuitive work specifically, is I get to ask that person's body which modalities they want.

I get to literally say, do you want to address this with chiropractic? Do you wanna address with acupuncture, herbal medicine, supplementations, nutrition, EMDR?

I will get asked specifically, what does your body want in terms of healing? And it's actually quite funny, because sometimes I'll get a strong no to certain things.

And I even tell the client, oh, it said no, and they say oh yeah, I can't stand that, or I've tried that or will never do that. It's funny. The body will choose.

For me, my passion is nutrition and herbal medicine. That doesn't mean it works for everybody because we all heal very differently. But that to me is kind of like the beauty of more of indigenous medicines, right?

I really like to nourish the body with food and herbs. I just feel like we're all so undernourished. So if we can do it with That's my personal preference.

That is my favorite modality. But the modalities truly will be based on what that person needs and less so much about what I like to use in my favor, which is very fascinating.

I love that. It is the practice of asking that what they need rather than I feel like in medicine, we're like just telling people what to do. You know, I say, and I am the doctor here, but really taking into account what their spirit, what our soul wants.

Some modalities, like, cognitively and clinically, right, as trained doctors, we know, oh, this works really well for this condition, for that person.

You're going to go do six sessions of this, and come back and report to me.

Using Medical Intuition in Clinical Practice

So it makes sense. Like, clinically we see it work. It works for most people. Thought-wise, it fits, because a lot of it is using our brain and our experience and all the things that we were taught, you know.

But sometimes it just doesn't work out like that. So you'll ask the person, like, yeah, so how did that go? Like, again, it didn't help. And you're like what?

It didn' help? No, they didn''t help or I didn ''t like it. Oh, you didn's like most people love it? Now I can stand it, right? So it's so funny that if we learn intuitively to ask a body instead of just prescribing based on what we know clinically, the body will just say, Yeah, that's what I want.

I wanted that I went acupuncture, I do not want chiropractic. I want herbs. I do not want any supplements. It will be very clear in that way. And I think that's where we can see sometimes people be unstuck is following the body's recommendations instead of like what we really kind of find is right or best for the person, right?

Yes, I feel that. If we can move in that direction within medicine or just healing in general, like where we really listen, if we start to see a place for medical intuition within all of these spheres, how could that transform healthcare?

This is my number one passion in life that I'm working towards is how do we get more medical professionals to either utilize medical intuition or be trained in it, or even just be exposed to the idea of intuition as part of the healing, right?

And I think It has a really specific place in medicine because if you look at it, you know, traditional medicine, we do blood work. We do imaging, all of those.

If you really think about what they're measuring, what the test is doing and how the tests is performed and the machine is working, it's measuring energy on some form, right?

and so we know that the way we gain information is through some way of measuring energy. The medical intuitive is also doing the same thing, right? When we do a medical-intuitive scan, no, it's not an MRI, not a CT scan.

It's no blood work, but it has value similarly to other ways of looking at the body. And so if we can get doctors or nurses or chiropractors or acupuncturists or nutritionists, or energy healers or any of these people in the fields of medicine or wellness, then, you know, trained in this intuition, they can utilize that as one way of looking at the body with all their other inventory mistakes.

Right? So the way I currently am doing it, now that I've, it's taken me years to marry this with my naturopathic background because it felt so different and it feels so weird and woo at first that, I wasn't sure I wanted to do that.

Right. I'm someone of science. And so it took so long to confidently say, no, this, has value. It's not fake and not make believe. But what I'm doing now is I do my naturopathic inventory the way that I was taught to question and interview the patient and I take the blood work and take all the other testing they have and the fancy functional bloodwork.

I took all of that information, I still utilize it because it's extremely important. And then I can do the medical intuitive scan. And I marry that together, and I make the protocols through both of those, right?

I mean, weaving that, together. Okay, great. We have known mold, we did the home testing, We did, the mycotoxin testing. we know we have mold we need to detox it.

And then we take the information from the medical intuitive. work, oh, it looks like it's definitely more affecting the small intestine or the brain so that we kind of now we're really targeted with our approach with that.

I love that. I guess for you, as you're moving forward, what advice would you have for people who are up and coming, thinking of becoming medical intuitives?

What would say to them as they go about embarking on this path? Yeah, everyone who's probably starting to even think about this is potentially double-guessing themselves, I would say, and thinking, well, i don't have that skill.

I wasn't born with it and I don' think that's something I can even learn. Or I've never been sick, so I cant be someone that understands that. There's so many ways to prove to yourself that you can't do something like this.

But what I want to say is you. We're all able to have these clairvoyant skills and access them and utilize them, and strengthen them. And train them but start with some really simple resources like works.

You know, the books that Tina Zion has put out are phenomenal. They're, they're great reads. and then Wendy Coulter. Yeah, her brain is great. Right. Very amazing resource.

There's just so many amazing resources out there. Start with some simple training and start with just like sensing

and feeling and see if that is something that you even enjoy because you will be working with people.

So, you know, kind of like dabble in a little bit of that and.

Advice for Aspiring Medical Intuitives and Closing

And see how you feel, but don't be concerned that like, You don' feel like you were gifted anything. you can learn a lot of this and it's like a muscle that you strengthen over time.

I like that analogy. Being a muscles that strengthens over a time, you gotta use it. You gotta exercise. Yeah, we all get caught up to on being like accurate and right.

This was like a thought that came to me really recently was, like, okay, what if I'm not accurate or right? That's really concerning because we're telling people, this is what, you know, your body's saying, What if i'm Not Accurate or Right?

You can get really caught Up on that and like almost not want to do your work, right, because there's going to be a percentage of where you're just not, You're not Accurator, Right.

There's gonna be some things that you don't, um, didn't pick up on correctly. And that's okay because how many times have you heard a patient say, oh, yeah, I got that test done.

It didn't show anything, you know, or, there was a problem and the test didn' t show that it couldn't pick that up on the tests. I couldn' d see that that report, wasn't helpful or it was missing something.

So, medical testing, although very, very valuable and I highly recommend it. There's a degree of. It's not always going to be the most helpful or most correct either.

Right. So take that with consideration as you do your work is like, don't aim for perfection. Cause that's. Not really possible in this field, but really aim.

For improving your skills, the more and the, more you practice and really connecting with the client and helping them achieve the goal that they need.

And the reason why they're working with you. Yes. Oh, you are just amazing. You're amazing and I know that there are people in our audience who truly want to connect with you, would love to work with.

How can they get in contact with? Through my websites, the easiest, it's my name. So drlaurensanchez.com. That's the way you can email me. Yeah, I like to connect with people through email, get to know them, see if we're a good fit.

The thing is, like, people should always interview their practitioner or provider. And so getting that conversation going and asking all the questions you need to, to feel comfortable.

People are really sick and this medical model is not working for a lot of us. So choosing your provider and having a good relationship there is truly important.

You can check out everything I'm doing and all about me on my website. Well, Dr. Lawrence, thank you so much for being on the show. All right. Thank you for having me.

Take care. If you haven't heard it yet today, I appreciate you. The soul in me honors the soul you if you want to see more episodes like this, please subscribe or click here.

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