How Medical Intuition Is Transforming Modern Medicine? Transcript

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Introduction to Dr. Aubrey Wallace

Hey friends, I'm your host, Dr. Elizabeth Samana, the intuitive psychiatrist, and you are listening to Stepping Into Soul Power. So today, today we have an amazing guest.

I will tell you that there are not a lot of people who do what she does. And in many ways, she's a breath of fresh air. We have been waiting for better care.

Honestly, whole-person care, care that goes beyond looking at symptoms and really gets into not just body, not mind, but spirit. Whole- person care and she embodies this in so many different ways.

She's a naturopathic doctor, Reiki master, a medical intuitive. She's a visionary that has co-created the household medicine series and is stepping into this sacred frontier where she blends intuition, medicine, and soul.

Dr. Aubrey Wallace, welcome to the show. Thank you. It's so wonderful to be here. Yeah, so when I hear your story, you embody what Healer is, this body, mind and spirit approach.

And so I'd love for you to tell us, how'd you go about getting on this path of weaving together naturopathic medicine, intuition and energy work? Absolutely.

Well, actually I come from a lineage of healers in my family. We have Scottish women who have been doing strange healing for many generations.

Family Healing Lineage and Early Experiences

And I came to it, I was always a biology nerd from early on, but my aunt Ray actually, who was a very Dictatorial human demanded that I come into her kitchen one day and said Aubrey sit down and I sat down And she said I have this thing on my arm and i want you to make it go away And I was like, I don't know how to do that, you know at all I, was in high school and she, said just do it and so I I put my hands on her arm And i I knew I wasn't getting out of that kitchen until something happened And so i just started to kind of um I guess pray, I'm not sure the right words, but I just was like, help, me.

I've never gotten out of here. And so I felt my hands heat up really hot and then I had this sense of like something was finished and I let go and this, she had had a like a quarter size lipoma, which is a big kind of bump on her arm and it was gone.

Like it disappeared entirely. So I got really afraid. And kind of went away from that and pretended it didn't happen. And then she came back right at my 18th birthday.

She said, my physician wants me to have a knee replacement and you're going to fix that. I'm like, no. But she had me hold onto her leg and my mother helped me with that one.

My mom wasn't doing healing at the time, but we both just held on to her for about an hour. And then she actually walked away with no pain. And I had severe pain for about two hours in my opposite side leg.

I couldn't walk. So at that point I was like, I have to understand what this is. Because I very much a science-brained person, and I dove in. That started my journey to learning, which went all the way through physician.

And the healing part has always kind of been there underneath. The medical intuitive for me was really birthed after naturopathic medical school and school was very intense, as you probably know.

And when I came out, I really needed to reconnect to my own spirituality. And my guides gave me a system to work with there so that I could kind of integrate those two parts of my being and get them together and working as I went forward into my career.

Nice, nice. Just to take a step back, what do you think, now that you've got this training, What do think was going on when you did that, when were 18, did the healing work and you had severe pain?

What you help us understand? Cause we're like, hmm, What the? You know, I still to this day don't know exactly what happened there. I think part of it was a collaboration of beliefs.

My aunt Ray was very strong in what she believed. And I thing to put us two, where two are gathered, have found works pretty well. All bodies have a capacity to heal themselves.

It just takes collaborative healing. approach between two humans to remember where the power lies, right? And so I still to this day, I've always been a very strong empath and I did believe that I took her pain onto my body at that time and and don't recommend that.

So it took me, that's why I teach empathic hygiene so that people don' It's somebody's pain is their gift, people's paint is there gift. People's symptoms are their gifts.

They help them to come back and heal the deeper aspects of themselves. So even though some of us may have these strange abilities, we don't understand.

I do think healing actually comes from the connection with the self and then a surrender into allowing that internal power to reset or re reaffirm what's already there.

If that made any sense, hopefully it did. It made a lot of sense. And you said something. You said empathic pain, like not taking on other people's stuff.

So how do people empathize?

Empathic Hygiene and Energy Boundaries

not do that. To me, absolutely. So to me empathy is just a level of feel, right? So it's a Level of feeling and you don't turn off your sensory like you can't not see.

I mean, I guess you Can you cover your eyes or you cannot hear. Same thing with not feeling, right? With feeling you don't need to stop feeling or protect yourself from feeling.

You want to feel again, like just keep feeling but when you start to feels things that come into your field that are not, that don' t resonate or don t make sense.

That's the most common. Like all of a sudden you'll be like, whoa, I have pain out of nowhere. I'm really sad. And then you're like That's not making any sense for my life.

So then it's hygiene to me. You have to catch it, notice it. And then with the body, the energetic body really, we catch things and keep the things that tend to kind of resonate closer to our own issues because we identify with them a little bit more.

Some people are really strong and hold all the thanks, but we'll talk about that in a second. But most of the time, once you catch it, you can actually just put your awareness on it.

And then when we feel something like that, we can just kind of ask, is this mine? Is this my feeling? And when you ask your body that and it's not, it just diffuses.

That can be really interesting for humans who have had patterns for years that they picked up from their parents or things they identified with. When they start to understand that that was never theirs from the beginning, they just have recognized it as them and it goes away instantaneously.

It's pretty exciting and a little scary because you start kind of wonder, who am I without that? part, right? I think of it as hygiene. Honestly, it's just like washing your hands.

You have to wash your feel, and the things that work really well for that are water, you know, sage, like fire, wind, all the elements work the best that I know for clearing things off the feeling realm.

I also think, I guess, that Oh, there's so much there. Let's see what I want to say. I think empathy is a solution, a collective evolution solution. So I mean, having empathy will, you can imagine it's really challenging to be harmful to someone else when you feel everything they feel.

Right. So we don't most of us empaths are not going around harming humans Like it's not the way that we function we we actually feel better when others feel And so this is I think an evolutionary way of humans to help connect with each other not from a top down but a connection at the heart level that will help all of us to start getting cleaned up around some of these heavy things that we bring into the world.

Oh, I love that collective evolution solution. Yes! Yes. That being the day-to-day experience is a little bit intense, right? So you feel being strongly empathic means you nearly always feel something and it's heavy, oftentimes painful.

And what's really interesting when I work with empaths is what our natural state is, we don't actually feel like anything. We kind of feel an open window.

Or, or a sky, right? So when we come to our, our base feeling state, it's kind of like not having a feeling. It's like nothing. And that can be scary.

But at first it was like, woo. Am I anything like what am I? But if you get into it, It was more like. Oh, I'm unlimited. Right. I am a potential. Yeah.

That feels, and that feels clean and great. Then when you start to recognize that's what I feel like Most, then you come back to that. It's like, once you're clean, you go back the clean.

Right? You feel yourself coming back. To that clean state. Oh, this is me. This is what I feel like when I'm clear and clean and, or, and or go hug a tree.

I mean, that almost always works. know if you can't get it go go hold and that you literally what i joke about is pointed at something you want to feel right so even if your inner you just feel again so if u in any room anywhere the earth is under you or you know walls feel great They feel really neutral, right?

So if you're feeling really bad, like feel the wall, you know, feel a cup. Feel, of course, all the rocks, Right? Feel your stones. feel things, Feel a plant.

Like those all feel great. So you can just point your feeling at what makes you feel good. I love it. I loved it that does your you're describing in the world of psychiatry.

Those are grounding exercises Like just bringing us back to center Yes, and really remembering like oh bring us here in a present moment like I'm here Feel again, yeah stuck.

Yeah, we get stuck that things get dense. Oh Like yeah, so you're blending intuition and just clinical rigor, clinical medicine. And for a long time, these things have been separate.

The feel I'm getting is there's some sort of a vision. I am wondering for you, because you are doing it now, you like

at the forefront, right? Like how do you see them?

coexisting and is there a possibility of them coming together in a synergistic way?

Integrating Intuition with Clinical Medicine

My vision is actually the only way that we could get to that is to change the entire system of it from person to person. I have found on a personal level that those two categories, medicine is very objective, top down is the framework.

So my job is to empower over my person and also to have responsibility for them. And both of those things are the antithesis of healing in my opinion.

So sometimes people do need a diagnosis that's beautifully helpful to them and doctoring can be extremely helpful and beautiful if it's in the right framework.

I just don't think that healing is really a situation of empowering the person to their own capacity, decisions, choices, giving them their power back.

And so I think, that change has to come with what you're doing, right? Where we get together, I co-created Household Medicine with other doctors. To have us play with each other across diagnosis, specialties, and help them help the patients.

to connect in with their own knowing and intuition and then engage us when needed. That is my vision for the way medicine works. So once a person has a trust in their knowing, and a thrust in there choices, they still need help with the specialties and they need still help knowing where to go, when to, but they have a capacity to come back to trusting their choices on it.

And then as a doctors, the doctors we can help them choose that instead of telling them what to do. We can them understand their variables and which one resonates most strongly with what they're needing to.

Wow. Well, it is. This is really inspirational because it's very different from how things are practiced right now. And you use the phrase household medicine.

I guess if you could define it just so a lay person could really, really understand. Yes. What the heck? Yeah. Um, well, we came up with that phrase because we really, We were thinking at the time that we wanted to be giving people awareness and education in order to become their own advocates going in to talk to their physicians.

Cause we're not trying to the physician for everyone, but we thought if they could understand the context of what they're dealing with and, and then we can teach them how to, um, not only be aware of how their own intuition works, but be able to do it in their home.

Household mystics was kind of where that came from. The mystic is the process of bringing spirit into reality, bringing it into matter. And these householders in the old version of the word were ones that didn't become nuns and monks, you know?

They had to stay in world. And I think right now most of us that are here trying to bring change and bring spiritual change through and evolve have a household.

So we're looking for those women, and often women not always, sometimes all genders, that that are kind of leading their family through this. They're leading them through the process and we want to give them the understanding, the tools and the leverage, empower them in their leverage to be able to bring their households where they want them to take care of.

Give them tools to navigate a system that's kind challenging for them often to get there. That makes sense. Yes.

Can you elaborate a little bit on that?

What tools, can you give us an example of a tool that you would give to someone who's coming and interested in household medicine? So one of my favorite tools is a really simple one.

So sometimes I get guidance, so excuse me. They're like, not that one! So I will give you the other one, the listen up tool is the one I use most, but what I'm hearing is I need to use the I don't know if I'm allowed to use the term family feud.

Do you know what family food is? Oh yeah. The game. Yes. Okay. So yes, the game show. I call it the fear and love game and I really like this one. When people are afraid, what I have them do is notice their fear.

And then the biggest part of this game is to notice it, catch it. I call it catching the fear and naming it So when they start to have fear come up to catch the fair and name it so like I am afraid my you know, I I'm afraid that the Sun is going to create some spots and make me crazy today or something, right?

And so you catch the fear and then the game that my guides let me play is to look up in the sky. Like there's the family feud billboard tiles up. And the guy, and so I take the fair, catch it in, then I go up and I usually say love, but you can say survey says, or whatever you like.

I like to say, love says. and put my energy way up, imagine those tiles ding and read what my intuition says about that fear. I know it's easier if you try it so we maybe just uh let's think of something little that might be something you're afraid of today.

Household Medicine and Collaborative Care

You don't have to share. Something I'm afraid up today um all right I am thinking of it. She's like yay good now you want it perfect okay so then you wanna just feel that fear so you are like this is I AM AFRAID OF THIS!

You want me to name it? No, you could just name it in your head. And now you want to go up and take your energy and kind of imagine stretching up. You're going to see the billboard in the sky.

There you go. Then you're gonna say, what would love say about this? You were like, love says. What would Love say? About this fear. Or what is true? Go up, Love says, and then watch it go ding and see what it says?

Yeah. Do you want me to say what it says? Or no? I don't know. You don' have to share. Did it say anything? Yeah, it said it's not something I should be worrying about.

Perfect. Okay, and the reason they place survey says is because you can sometimes you need more than one, right? Yeah, go ding and then the next one might be like I've had them I had like, you know, if I ask about the sunspots, let's try that one I'm afraid that I do sometimes get kind of headaches with sun spots and things.

So I am afraid I gonna have sun sun reaction today. Yeah. I'll say love says And the first one I got was you might and then the second one. I They just showed me like this power surge of energy running through my whole body, right?

So it's always specific to the fear and that particular, yeah, that's a catch the Fear game. I almost all of my tools are games. It's great for a lot.

And I'm a psychiatrist. So I always think of like what you're saying, but there is a type of therapeutic technique. acceptance commitment therapy where they use, you're putting distance between yourself and the fear.

And this exercise kind of, it does that because then you take a step back, and then your less just entwined with that feeling. Exactly. There is very, yeah, curiosity if you can get to it is amazing.

And then of course, if we get it to play, it's, the biggest one for me, because you just can't be serious and in pain while you're playing as much. You can, you could have both.

That's the most effective union of healing that I've seen. When you get really deep into the feeling of what's going on, and also keep that perspective, loving perspective with yourself so that Staying connected with it, connected, with yourself, and then playing yourself through it.

And that's where you, things really transform. Yeah. I mean, I love this as a psychiatrist, exercise wise. Like it's not even just, it like what you say, putting distance between, you're feeling it you naming it and you are learning to not suppress emotion.

You have to accept it first. name it, but then finding a way to do something that's lighthearted and that brings about the spirit of joy or like fun. So I love it.

Yeah, thank you. You're welcome. You know, our mind can't get us out of our minds very well. Probably you're at the best level of that, but our spirit, intuition, it just kind of bypasses that.

So if you can just leave it into an open space, sometimes what comes through there is so surprising that it helps the mind. Our beautiful minds helps them to just be like, oh, there's something I didn't think of.

And then they can kind help us. With getting ourselves back to a balance. Oh, I love it. I Love it earlier on you had mentioned this movement that you have for household medicine And you described different specialties collaborating Working together and you know, i'm an allopathic medicine and it is it's rough out here Like, turf wars are real.

And I wonder if, are there things that we can do as practitioners to come together? What are your thoughts? Well, our vision with this, originally we tried to do what all doctors do.

I think that the three women doctors I worked with, we all took responsibility for everything and we've tried do it all ourselves. And now we're looking at that like, no, that's not our mission, right?

Our vision is not to pick up and carry everything. I think the competition in medicine comes from, I, think it comes, from big hearts and responsibility, like feeling responsible for our patients and being responsible, for getting it right in a situation that's almost nearly impossible to do.

And so the household medicine idea now is like, let's just offer people, you know, We're going to be showcasing next year, showcassing different providers, and energy medicine providers is where we're starting, right?

So this is Qigong and how it would apply to perimenopause, or this bioret field tuning. And biofield tuning does a great job with pain or with integrating ancestral patterns.

So we're going to be covering subjects. We'll be cover more basic subjects next year, like the windows of health is what I call them, but different aspects of Health.

So, we educate people on different health viewpoints. And then how the different providers can come in and help exploring different types of therapies that work, because there are so many.

And what I have found with people is I can know as a doctor exactly all the things I think this person needs, but when I listen to them and I listened to their guidance, it sometimes has nothing to do with that.

Like I had one yesterday, like she's having ocular migraines and We sat down with it and it was geopathic stress. Someone was digging her hill next to her house out with a backhoe and her body started having these reactions because the earth was being damaged next her home.

As a doctor, I wouldn't have asked that. I would be still trying to figure out what's wrong with her nervous system.

But it's so much easier when you're able, the person knows that, and when they can tap into their own and say, oh, that's it.

It did start right as that backhoe started coming in to my property, right? That variable And then what do we do with that? She needs crystals. Like that wasn't exactly what I was thinking going in, but she holds one particular amethyst in her headache.

Closing Remarks and Contact Information

What a way. So there are too many variables for us to handle them all. And so I think having us come together and listen and then have each other as resources so that we collaboratively balance is kind of the vision we have and keep giving the power back.

to the individual. Again, I know I've said that about 12 times, but. No, it needs to be, hold on. Let's be real, like who else is saying it? Well, It doesn't make a lot of sense financially often.

It does fit into the model of what we're dealing with in medicine. And so, you know, is a fairly extractive model. At least I get reimbursed more if my patients get sicker, which has never been good for me and has been very challenging for my to stay inside of insurance.

I've had to come out of that. Many of the parts of our system are just not designed to empower a person to health. They're designed fight illness and in particular to fight death.

and discomfort, in my opinion, instead of actually helping them to understand the health variables and how to move forward with those. Wow. I think we need each other is the short answer.

Because I know that the more of us that get together with this, the better it gets. It's challenging, humans are challenging as you know, and sometimes relationship dynamics come up.

But I do think, unless we do it together, I just don't see how it would shift the whole thing. There is power in coming together. I love it. And I know that our audience is going to want to connect with you.

They're going be looking for you! So tell us, how do they get in contact with us? So the easiest way is just my website, which is my name, draubreywallace.com.

That has my different offerings. I do online medical intuitive readings all the time. If they want to see me in office, that's only in Seattle at Tommy Temple.

And I'm sorry, we've just changed the name to Temple Health Natural Medicine. That was this week. So they've been in Tummy Temple for 20 years. And now, but we're moving into Temple health there.

Looking for Temple, Health, Natural, Medicine, all of it's on the website. Oh, wonderful. Wonderful. It has it. Household medicine is also there, excuse me.

All right. Go see her. Um, she is an amazing medical intuitive physician, just like there, there she's rare. So if you can just go, go see here. They're there.

Like I said, I looked, and you know, at, She's at the forefront of where I think medicine is going and just really looking at the whole person and doing so in a way that really speaks to the heart and soul of who we are.

Dr. Aubrey Wallace, it was an honor to have you on the show. Thank you so much. Oh, thank you. So much for having me, doctor. I look forward to playing in the future.

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

And friends, if this spoke to you, leave a comment below. We would love to hear from you!