The Divine Power Within You Is Real—Here’s How to Access It Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Episode Purpose

Hey friends, I'm your host, Dr. Elizabeth Samanta, the intuitive psychiatrist, and you're listening to Stepping Into Soul Power. Friends, friends. Time and time again I get asked, all right, Doctor Samanda, why did you decide to make this podcast in the first place?

And so in today's episode, i'm gonna recount my steps, my path to start this broadcast, you know, what soul power is to me and give you, yes, three tips that you can do on your own to start stepping into soul power.

So for it, you know, when I look at things in my heart of hearts, I believe we're all connected. We are all, there is divinity in each and every one of us.

And it's that dividity within us that's, that is, our soul power. It's a force, it's power, and it is a power that allows us to create and to shape our world.

Because when we are able to change ourselves within, the outer world has no choice. No choice whatsoever but to, but change. And so sometimes, like, is real easy.

It's super, super easy to get wrapped up in the drama of life. You might think times is hard. Times are hard right now. you might have family that's stressing you out.

Everything is, I live in The United States. We got them hair strands. we got tar off's and everything's things are a lot more expensive. Inflation is going up.

And so it's easy get repped up In the external and all that.

Defining Soul Power

in all that. People losing their jobs, it is easy to get wrapped up in that and forget what we have, the power that we're able to draw on to make things happen.

If we can remember that, we are divine, that have been through tough times, and we that we have the capacity to shape our world, it changes everything.

It opens doors. I'll be real with you that my path to finding my own soul power was not that easy. And I will say this, that I grew up, I'm from the DC area, and grew in a traditional African household.

I was born in the United States, but my parents are Ugandan, and we were very Catholic, very, And I can remember as a child just reading the Bible for fun.

I had baptism, Holy Communion. If you're Catholic, you know exactly what I'm talking about. I was in Sunday school every Sunday. And, I could appreciate that background because I learned a lot.

and I am somebody that loves to learn something. Yes, yes. But I, can be real with you and say that growing up I was religious. yes, I did those things, but not spiritual.

And then there's a difference. I don't think I really understood what spirituality was. And I've really felt spiritual until I was into my adult. It wasn't until like I took a course and in this course, it really emphasized like meditation and getting grounded and connecting with yourself.

And that course transformed me. It transformed be connecting with your own, your spiritual guidance. it changed

how I viewed the world. And when I was able to connect with that, the divinity, my connection to the divine, and I started to listen and it started follow my intuition, everything.

When I tell you this, Everything in my life started flow. to take the time, sit down, tune in, and I wasn't like over here, over there, you know, busy with the do, do do and started to be, be be.

That's when things really started change. And that's what I felt like, okay, oh, this is, there's something powerful within me.

From Religion to Spiritual Practice

There's powerful something within you that I can tap into and that can help me navigate my life. decided after I had done that and really got in the habit of meditating every day and becoming friends with the divinity within me, getting to know the Divinity Within Me, where in meditation I got the idea to start up this podcast.

And so a little bit of background on me. I'm a holistic psychiatrist. And, um, one of the other things that I've learned from working with people is, is that we're strong.

We're resilient, you know, and, we are capable really, really tapping into that inner strength, the divinity, within ourselves. And I have seen that within.

you know, with patients that I've had who've been able to do that, who have been to tap into that inner strength and really connect with their spirits.

They can move mountains. I have seen homeless people, penniless people get jobs, get married, really transform their lives and it transforms the lives of everyone around them.

It is a ripple. effect. So I've seen the power of what happens when people tap into their soul power and really work on the connection within themselves.

And so when I saw that, after I had my own experience and when saw patients be able to do that it really prompted me to think about a podcast that really emphasizing, emphasizes the empowerment of soul, the connection with soul and highlights people who help other people connect with the soul.

And, and that's a huge part of what this podcast is, is really about soul honoring that connection, getting to know that connexion, remembering who we are, remember how powerful we being able to truly, truly be who we are regardless, and we'll say this, regardless of who's there, what's going on, being true to ourselves and taking aligned action that is in agreement with our values, with And so it's been, it has been great so far doing this podcast.

I will be honest with you. It was not always easy. In fact, I had a couple bumps in the road, season one, and this will tell you a little bit about me.

And I like to do a lot of things. Do I love, like I'm a doer. Like to get in there and like do the work and you know, there's a lotta moving parts with that.

Why the Podcast Was Created

So learning about flow, that was a little bit of a challenge for me. And then also, I am a bit an introvert. And well, for my job as a psychiatrist, man, I can run an ER.

I don't have a problem with that. But putting yourself out there on social media, that was a whole other thing. And so getting the courage to do that, so those were the hurdles that I had to pass.

Because I think that it's so important, especially now, especially with all the stuff that's going on, that we gotta get out there. We gotta out get there and be the change that you, you know, we wanna see in the world.

And this is the chance that I'd love to see. I wanna to you empowered. Oh, I'm gonna see you being your best self. See, doing what to do. I want to see you do what it do.

Like just being your best self, being, your, best, self living your. Best life, regardless of whatever is going on being you blessing the world with your presence.

Yes, yes. And yes, and, so there are a couple of things that I think are really helpful when you're going on this path. Because sometimes, like I said, it was not like, I was very religious, but not spiritual.

And so there can be hurdles to connecting with your soul power. big hurdles. If you've got a lot going on and there's a lotta noise, it can be hard to connect.

You gotta quiet the noise. And that might mean that some people Or some situations need to end. It might be time. If you're truly interested in connecting with your soul power, the things that aren't serving you, that are making it tough for you to connect with within you.

Uh, my beat may have to go to the waist. I may, you have, we say, um, the other thing that I think, so that's one thing really important as far as connecting with your soul power.

The second thing I want to really emphasize is just the importance of self-awareness. And I say this, I'm a psychiatrist, and so this is my bread and butter.

This is what I like to help people with, is knowing yourself.

Overcoming Personal and Professional Hurdles

Because when you know you, you are much more informed, you're much more in, you have better information about yourself so that you can make more informed decisions about you.

So things that can do to increase your self-awareness are, one thing that I like to talk to people about is when you do, many times for most people, like the things, what are the best times to get alone time is at night, in their bed or alone, if they sleep alone.

I don't know. Or like, I mean, Yeah. You know what I'm talking about. Or at night. So when, when you know, go to your bed at, at. If, um, and then really just spend five minutes, spend 5 minutes and just pay attention when things are quiet.

Pay attention to. Thoughts. What thoughts are you thinking? And then spend. Five minutes pay. Attention. To your body. What sensations are going through your body?

And then spend five minutes and pay attention to your feelings. What feelings are you feeling? What emotions are your feeling?" Well, I guess those are two different things.

That's the psychiatry point. Because when you can start to decipher between thoughts, feelings, what's going on with your body. Then you can be clear about, okay, What's you?

And then what is your outside environment? Because I will say this, I'll say that sometimes things within our environment can affect how we feel. It's very true.

Like other people, the energy they bring can effect how they feel, you know. So if you're able to take time when you're alone and really sit with yourself and be aware of what are my thoughts, what's going on with my body, and what emotions, the feelings that I'm feeling.

Then it will be helpful when when we're trying to make that connection to the divine. It'll be help. You're going to know what you and then what what other things in your environment that might be affecting how you feel.

And the other thing that I think, I guess the third thing, that can be incredibly helpful for connecting is getting into the heart space. And I love talking about this.

I like, this is, you know, it's a passion of mine.

Tip 1: Quiet the Noise

And like the heart space, we, in our society, and I'm speaking, I mean the United States, We focus a lot on like our neurological brain, the brain in here, The brain and this skull.

We focused a on this brain which is beautiful. It's wonderful brain. Yes. Helps us do a of things. You know, there's been, when we look at the science, we actually have three brains.

There's the, this neurological mind brain that we've got. It's, you know that's us. Yes. We've also got a gut brain. Um, and there was a lot of interesting, cool science about that, uh, about the gut brand and, um, a little pivot, like there is a huge science around this, You know, the food that we eat is super important and you know our everything is connected, like the mind brain, and the gut brain.

And then there's a third brain that a lot of us don't really talk about at all, but we talk it intuitively. We talk intuitively and this is the heart.

In fact, there is an institute called The HeartMath Institute and the Heart Math Institute is doing really interesting research in this area. You know that there is wisdom when we connect with the heart and in fact a lot of the great sages like it and when you look at some some older texts.

about like, you know, some indigenous cultures, they talk about wisdom that comes from the heart. And even within our culture, we say things like oh, follow your heart, whatever.

There's a reason why, like there's wisdom there. We're not speaking, a lot of the things that we do and we Something there, there's something there. There's wisdom there and there is a lot of wisdom in our heart.

If we make an effort to sit down and listen to it. And so one of the things that I love to do is to help people connect with the heart space. I'm going to say this.

This can be easier said than done. People can get very frustrated when you're like, oh, just connect with your heart. Yes, it is. But it can really hard.

It can very hard, and I'll tell you the things that can make it really to connect to your hard space. One is if you've had really rough situations in your life where you have experienced events that have really hurt you, And I'm talking about this when you've had things in your life that have hurt you to the core of who you are, sometimes what can happen is you might, it's almost like you, you feel like a part of yourself or you may create like some sort of a fortress around you.

So it is hard to, um, I mean, so you got a barrier around your heart.

Tip 2: Build Self-Awareness

And you can't, can nobody get in cause you ain't never getting hurt again. Um, but then like it's, it causes other problems. You're not able to get the love that you want and you need.

And so taking the time of that, that I'll say this, like, um, taking that time to connect to that space, to the wisdom, because in, in some ways, you know, some like the sages, the mystics, these indigenous cultures.

Like I might say that that is a gateway to what your soul truly wants, to What your Soul Truly Wants. And so one way to start is I'm a big believer in meditating in this space.

Yes, meditating. I know for some people out there that might be a trigger where they're like, I don't know how to meditate. I hate meditation. Okay. All I'm saying is try.

I will take a try because even just trying is a step in the right direction. So I would say this, one thing you could do if you're going to try is First, rise, then set the intention to connect with your heart.

The third thing is listen. And with this, I'm going to say this. It's really, really important that you let go of what you think should happen. Just listen, and if nothing happens, okay, you did it.

You tried. Kudos. Yes, you tried. But a lot of times, if you can try again, there are wonderful things that can happen. You can really start to hear, to connect with, feel the wisdom.

And that's exactly what it is. There is wisdom within your heart. there is divinity than you. I'll say this, everyone, these are tips, but you gotta listen to yourself and trust your gut, trust intuition as far as how to connect with your soul power.

These are some things that might be helpful, Honestly, our only limitation is our minds and there are many ways of going about connecting with and truly listening to our soul.

And so with this, I want to emphasize that you are powerful.

Tip 3: Connect With the Heart Space

You are incredibly powerful, you're absolutely divinely made and you've got that divine power in you. You can do great things. You've made it this far and you will continue to do good things, connecting with your soul.

It's not always easy, you know, especially when there's a lot of noise around. So just please remember what I said. Quiet the noise. Yes, quiet, do what you can.

And you may need to like a digital detox. you know, a digital detox, you may need to detox yourself from some toxic relationships, like whatever you need do just so that you are able to start really hearing what your spirit, what you soul wants to say to you.

And it can be, it could, there's a lot of uncertainty out there. Yes, yes, and I've got this quote on my wall. I don't know if you see this. You might see it.

This quote on my wall. And it says, faith doesn't make things easy, it makes them possible. I want you to have faith and believe that you can do it because our thoughts are powerful.

It takes having some belief enabled to be able to truly step into your power and do things, manifest things. And until you have that courage to step into the unknown, to try something new, you often, You don't truly know what you are really, really really made of.

You can do hard things. you can step in to your soul power. You can live a life that is in alignment with your spirit. And so with that, I want to thank you and I'm really looking forward to connecting with you again.

If you haven't heard it yet today, I appreciate you. The soul in me honors the soul you if you'd like 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