

Leslie Gomez

Stephen Moegling: I do have the distinct honor and privilege of introducing Dr. Leslie Gomez, and I am going to forego the traditional speaker introductions by telling you about Dr. Leslie's training and background because you need to hear her journey from her voice today. Instead, I would like to share with you two things that Dr. Leslie believes.

One, healing can come in many forms and that to heal a disease we have to address the person as a whole being by treating the emotional, mental, and physical body, which is all connected to the spiritual. And number two, cancer is often a messenger to address an unresolved conflict and can be passed along through ancestry.

Now, if you had asked me a year ago about those beliefs, I would've said that's pretty far out stuff. Right? But I've had the good fortune of watching Dr. Leslie's work and helping her to heal my wife's breast cancer, and maybe even more importantly, helping her to unlock and heal 50 years of trauma.

So it's pretty incredible stuff. I'm a believer now, and I think after you hear from Dr. Leslie today, you're going to be a believer too. So please help me welcome Dr. Leslie to the Believe in Better stage.

Dr. Gomez: Thank you, Stephen. That was quite an introduction. That doesn't put any pressure on me right? No, thank you so much for the opportunity. I think I'm the one that is blessed to be here, to be able to listen to your, all your conferences and your insights and I always get something good out of it, so thank you for the honor.

Thank you. So, the journey of, well I should tell you who I am. I am Dr. Leslie Gomez. As you heard, I am from Mexico City. I was born there, but for the last 13 years, I've been living in Cancun, so I'm so happy to be here because I get to wear my warm clothing, right?

I never get to do that in Cancun, it's just so hot all the time. But anyway, for the last two and a half years, I've been working at Hope4Cancer, which is an integrative medicine clinic, where they address seven key principles, as Dr. Tony Jimenez, he's the one that is the owner of all the clinics, in Mexico. He has another center in Thailand and Singapore, and one in Tijuana, and in Cancun is the one that I'm working at.

So we address, the person as a whole and all the therapies are nontoxic. So that was something that attracted my attention. There are seven key principles that we take care of. There are five, six, seven doctors in the clinic where I'm at, and I'm the only one that addresses the emotional, spiritual

healing. So I do have a lot of work because I have to see all the patients every week. They stay there for three weeks. It's a three week program, and I have only three sessions, four sessions, if I'm lucky, sometimes only two, depending on the amount of patients.

But it's a lot of pressure because they are so desperate to heal and in such a rush that I do feel so much the compromise or, the commit, to really help, you know. So, I love the work that I do, but it's a lot of work.

So what is a pediatrician?—because I am a pediatrician, you know, so that's an interesting part—what is a pediatrician doing, working with adults?

Well. That's quite a long journey for me to get to that point. But, I had calls, so my first call to cancer patients was 13 years ago that I moved to Cancun because a hospital brought me there to be in charge of the pediatric department, it was one of the biggest hospitals in Cancun. And I loved the project.

So I moved there and I was, yeah, my first goal was, there was another clinic that was going to open. At the end, it didn't open, thank goodness, because I was not ready for two big projects, right?

But then my second call to cancer was five years ago, that I met Dr. Tony Jimenez. He's an amazing, amazing human being. He has a lot of knowledge. He goes around the world looking for therapies, alternative medicine therapies, and literally put it all together in one clinic. And it's an amazing project.

So he was opening Hope4Cancer and somebody gave him my contact and I knew my way around Cancun. It's been already eight years that I was in Cancun and I could help him, but when he invited me to the project, I was not ready for the project. I was like, really? This is the second call. That's kind of weird, but I was not ready. Because I got married—my husband Cameron Elzinga—when I was 41 years old.

And we had a baby when I was 42 and I'm 48 now, so she's almost six. So I was not ready for the project because I had a daycare and I had my pediatric practice and I had it all together so I could be close to my daughter and I was not ready to dive into cancer either.

She was 18 months old. I thought, being a mom was something, even though I was a pediatrician, I mean, no, there was nothing like, in the books, that says how to be a mom. And that's when I really learned what moms go through when I would say—you know, I was not very patient, I guess in the beginning—I was like, oh, come on, really, a call to ask me how to prepare

the suspension that I just told you how to prepare it, really? Well, the first time I had to prepare when I was like, okay, where's the mark? Like, oh, now I know what they're talking. So no, it was a very different journey that I was into, you know?

But then two years ago, I thought, for a reason, I thought I wanted to leave Cancun. I thought my time in Cancun was done. I was done with the heat. I don't like the heat in the first place. So I thought I was done with the heat, and I just said, you know, I think I should go, but in my heart, I said, no, not yet.

So that's always the first message that I give to my patients. When this one and this one are not going in the same direction, the body gets in trouble. Okay. So we always have with the mind and the heart to work in the same direction. Not necessarily to work together. Working together, I believe it's intuition, and that's pretty much what I do at Hope4Cancer.

I put them together, I connect with my patient and then I get all the information, and that's how I put them together to find answers. But in real life, out of the clinic life, the mind to solve, the heart to feel and keep them separated because this one mess up with this one and the mind miss up with heart, and then you end up getting stress.

Okay? So that's the first thing. So when I was looking for science, you know, I'm intuitive. So I was looking for science to see what is it that I, should I stay here or should I go? I struggled, and then I said, okay, so I'm going to dare to ask God. And I said, I dare, because every time we ask, every time I ask, I get the answer.

And guess what? You just have to follow once you get the answer, right? There is no way you can say, oh no, never mind. I didn't want to go back. I didn't want to go that path. You just have to follow. So, I dare to ask and I said, okay, where do you want me to be, where am I useful? Because everybody that is here is being put, where the light is being necessary.

You know, everybody that is here is the same. Everybody in the world is because it's needed in that spot. Especially people that has a good heart. So we're like, okay, where do you want me? And literally two weeks later, Dr. Tony and Marcy call me again and I'm like, really God, there is something about my Winnie the Pooh scrubs that you're not seeing.

I'm a pediatrician. Why adults? You know, why cancer patients? But then I said, okay, let's see. And when they said, you know, we want you to take

care of the emotional, that's when I said, oh, okay, that I like, that—I feel more comfortable. And that is, why do I feel more comfortable in that sense?

Well, that brings me back into the beginning of my integrative medicine practice. So I got out of residency program and all that in 2003 and then back then I had a partner, that was an acupuncturist, so I learned about Chinese medicine and energy medicine and all about integrating other disciplines into my medical practice, which in the beginning was very difficult because as a pediatrician I had to go with baby steps.

I didn't have the confidence. I felt that I couldn't mess up with the health of the child. You know, it's not like they tell you, oh yeah, the wraps(?) are working, or this homeopathy's working or this [?] so, yeah, they make me feel better. It's, you know, it's just not that easy.

So I had to take it very easy. But guess what? Chinese medicine talks about that everything that you think and feel is energy and that energy runs in your channels. And if you can help the energy flow, then you can be healthier. So, in the beginning it kind of makes sense, but I didn't really know how it worked.

So by that, I integrated that little by little, I will see great results, you know, with acupuncture or shiatsu in children. And then I start adding, you know, just other disciplines. And I would see that we are much more than just a physical body, that we are, mental body, and we are heart body and all that together, connected to the spiritual, then we can be balanced and healthy.

So the complicated thing is that I realized from my medical practice that moms and children are connected. That is not just the child that is ill. So the first seven years of life, and, I'll go a little, in the timeline. I will explain a little bit more about that. But the first seven years of life, the body that is being developed or the one that is in control of the child is the emotional body.

So by that it's the heart, I call it the heart. And moms and children are super connected. It's not, that it doesn't think, doesn't grow. Yes, all that happens. But the one that is in control is emotional body. So everything that mom thinks and feels is pretty much also connected to the child. So when I realized that connection, I said, well, I think I need to help the mom also, if I really want, in a genuine way to make things different for the child.

So then just sometimes by listening to the moms, giving myself the time. So, five years after being in charge of the pediatric department, I chose to stay out because the system was asking me for timings. You know, every 30 minutes you have to see a patient. And I'm like, you know this, this is not me.

So I dared to get out of there and I took my time to just listen to moms and be able to understand the interaction of the family to see what was going on. And that made a big difference in the child's health. When I would talk to moms, when I would give them ideas, when I would see where the stress was coming from because the child was expressing what the mother was not expressing, through the disease of the child.

So that was a big thing for me to understand and to see how children would get better if I would work with the mother. So I would send the mom to this therapy, to family consultation, to the psychologist, to get a nurse, to [?], acupuncture, whatever, Tai Chi, Qigong, just whatever that would work at the energy level.

So she got better and children will not go with me all the time. You know, they would go just regular checkup. That's what I wanted. Healthy children coming with me, not ill, but healthy, you know, just for regular checkups. So by that with the connection of moms and children, I realize that, I think that was part of God's plan.

You know, He had a plan for me and I didn't see it back then. But little by little I started moving into the emotions of the moms and that's how I learned about the interaction and emotions. I think that's how I moved into that field without really knowing where I was heading. So by that, here I am working with cancer patients as an adult, and with adults.

And, I realized that's just part of my own spiritual journey. I think it was just part of my being there, giving me the opportunity to all that I went through in my personal life and had to heal, all that I went through in my professional work as a pediatrician and with a different point of view all my life.

I always stayed out of the box, always. So being out of the system really brought me to the point where I could really express myself at a different level. So by that, Hope4Cancer gave me the opportunity to integrate all that, but I didn't really know.

So the program is called BEST—behavior, emotional, spiritual therapy. But I had all that and I didn't know what to do with it. You know, it was just a lot of information. And then Recall Healing is one of the techniques that I use, that was very good, useful tool for me to gather information from the patient and to be able to give them a tool to heal. So by that, Recall Healing is a system that was created by Dr. Gilbert Renaud. He's a Canadian and Naturopath, and I took the training a couple of years ago and he integrated the work of Dr. Hamer and Dr. Sabbah, put it together. He also studied acupuncture.

And then I would say, well, to understand, how every organ, every part of your body is just talking.

So by my training of nine years with working with the acupuncturists and then taking these, you know, it was a very easy for me to understand the language that he was talking, that every organ has an emotion associated. Every part of your body has an emotion. And I can read that. So, but they also integrate that any illness come from an unresolved conflict.

So that sounds kind of complicated, but the three steps is, that talks to the book, that really attracts my attention, the phrase it says, Name It, Claim It, Dump It. That's how we are going to get to the core emotion that brought you to your body to be expressing something, giving you a message.

So Name It. That's pretty much my job. I ask the right questions. Following my intuition, I try to, you know, talk to the patient and pull all the information, and try to put it together. So Name It is to talk about it. It's awareness, it's I said, download information from your own iCloud and that's the first step.

You know, awareness of events that could have happened in the past that you think, oh, they're in the past, no they are not. They are right here right now. Not, you don't want to see them but your body is saying they're still there. So that's a difference.

Claim It, talking about it. Then it's not just talking about it in my one-on-one sessions with the patients, which, each session is about a couple of hours, right? I take two hours each time with each patient, but Claim It is, it's homework. I tell the patients, okay, there is a conflict with his grandma or with your mom, with your dad, or with the ex boyfriend or with the ex partner or the father of your children, go and resolve that. You need to talk about, and it's not about judging what you did was right, what you did was wrong. It's about, because we're not here to judge, we're here to just see. To learn really unconditional love and forgiveness. But to get to that, you need to say, you know, this is how I felt.

It's not about if it was right or wrong, it's how you felt. We never talk about it. And that's part of changing the culture—the culture, and everybody's culture, but pretty much what I've seen, because we receive people from, most of them are from U.S., Canada, Europe, they don't talk. They don't talk to the relatives.

Parents don't talk to their children, they don't talk. So, it's Claiming, it's saying go back and talk to mom and express how you felt when you were five and you know, remarried, you know, just little things, how you felt. So

everybody, we should go back home and to the relatives and talk about how we felt.

So Claiming is that, and then, Dump It. I thought in the beginning, Name It, okay. Awareness, Claim It, talk about it. Fine. Dump It. How do you dump the disease? How do you dump a memory of trauma? It's not about here or here. The dumping is at the biological level. Once there is no more conflict, then biology will resolve it.

For example, a big conflict. Our secrets. So I've heard a lot of times, adoption. Somebody that adopted a kid. And the child will say, mom and dad to these two people, and in the mind, in the heart, that's mom and dad. But guess what? Biology says, no, they're not. There is a conflict. So those little things, biology always knows.

There's no way you can lie to biology. So, once you know the truth, once you know what could be associated, then, you can go, your biology or your body will be able to dump or resolve the disease.

But, so we said any disease is an unresolved conflict. The problem is that conflicts are not just our own conflicts. In Recall Healing or energy medicine and other disciplines, we say that as we carry in our genes, color of the skin, the hair, the eyes, we also carry emotional trauma. So there is something called Generational Syndrome. So by that my job is to find who you are connected to. We are connected to a certain person. Have you heard like, oh, you're just like your grandmother or you are just like your father's dad or whatever, grandpa.

So that is a connection. So when, when you hear that, always ask, so how was grandma, you know, what was her life like? Because then we are going to be repeating patterns like, in our own lives, like grandma did. At the emotional level, maybe differences and obviously, but emotional, the same.

So it's important to find out about the family tree as much as we can, okay? So my job is basically that. Go into the family tree and see who they're connected to and find the trauma, the drama, the secrets. And then go into the timeline. The timeline is your own life, traumatic events. And then I put those together.

So the timeline is pretty much finding what emotions could be related to the disease, any disease, not just cancer. So here's just an example of one timeline. I will, if you can see, like for example, colon cancer, and what I tried to do, first of all, to get to these lines. When did you become independent from your parents, food, shelter, and clothing, because that's like cutting the cord and that's just the technique, I didn't create it, that was Gilbert Renaud.

What I do is, okay, when you became independent, then that will be the length of your line. So let's say this patient was 21 years old, and then I multiply 42, 63, 84 plus 200 and this person was in this line, you know, right here.

So he got diagnosed with colon cancer. So my first question always is, what happened one or two years before? And that was an event that triggered, and that was not the cause, but it was like the last drop, the spill, the glass. So. And then I will go back to the first line. So in the first line, as I said, the first seven years of life were connected to mom from zero to seven, then 7 to 14 to father, because we switched to the mind.

So first of all is the emotional body. And then switch to the mind—that's why we learn how to read and write and math and all that, school. So we switch to the mind body and then we'll be, I call it that, that's my integration because you have to integrate. That's why a [?] sense is so complicated. It hurts so much because you have to integrate the mind, the heart, and all that together along with the society, what is it that I want to do in my life? Where am I going to go? Body changes, hormones, so it makes it so complicated, you know, integration.

Once you turn 21 you're supposed to be, okay, I'm ready for the world. This is me. Which, not really, but yeah, sometimes it is.

So 21, and then we will multiply patterns, or emotions. If we didn't have a healthy body, emotional body, then they're going to be a problem in the next ones. If we didn't have a healthy mental body, there are going to be patterns that will repeat until we realize that in the integration, if we never integrate it, it is like the typical, he's like, he never grew, you know, he stayed in a certain stage. That's why, because he was never able to integrate the mind and the heart to put them together because maybe there was a trauma in the heart time, or maybe there was a trauma in the mind time. So, for this example, what I do is, so I look for events, you know, that could be related to the cancer, and then I look for the emotion that it's repeating in the same.

So it's a lot of work because once I find a family tree and once I do this, I'm able to work with it at a deeper level of what is the real emotion that we need to undo. We need to stop that. And that has to do with your nature. So that's why behavior, is not the same. I've seen people that are always angry, and they're 80 years old and all their lives have been angry. And I'm like, how come they don't get, like, liver cancer? You know, which is related to anger. Because maybe that person was going pro their nature. So it's

normal. It's okay, the body takes it. But maybe if somebody's super sweet, super tender and is angry all the time, Oh, for sure he's going to get sick.

So first of all, we need to know ourselves to not to go against our nature. So that's the first step that I tell the patients, know yourself enough so you can know what is your real nature, and then work your whole life around that nature so you don't get sick. So you are happy and balance whatever emotion.

I'm not here to judge what's the emotion that you should follow. But that's, you know, part of the awareness of what is the nature of the person. So I would say, I know somebody said it, you know your biography is your biology, and we think, oh no, that's in the past. We think, that doesn't matter.

Well, your body's saying it does matter and it doesn't matter if it happened when you were five, or you were 10, it's different. It depends on what stage of your life something happened. And it does matter how you felt. Sometimes, not the event itself, but how you felt in that moment. So it's always good to go back into the traumatic events and say, this is how I felt, and then talk about it if it's possible, to the person that was involved in the situation.

A lot of times it's, you know, related to parents. So it's complicated, but it's possible and sometimes patients tell me, how can I do that if they're already dead? I think it's a deep forgiveness and love. So just the awareness of they did the best they could, and I'm okay with that, I felt horrible, so if you're listening to me, wherever you are, you know, talking to them, writing letters, burning them, and sharing with siblings, maybe that will help.

So pediatrics versus cancer, you know, I wonder, or you might be wondering again, what are you doing, you know, in this, are you going to follow pediatrics or are you going to follow cancer?

Well, I'm actually doing both because I believe that it's not about what you do. It is about following your spiritual path and no matter what you do in the out, there is always a deeper purpose. So I can say that it doesn't really matter where I stay. I think it's about following my own nature and communicating and connecting and just sharing, you know? So I'm not going to choose right now, yet.

So the 10 key points for the journey called life, that I integrated all this time—first of all, know yourself so you can go with your nature, not against your nature. That's an important one. Love and accept yourself fully and

completely. Because I think, you know, as we've heard before, we don't know ourselves and we don't love ourselves. So those two things.

Break unhealthy patterns so you can express your true self. Don't be afraid of breaking the patterns and be out of the box. Don't be afraid of going against the society once you're going pro your nature.

Give yourself time. We don't give ourselves time. You know, to know ourselves.

Trust your divine plan. I believe that everybody has a divine plan. Otherwise I wouldn't be here. So this is part of my divine plan.

Be brave enough to follow the science, otherwise I wouldn't be working with cancer patients, right? And it's been amazing. I love it.

Be humble enough to recognize your limitations.

I think that's part of the reason—it's very interesting—in my practice as a doctor, everybody buys insurance, you know, like a legal protection insurance. I don't know how you call it, like when, when your practice for malpractice or something. Well, in my 20-something years of medical practice, I should tell you that I have never needed it.

I have never bought a medical, protection insurance, a legal insurance. And I told myself the day that I think or feel that I need one, that day I should quit. That day, I would become a bad practitioner because then my mind and my heart would be based on a protective medical practice.

And I don't want to get there. I want to keep connecting with my patients. Loving them. Being honest, being genuine, intentions. The first thing I tell my patients, I'm not a psychologist, so we're just going to share things here, okay? I am not the one that knows everything. I'm just passing information, okay?

But I think that communication, it's very important with your patients and once you have that communication, really, you don't need a medical insurance. Be kind and honor yourself. And never be afraid of love and, showing it to your patients. The more connection, the less conflict. You know, never be afraid, and that's a way of doing things different.

That's the way I found that it's a better way. So just enjoy what you're doing. Hug all the patients, love everybody and live your life. Thank you.

Stephen Moegling: I get to ask the first question.

Dr. Gomez: Okay.

Stephen: When you and I were talking about this speech, you had shared how you began to think about taking care of a sick child and then working with mother, father. And you described, on the palm of your hand, the three parts of the brain. Can you talk a little bit about that?

Dr. Gomez: Sure. We have three different brains. So once we know this, it's very easy to communicate and to connect with patients because I have—and that is an amazing question—because as a Mexican, woman, doctor, you know, I get these patients with these totally different culture, behavior, beliefs and all that. How can you connect with them? Okay, so that's a very useful tool.

We have three brains, and so we have the, I, explained with my palm, so we have the survival brain. Survival is the reptilian brain. And this brain is the one that makes you run for your life, okay? So if this one doesn't feel or think, this one run, escape and survive.

We have the limbic brain, which is in the middle of our brain. And, this is science. So in the middle of the brain is the limbic brain and this one feels, this is where all the emotions are.

And we have the cortex. So the cortex is logic. You think, so run, feel, think. Interestingly, guilt or shame, that you were talking about, Julie, guess where it is? You think it's here, or here?

So, feel or think? it's in the mind. So it comes from judging. Okay? So it's not a feeling. It's a thought. So that's something when you realize that you can heal from it by being kind and gentle to yourself and not judging yourself. So, for me, the first thing I need to know is, is this person that is in front of me here, here, or here?

Once I recognize where that person is, I can talk. For example, and I give this example being at the ER. With a mom, brings a child, and I grab the child and the child is having a seizure. So the mom is freaking out. I put the child, we bring it to the, it's in the ER. Okay. Everybody, all the team, you know, and, and then the mind, the mind is right there.

My mind. I'm here [gestures] because I need to solve, I need to act. ABC, I need to do whatever I need to do.

But where's the mom? The mom is here [gestures]. She's freaking out. She's just so worried that she could lose her child. So the first thing I do, I jump into here and I said, mom, out. Let me work. And I do whatever I have to do.

I'm not going to be here. I'm just going to get to do it. I'm not going to even think if the child is, [?] get itself solved. Once it's done. Okay. Child is good. Okay, we're good. So I get out, I'm still here. Mom is here. I go and talk to the mom.

Do you think that if I'm here in the mind and she's here, we're going to be able to communicate? We're not. There's not going to be any connection between mom and me. So what the first thing I have to do is to get out of here and then I get out just by saying something very simple. Mom, I know how you're feeling. I know what you're going through. Contact. I know what you're going through, okay? But we need to sit down for a minute and have a conversation of what's the next step.

In that moment, I'm here. Okay, click, I connect. Then the mom is like, okay, and then from there, little by little, this is what happened to your child, this is what I did, and this is where we're at, and this is what we're going to have to do. Then the mom's okay. Then the mom can understand.

The other way around, I have this patient. I'm here and because at Hope4Cancer, I have to be more here to connect. And they have the super scientific doctor that comes here and tells me, this is just science. Prove to me that what you do is, you know, only energy based medicine thing, you know? I'm like, so then I have to go to the science. And then just shut my heart and connect. Okay, you want it through the mind, let's do it through mind. Okay, you don't want to believe, you don't believe in God, fine, let's go to quantum physics. Okay. Because I've studied so much, so I mean, I marry at 40 right? I had enough time to study and to work and to go to tons of congresses and, you know, and I had a, yeah, my ex partner, he was just like genius and super. So he kept me really busy with books.

Okay, so let's go where, where do you want to go? So the first thing to connect to your patient is recognize where he's at, and that works with everybody. Husband, wife, you know, sometimes with my husband, I'm like, I am here, where are you? And he's here, or I am here, then come with me. So you know, just to recognize where you are. If you're in the mind, you're in the heart or you're running for your life, you know, it depends. So recognizing that is very useful to be able to really connect and be useful—at the end it's about being useful.

Audience member: Thank you for coming and sharing all this. And I think you and family should move to Duluth and start working with folks here.

It's your next sign, no. But I just think it's really interesting everything you've said and, when I got sick or diagnosed or whatnot, last winter I felt

compelled to do research into my family history and to spend more time with my grandma and talk with her about some family events and it just, it sort of makes sense now just hearing you put it that way.

And I wonder what you would suggest for someone who lives here in Duluth to kind of, how to continue on with some of the learning that you've done. You know, not having access to being able to work with someone like you here. What could a patient like myself or, you know, somebody in a similar experience do to kind of, go on that healing journey?

Dr. Gomez: Yeah. Well there is Recall Healing. You can look it up online. I could do some consultation online. I am fine with it, but, I think Recall Healing integrates a lot of that. You can look it up on the website and I can give you some information about it. So there is some online working.

I'm gifted with that, being able not just to work one-on-one here, but I can also, you know, connect in other ways with people. So it's about having the [?] thrive. If you were looking for grandma, I know that it's because your soul was searching for answers and it's work. It's trying to work at that deeper level. So yes. I'll give you the tools.

Audience member: And for Zoey, and anyone else, if you're not familiar, there is an integrative medicine department at Essentia, and I do pediatric integrative medicine there. And so if you're looking to find someone or a practitioner to have conversations along these lines into, that you could see regularly that would be somewhere to look as well.

Audience member: I really loved your life map, the journey map that you did. And I'm curious if you could explain why, for the heart, for the year zero to seven, you have that aligned with mom and why for the mind, seven to 14, you have that aligned with dad.

Dr. Gomez: So that's part of the integrated medicine. It has to do with Chinese and Hindu medicine. Ayurvedic, the Hindu, they believe that the first seven years of life that's, part of their, I think that like the old ancient masters would be able to see, because they would see in different levels and not just see the human, but see the soul or the soul journey.

So they would see that the child from zero to seven hardly integrates, like, logic, you know, they don't really think. They express through feelings. They cry, they tantrum. That's how they express, you know, through the feelings. So that's how they could integrate that the body that is in control or being developed, it was the emotional body and the left side for Chinese medicine is the heart. And it's feminine, and it's grandma, mom, me as a woman, me as a female connection or my heart, my feelings, my emotions. So that's how

I integrated that it's connected to the heart or the emotional body to mom. Especially the first two years of life. The child doesn't even know it's a separate being from mom.

So that's, you know, the connection. And then that's why at seven, you start reading and writing. So then the mental body takes control. It's not that the child doesn't feel or doesn't, is not growing at the physical level, but the mind is in control, so through the reason you can connect with that child in that particular period of time, but then I thought, well, that's the right side. So the right side in the right-handed people is the mind. So that's how I integrate it. That's my own integration.

Audience member: So that makes a lot of sense to me. And I certainly see that in my own children. I was curious about the association with the female and the male, and I'm just curious how you might adapt that to an alternative family. So, for example, if there are two moms or two dads, or my family, we've got a mom and a dad. But my dad—my dad—my husband, my kids' dad, is the primary caregiver and has been since they were born. So, I'm just wondering how you might adapt that, for, in sort of alternative situations.

Dr. Gomez: Okay, so getting into two moms, two dads with children would be very complicated. I wouldn't judge if it's right or wrong, because I think the soul chooses, that's my belief, that the soul will choose what human experience wants to go through because we're just souls living human experiences, right?

So this is just one more, and having two parents that are two girls, two guys, or mom and dad with different roles, it's just one more human experience. And it's not about if that is right or wrong, it's about what is it that you do with that, you know, that really matters. And I think everything leads you into unconditional love and forgiveness.

So in that sense, even that situation should lead you into loving and understanding and forgiving every single circumstance and getting the best out of whatever you have. We say you have lemons, make lemonade, you know, that's what it is. But in that sense, how do I, how do you adapt? What's your, can you repeat the question?

Audience member: You know, now that I'm thinking about it and now that you're explaining it more, so I was thinking about the map that you showed for that particular patient and you had zero to seven, heart-mom, and seven to 14, mind-dad. Was that just specific for that specific patient? He felt closer with his mom, in zero to year to seven and dad with...

Dr. Gomez: For me, it's everybody. Everybody, the first seven years of life is mom. The next seven years of life is dad, and the next seven years, and it's not just mom—okay, now I understand your question, I'm sorry—like if there are two moms and when they switched to the dad.

Audience member: Yeah.

Dr. Gomez: But even in that situation, there is going to be the male energy and the female energy in the home and the male energy is the mind. It's who does the decision? Who's proactive in the family? Who has the role of making decisions? Who's the mind of that marriage? Okay? It doesn't matter if it's a boy or a girl. And then in the other hand, when it's mom, it's the heart, who's the one that feels. It's very complicated because that goes along your nature. So that's why the integration makes it so complicated. You know? And my job is to say this is mom, but was playing the role of dad. This is your dad was playing the role of mom and you couldn't integrate them. But once they know, then they can heal, because they can de-attach from all that and become themselves. I don't know if that resolves your question.

Audience member: I'm just, I'm thinking about my own children and like two of them are close. They're all boys. Two of them are closer to me and one of them is closer to his father and they're all under seven so...

Dr. Gomez: That would be what the soul nature is asking for, you know, it's what the child needs. They're not the same in the sense of like maybe there is a little boy that is super minded. So it is more connected to you because at the soul level needs to learn more about the heart. And maybe the other way around, maybe in the, let's say parents are split, and they stay with mom when the mind was supposed to develop, it doesn't mean that they're not going to develop it, but it's just, it will be a different way of seeing life, you know, for that child in particular. And it's okay. It was part of the journey. You know?

Audience member: I have an unresolved conflict and I don't want to get ill from it, which I'm not saying in jest, really like, I'm feeling like, oh, I have something going on here. I do think that the concepts of what you're talking about, the mind and the heart make sense. I think to... I don't know if you thought about this to adapt it to, you know, it's a little too black or white for me that it's, you know, it sounds like—which I don't think it's exactly what you're saying—but it could sound like, it sounds like to me, that the male is the, you know, thinking and the mom is the feeling. And I don't think that's accurate, right? There are lots of genders thinking and feeling and we actually have a capacity to do both. And so I wonder if that might help. It

certainly helps me as I think about it, 'cause I feel this strong resistance to some of what you're saying.

And I think, well, I liked some of the concepts, but I think in, particularly in today's day and age where we're thinking about gender differently and we're thinking about all of that differently in our society. How do we take the nugget of it and not have it get lost in male, female? Because I've done a lot of Chinese medicine and studies and understand it's more masculine and feminine.

I just think that thinking about it, or speaking about it, a little bit differently might help. Thinking about, for me, it's going to help me accept it differently.

Dr. Gomez: I think a feminine and masculine isn't necessarily boy or girl. And it's not, I mean, I'm in the medical field and in Mexico at least, is a very much, you know, it's more like male and I'm a girl and that doesn't mean I'm not being expressed as a girl in the male's field.

I think it's more about for me to be able in this particular technique, to integrate where the blockage is. For example, if there is someone that has breast cancer. It's on the, what I have found in these almost two and a half years that I've been working there, that most of the left breast cancer have is related in energy medicine to the feminine or to the heart or to the emotional body.

And that always seems to be connected in the timeline to the mom. So I look for some connection, not the conflict with mom, but maybe for her as a mom, or for the mom that she didn't have, or for the heart that she didn't express. Even though she was a sensitive person, she didn't express herself because of the environment that she was growing up, all boys, wanting to be another boy.

But she was very feminine and she blocked it. So it's just for me to have an idea of where the blockage of the feeling it could be. You know, it's not about being girl, boy or thinker or feeler. It's more about finding that connection so I can actually tell her, you know what? It's okay to feel. It's okay.

When you were little, you grew up not being able to express yourself because you were in fear of being judged. And in that moment I tell her, you know what?—it's okay to feel vulnerable and it's okay to feel and to love and to open up. And they realize that all their lives, they didn't express that love because of the fear of being judged.

Once they know that they're able to be themselves and they change. And you won't get me wrong in that place. It's just a fly [brushing away small flying insect].

Audience member: Hey, thanks again for this wonderful conversation. Do you think that for people, you know, in their middle ages, in their 40s, 50s, 30s, whatever, do you think there's a role or an opportunity when these individuals are evaluating their life history, their biological biography, as it were. Do you think that there is a role to be played by psychedelic substances, psilocybin, acid, anything of that, peyote, anything of that nature?

Dr. Gomez: I think everything is possible. I think, again, the soul will search for whatever it needs. I'm more pro natural, things that are grown in earth and not synthetic, you know?

Audience member: So like mushrooms?

Dr. Gomez: Yeah. I mean, anything that is—and it's not just about taking the mushrooms or marijuana or peyote or whatever is available. I think it's intention that you're going to put into that journey that really will bring up something or not, because it's those, I would call them tools, resources, are there to be used, yes, but it's opening a door. So once you opened the door, what is it that you're going to find on the other side? You never know. And if your soul, your spiritual, it's ready, it will be like a, whoo, yeah. Okay. I learn and I open up like an amazing thing, you know, connection, whatever.

But if it's not, then it's very risky. So it depends on, I could say I'm open to anything, but it depends—the stage, the reason, the motive, the circumstance, the environment. I mean, it's just so much, so in the first place, I wouldn't recommend that if you're not—because most of the people is not—ready.

You know, most of the people don't look for those sources or resources with a genuine intention of spiritual evolution. They just want it for the fun or the curiosity. And that's not a good reason. That's not enough reason.

Audience member: As a caregiver, what do you think the responsibility on your part is to educate individuals, coach them up to potentially participating with something like that?

Dr. Gomez: I could say that every time patients ask me if they should go for it, I could say that 90% of the time I said, I don't think you should. I think you should look for other tools before you get to that point. And if in the journey you're really in that, that you look for it more like it's presented on to you,

maybe it was meant to be, but don't look for those doors because probably if you're looking for it, maybe you're not ready. You know? So it's more like if it presents to you as a, you know, one or two times or calls like my first call, second call, third call. Okay then I pay attention because it's been there three times. Okay, I'll pay attention and touch base to see if it's really what my soul is guiding me to or not. I'm not going to say if it's good or bad because I think it depends.

Stephen Moegling: Dr. Leslie, thank you. Appreciate it.