Unlocking the Power of Medical Intuition with Jade Yin Hom Transcript

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Introduction to Soul Power and Body Wisdom

Hey friends, I'm your host, Dr. Elizabeth Samana, the Intuitive Psychiatrist, and you're listening to Stepping Into Soul Power. So many of us, we're on the spiritual path.

We're hoping for clarity. we are hoping, for peace, We are hope for alignment. And sometimes we met with some physical symptoms, emotional turmoil. And it's almost as if there's something within ourselves that's asking to be heard.

We may have symptoms that are trying to say something. And what if they're an invitation to dig deeper, to look for some truth within themselves? Our next guest is, she's phenomenal.

a medical intuitive, light alchemist. She has guided many people internationally in transformational healing and is all about truly understanding the wisdom within our body and finding what really our truth, our soul is trying to tell us.

Shade Yin. Medical intuitive like alchymist, welcome to the show. Thank you so much, Elizabeth, thank you for having me. I'm so looking forward to our talk today.

Hi, I am too, and you are probably one of the best medical intuitives that I have ever met. And I would love for you to tell us a little bit about your path.

Like what got you onto this journey where you decided to become a medical intuitive and healer? Yeah, so I feel like I was guided, but it all felt like it's also accidental.

I always knew that I wanted to do something healing, something good. And then when I started doing just volunteer work in the hospital, I remembered how I start crying.

Bedside work isn't for you. So then I did administrative work and then got depressed and depressed. And one day I decided I have to go to this webinar by a medical intuitive, Dr.

Judith Orloff. She was in Seattle doing a weekend webinar and I went and she was describing how when she's around somebody and She turns into them.

Shade Yinu2019s Path to Medical Intuition

she just really feels their story and what's going on in their lives and i'm like That's me, only that I thought I'm too sensitive. And then that's why I started putting the pieces together and started learning energy healing, started reading about the chocolates and little by little I was able to put that sensitivity, that intuitive-ness to good use as a medical intuitive.

Wow. So many questions. When we talk about medical intuition, there are people out there who may not be curious. There might be a couple of skeptics. I wonder if you could tell us a little bit about what you think, what your understanding of medical intuition is.

Maybe we'll start there. Yeah, so I'm always learning and things are always changing, but to me, the heart of medical intuition is deep connection with another human being.

That allows them to honor the truth that's needing to communicate to them through their body, their bodies symptoms. Because a lot of times I find that people kind of know, but they just don't have permission to speak truthfully about what's going on.

So everyone is intuitive. But when we press that, well, we run away from it because feeling so much is just way too much. And I really get that that's happening in the collective right now because you feel into what's going on.

It's heartbreaking. So I understand how even just feeling the vicarious trauma that is happening, it impacts our body and our energy body. As very caring people, We want to respond.

When we can't, our bodies respond, So I know people are hurting right now. Yeah. Yes, there is a lot going on in the world and a of us empaths, we're feeling it, are there things that we can do, practical things we could do to help ourselves so that were better able to navigate all the turmoil that's going around us.

Yeah, definitely. I would say have some space to yourself and some spaces with nature that allows nature to really fine-tune your energy field and help you remember who you are.

So anything that you can do to allow spirit to remind you of who you are and your essence, and you essence is always love. Yes, yeah. Absolutely, absolutely.

As you've gone on your path, can you, I guess we'd love to hear a little bit more about you. What has medical intuition taught you about yourself? How has it evolved your journey?

Yeah, medical saved my life actually because it gave me a way to connect with my own truth that allows me to live on purpose and be of help to other people, be kind of like a vessel or a spaceholder for other to feel safe.

What Medical Intuition Means

And I think there's a psychologist named Donald, I forgot his name, he talked about how babies need a safe space, a holding space so that they have the sense of safety so when traumas and things happen, the safe spaces allow them to process and heal and move on so they're not trapped by the trauma.

So I feel like Medical intuition has been that safe space for me to just be and to create that sacred holding space from my being as I do the same for other people.

And then they feel connected to their true power. So it's all about that deeper connection. It's not like a skill or what am I doing? Am I skillful? Not skillfully.

That's the talk of like the ego. But when you're just allowing who you be on a soulful level and that's being in a space of love, being and such a sacred holding space that everything around you responds back with love.

That's what everybody's looking for. And that what medical intuition has been for me, that sacred hold in space to just be. I can be of service to people in a way that brings me more life, brings my life.

It's the human connection that bring about aliveness in each other. Wow. That's why I love what I do because I could tell and it's so lovely to see someone in their essence doing what they do with passion.

Thank you. I feel so blessed that I'm able to do this now. And I know there's many of you listening to this right now wondering if you have a gift or what your gifts are, because so many who are tuning in are so empathic, intuitive, and so gifted that you went through life doubting yourself.

Because this reality really doesn't mirror back to us what's right about us. It's about what is wrong with us, Like, what's wrong with you that you're so sensitive?

What's the wrong that with that? You're still like a baby crying all over the place and can't hold it together. What is wrong to you? That you can just blah, blah blah.

You know? So, so it's always, we are noticed for wrongness. And so then we cut ourselves off our voice and then internalize, sadly, the own voices. And then we construct a reality that limits who we are, so the vision we hold of

our lives becomes so limited by all that.

So those of you who are listening, who're wondering if you could be doing what I'm doing, I am just going to tell you, yes. Say yes to yourself. Yes, absolutely.

You wouldn't be tuning in today. Your soul would not have guided you to this podcast if this was not something that awakens the real you. Because that's the beauty of Elizabeth's podcast.

Managing Empathy and Collective Turmoil

Like I listened to your podcast and they're so generous and holding sacred space for people to just be. Yes, be yourself, honor yourself. Hear what you truly want and follow through and do it.

Yes. Because I think it is quite the path to go and you have done what have created. Not only are you a medical intuitive, you're a phenomenal master of energy healing, quantum healing.

You've even dabbled within psychology. I mean, I followed you for a while. Your good. Well, not just good, you're great. What were the biggest barriers and how did you overcome?

The biggest barrier was actually believing in myself because for the first few decades of my life, I internalized the wrong voices. about who I am. I internalize criticism and judgment because I'm so sensitive that I let everything in and I a lot of mixed messages about who I am.

So the first couple decades of my life, or maybe even three decades in my live, I felt like a real failure. And so learning to believe in myself and that what I do is actually helpful to people is a huge shift for me.

It didn't happen one night, it happened slowly. like the realization that my intuitiveness and psycheness was something I can channel into medical intuition.

I mean, that was like a huge realization, but then the embodying that took some time.

Healing Through Nature and Self-Connection

And I say, I'm still trying in some ways, and I am still learning, still doing my best to expand beyond my limits and work on letting go of any need to even believe.

Because the moment we talk about believing yourself, then it's saying, if you have to make yourself believe it, what if it is not a belief, but it just about being in alignment with what's true.

Oh, lovely. Right? It's belief is more like a hit thing. It privileges thought and privileges the mind. And I feel like, for so much of my life, that's where I was.

And I imagine that with all your training, like your MD and PhD and all that training you must have made that same journey somehow, haven't you? Yeah, I'm still on that journey.

moving through my own limiting beliefs. I think I spent a huge chunk of my life in this very logical science-based realm. And I'll be honest, I was also a bit of a skeptic that I could do it.

And so it has taken time and a lot of courage. A lot courage because within the field of medicine is a novel way of thinking. It's a different paradigm.

And I truly believe it's where we need to go. That's why I'm so excited to have people like you on because you just bring together all these different health modalities.

What I love is what you really focused on is just the truth of the other person. Because I think within medicine, we

go in with, there's a little bit of an agenda.

Like, hey, I'm the doctor. I got the degree. But then the way you're looking at it is really looking to the person, partnering and looking that their truth.

Yes. Yes. You know, I read this funny thing, not so funny, thing about the impact of AI because, you know I'm in graduate school and somewhere there's some study that says that it's easier for AI to replace a doctor than a nurse because the diagnostic abilities that doctors are known for can now be done by AI, but the hands-on healing by nurses is harder to be replaced.

Belief, Alignment, and Overcoming Self-Doubt

And then that makes me think about or medical intuition really connecting soul to soul and heart to heart I don't think we're going to be replaced by AI anytime soon.

I believe it and well you are bringing up a really important point and it's already happening within medicine that I can tell you within the field of radiology like AI is reading scans And so what you're talking about that soul to soul connection is just, like I said, this is where we're going.

Yeah. And the funny thing, it's almost like we are going back in time because there was a time when very intuitive people became doctors and midwives.

Like I'm here in London and one of the people who I feel is just such a beautiful role model for putting intuition and science together is Dr. Bach of The Bach Remedies.

I mean, he just knew how to create remedies that are easy to do and not highly priced, that a helpful for all kinds of emotional disturbances. And that's such genius, right?

Absolutely. And he was educated right here at University College London, and he should be put back on the curriculum. It is quite a wonderful suggestion.

I wonder as you're thinking about our future, is there a particular way of collaborating that you would like to see? Absolutely. create a new model of healthcare where in everyone's healthcare team there should be at least three different people coming together to support every person so that all sides of them are being heard and understood and so then collectively we can bring our intelligence and our wisdom together to support a person's healing.

Like I would love for doctors, colleges, counselors, social workers, medical intuitives to come together and be that holding space for a persons healing That's what I'm going into graduate school to figure out a way to make it happen.

Because if I just talk now about this, this and that, nobody's going to listen. So I guess you have to kind of just be in that space to be heard. Yes, yes, but I love your vision and I think that it is absolutely something that is doable and that's something people want because I thing the way that things are being practiced right now leaves a lot to be desired, not just for practitioners, for patients and their families.

Yeah. And you know, I actually know quite a lot of doctors and naturopaths and chiropractors who are amazingly intuitive. And I have a wonderful biological dentist who also has training in energy healing in Switzerland, and she's incredibly knowledgeable about energy medicine and healing.

So she and I had such a good talk about dental health and overall health, how that's all connected. The thing is, at this moment, the law does not allow her to go there.

So that is the only reason why I'm not sharing, shouting out her name, because I love to give her a shout out for being so on the cutting edge. But the system is such that those who are must cut off that aspect of themselves.

AI, Medicine, and the Future of Healing

I hope that with AI in the picture, it pushes medicine to back to honoring the intuitive in each and every one of us so that doctors get to be wholly human.

Because the way the program is right now, they are cut off from the body. I mean, it's like people who have been to military training, survived medical school, and beyond, or people have very good at athletics.

You know, the know how to push themselves. Those are the people that can push themself through medical training it seems. Right? And so that means that you have a strong mind, a stronger body, but you're actually cut-off.

from the heart and soul of the being. I mean that's how I feel a lot of people are. That's the burnout for nurses and doctors, right? I absolutely believe and I have seen that.

And so it is a call to not only change the way that training occurs, but the practice of medicine, like really starting to connect with our heart space, remembering the soul, the spirit and listening.

Yeah. I feel like if we're going to be trained to healers, No matter whether it's naturopathic medicine or alluvated medicine, or traditional biomedical medicine.

The healer should become healthier in the process and not have to give up more of who they are, but become more humane and more human in a process of healing.

learning to be a healer. But that's not the case, is it? Because I love doctors and nurses. I used to work in healthcare and I so respect their outrageously amazing work ethic.

And I just think all that talent and intelligence, imagine if they are allowed to bring all of themselves to the table. Yes, the suggestions that you're bringing up would really change things for the better.

I wonder what small steps can those people at home do to help move, perhaps move in that direction? I think some of the simplest steps is really take time to listen to yourself, not just be silent, but really take time to listen to what your body needs to communicate that you've been repressing, what you heart needs the soul of you is wanting to bring into the world that you have not yet allowed yourself to do, but that know you could do.

What the body, what the heart, and what soul wants to brings into this world, really listening to what they have to say. Yeah. I would like to switch gears a little bit and ask, because I know that You've been through your own journey with physical conditions, and I wonder if you could speak to us about that and how your knowledge of medical intuition has evolved as you've gone through own your journey.

Yeah, I've gone through several stuff in different stages, like in the earliest part of my life. I used to be so afraid of the cold. And I lived in southern China when I was a kid, was warm.

So then every winter I would be terrified because I'd be covered with hives. When the ambient temperature drops down like 16 degrees centigrade or something like that, my body would become covered in hive.

Listening to the Body, Voice, and Soul

cold urticaria or something like that, allergic to the cold. And I didn't know that it's like not so many people have. I don't how my immune system kind of overcame that.

and I think it was realizing that what I'm allergic too is cold-hearted people, cold hearted. Wow. So my body was just holding on to so many traumas, as well as vicarious traumass, because like I said, when I was a kid, I wasn't in China.

I still remember the day Chairman Mao died. and the whole country was in mourning, and I did not know what was going on because I was a little kid. And it was overwhelming.

Something about what's going in the country right now brings up the overwhelm and that unsettledness, that coldness of people not being able to trust and respect one another because of what is going one in a world that creates people to just be cold-hearted.

So that was a huge thing. And then of course, in my case, I had depression a lot. I have a lots of allergies. Then more recently, since during the time of COVID, i have hypothyroidism and then hyper and hypo and hyper because it was hard for me to really communicate what was going on.

how terrified I was to be targeted because of COVID and speaking out loud and I wish shut down, shout it down. All the divisiveness about immunization, this, isn't that.

And it was just so freaking hot. I decided to just stop getting involved. Stop getting involve when I have so much to say created both a hyper and hypothyroidism, and I clear that sense.

Wow. I know a lot about really owning your voice, owning truth, always holding a more sacred vision for your life that will not allow other people to override your internal narrative, which is pretty hard in this world nowadays, isn't it?

Yes, you're absolutely right. It sounds like right now you've got this strength about you that's really helped you stay true to yourself. And it sounds really find your voice.

I wonder, are there practical things that our people at home could start to do on their own to move in that direction? Yes. Yes and I find that A voice is so much more than about just a physical talking voice.

It's also how you be in a world. You're allowing yourself to be free, to go to places and be and enjoy life. and be surrounded by people who have that allowance for you to be all of you.

So voice goes so beyond the physical voice. It's about being all-of-you. Because the thigh voice is about giving you the energy to being you, essentially.

Like it's so connected to the mitochondria, which is connected with the energetics of every cell.

Personal Health Journey and Finding Voice

you got a whole bigger vision for your life so that you have something to look forward to and that gives your whole being the space to be because voice is the energy you broadcast also and I realized that I don't have to reactive and fight out there and talk about You know, blah blah Trump, bla bla Trump.

No, I can broadcast differently. So allowing myself to give voice for me does not mean being reactive and verbal and vocal and go out there and chant this and that.

It means I am going to allow myself the sacred space to be me. I don't have to react to drama. but I honor that I'm gonna bring peace wherever I am and my loudness will be the loudest of peace and compassion and love.

And that's it. I love that definition. I do. A voice. Love it. Yes. This goes way beyond what you're saying. Your essence. Oh my goodness. Shade. Yeah.

Cause I learned it from seeing babies and puppies. Because like every time you see a baby and a puppy, it's like, why are we suddenly so maternal and loving and cooing?

Because they are not judging babies. And puppies don't judge us. They just allow us to be. And imagine the whole world being in that space where we are just so surrounded by that loving energy.

And that's what brings not more talking, not rationalizing, reactiveness about how this should be changed and that should change and how that party should come together.

This is like that kind of loudness. It's not helpful. Yes. Right? So it's honor in how I do voice, how you do a voice too, right? It is the whole energy of us.

Wow. Sadie and Hume, I know that people are going to be looking for you. They're going to want to connect. Audience, she is like top tier, globally like expert.

I mean, that she's going places. Yes, so sweet. Thank you. No, I'm being honest. Like, let's be real about, there's a lot of stuff out there in the healing world, but you are like, top-tier world class.

And so I know that they're gonna wanna connect with you, how can they go about doing that? Thank you. I have a couple websites jbodywisdom.com. YouTube channel at Cosmic Intelligence.

Closing Thoughts and How to Connect

I really like connecting with people there because I created that YouTube Channel literally to connect with the Cosmical Intelligence and all of us so that we are all free to be fully human and be multi-dimensional human, be wholly who we're meant to in this world.

Yes, thank you so much for being on the show. Thank you, so, much, for having me. And thank for your beautiful podcast. They are so beautiful. I love how you just allow everyone to step into their power.

That's also such generosity of spirit that you host such sacred space for you speakers to just be who they are. 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