



EP 074: A journey to baby spirit communication with Maria Rothenburger

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome. It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to the Fertile Mindset Podcast! I can't tell you how lovely it is to be back, and it's been wonderful to see so many people join us for our first episode in this series. Now I have another conversation to share with you, that I found fascinating. I'd spoken to Maria before on her amazing podcast, *When Miracles Happen*, and we had such a great conversation that it planted the seeds in my imagination for this podcast to be created. And here we are, on to our 74th episode now, and welcoming Dr Maria Rothenburger who is a fertility counsellor, coach, best-selling author and intuitive. In this episode, you're going to hear both about her own path to parenthood and the journey this took her on both in her own life and in the way she supports others in her work. I really loved the perspective Maria brought to the more spiritual and you could say woo-woo side of fertility, from her science-based background and training, and I hope you love listening in too.

Maria will also be joining us in my private membership group, the Fertile Mindset Sanctuary, to continue this interesting conversation. So if you're already a member, do look out for your invite to the live chat with Maria, and if you're not yet a member of the Sanctuary, do come over and join us. It's the best value fertility support membership available and gives you so much emotional support as well as access to exclusive members-h events like this chat with Maria. Go to www.fertilemindset.com/sanctuary to join us.

Now, before we begin I want to let you know that there is talk about suicidal thoughts in this episode. Please take care of yourself and choose not to listen if you would find this triggering.

Sarah ([00:00](#)):

Hello Maria, welcome to my podcast. Lovely to have you here. How are you today?

Maria ([00:07](#)):

I'm so well. Thanks, Sarah again for having me. This is so much fun. It's been forever

Sarah ([00:13](#)):

It really has. Yeah. I think we were saying about three years ago?

Maria ([00:18](#)):

Something like that. It's definitely pre-COVID. Yeah.

Sarah ([00:20](#)):

Yeah. And you invited me to your amazing podcast, which was one of the many steps of kind of inspiration I had into creating this podcast, which took a long time. But yeah, it's been really lovely to, to have that conversation with you and imagine myself being the podcast host. And here I am inviting you back.

Maria ([00:41](#)):

You are. Don't you love it?

Sarah ([00:42](#)):

Wonderful. And yeah, I'm going to be really interested to talk to you about your work and about perhaps the different direction that it's gone in more recently and how you are supporting people on their fertility journeys. So yeah. Before we get into all that stuff, did you want to just tell us a little bit about yourself and how you came to be here working in the world of fertility?

Maria ([01:04](#)):

Sure. Well, as a lot of folks, and not everybody, but a lot of folks, I have my own fertility journey. My husband and I tried to conceive for six and a half years and, you know, various I tend to go, you know, like quote unquote natural route. So I did a lot of Chinese medicine, acupuncture and herbs and these kinds of things. A lot of movement like yoga. And when that didn't work, we went into the Western stuff in combination with other things, IVF, IUI, all the, all the pretty acronyms or not-so-pretty. And still, you know, what, \$45,000 later I'm in the US obviously, and no baby. And so I had an awakening of sorts. I began to break open, really, I was quite distraught. I was quite depressed. I was even suicidal. I'm a mental health therapist. And so that was distressing to me. It, this is the interesting part. It was distressing to me that it wasn't distressing to me. I would actually just be driving to work thinking about suicide. And I was just curious about it as opposed to really upset about it. And so that's when I realized things needed to change. The whole story is, is I wrote about in my book, "Transcending Infertility", and everything that it took all the skills that I used to come out of that. And on the other side, I realized that I was actually happier than I had ever been. And that was before we became parents. And I didn't really know why. So, my analytical sciency mind decided to do some research into that. And I discovered that what I was experiencing is called post-traumatic growth. And just so many aspects of my life were better. A ton of aspects were better, My relationships were better. My beliefs about myself, my relationship with my husband, work was better. Just everything was better, spirituality was better. And at that point, I began to realize that I was perfectly fine without kids. My life was beautiful. I mean, from the tiniest things, I still remember sitting in near the lavender bushes in my backyard, marvelling at the bees flying around them. It was like, such a, that level, everything became beauty. And so I had a talk with my husband, and we decided to live child-free. I was planning on, you know, having 10 dogs and having a large property. And then a couple of weeks later, he said, You know what? No, I really, I really need to be a dad. And because I was such in a zen space, I was like, Okay, cool. Well, let's move into the next thing, which happened to be adoption. And we are now the parents of two little boys, not little anymore. One's 12 and the other's nine both born in South Korea. And that is the, that is how we came to be parents. But I do feel like we resolved, or I resolved my fertility issues prior to becoming a mum, if that makes any sense. I felt just completely serene and happy even before we adopted our first son. So that is how I came to focus my work on fertility

struggles, Right? Because it's such a traumatic experience. And so I began wanting to support folks through the fertility journey and through miscarriage and loss and all that too. So that's my, how I came to do this work in general.

Sarah ([05:16](#)):

What a story. What I love about that. I love when you talked about the curiosity that you had and how you were kind of observing yourself and the thoughts you were having, and then concerned that you weren't worried about those thoughts and the research that you did and where it led you to, and that real connection with your life, despite the fact that it wasn't going to plan, it wasn't the way you believed it would be, but yeah, you're right. That real kind of breaking open, like true breaking open, like to really discover what is at the centre of us as opposed to what we believed we were, I guess, and what we believed our identity was.

Maria ([05:53](#)):

That's right. Or the way that things are quote, supposed to go, right? Like Yeah.

Sarah ([05:59](#)):

Yeah. Amazing. And how, I'm curious then afterwards, as I'm also an adoptive mum we had one child that we conceived and then we adopted afterwards as well, and very, very consciously chose to adopt. You know, we didn't have IVF and we didn't go down any kind of really invasive route. We just thought, this is taking longer. Let's stop, let's switch to adoption. And it just felt right to us. And we had a lot of questions, especially from our adoption social worker would say, I don't understand. You haven't done IVF and you just moved to adoption. Like, I've never met anybody before. And she was also a fertility counsellor. And so we explained, you know, that it just felt right for us, and we made that very conscious decision to move to adoption. So how was it for you then to make that decision? Like, we will have children now and we're going to adopt. How did that path go?

Maria ([06:51](#)):

Well, I, you know, at that point, I, the story is different for my husband than it is for me. He just always wanted to be a dad. But at that point, for me, I was truly just, I'll tell you, my biggest skill that I, I just shout from the rooftops is meditation. I know that sounds sort of, I don't know, cookie-cutter at this point. It wasn't back then, it was, you know, years ago, 15 years ago, it was a new, you know, new age hippie thing. But I began meditating because I was desperate to feel okay again. And I wanted, everything else didn't work. And I wanted to prove it wrong. , I wanted to prove meditation couldn't work for me. You know, I did all this research and I'm like, this is bogus.

Sarah ([07:46](#)):

That is exactly how I discovered, well, how I tried EFT. I didn't believe EFT would work. And I was actually getting really angry with everyone that kept telling me that I should just tap on points on my face and I would suddenly be free of all my lifelong phobias. And I thought, that is ridiculous. So yeah, the surprising thing happens, doesn't it? When you go in Yes. With that attitude.

Maria ([08:09](#)):

It does. And so the result was that I was just pleased with my life as it was, no matter how it was. And so when my husband came to me and said I actually want to switch gears and start, you know, trying to adopt I was great. I was like, great. I just had so much resilience and I was able to shift and move and be fluid, like water, just move with the flow of the river. And so I was fine. Whatever he wanted to move forward with, I was fine. And I was passionate about it. I was passionate about life exactly how it was.

Sarah ([08:47](#)):

Fantastic. Yeah. I got that kind of feeling from you when you, I could feel the contrast between the two halves of your journey and, and how that changed completely. Amazing. So then was it after that whole experience that you moved into working with people with their own fertility issues?

Maria ([09:05](#)):

Yeah, it was after, because, you know, just ethically, one, one should not work with folks after or during their own fertility journey, you know, because it's a little too you can't be as objective. So I, you know, was a parent of my adoptive kiddo I just call him my son, obviously now a parent. And so I felt completely resolved and happy, and then I was able to start working with folks in the fertility/adoption world.

Sarah ([09:36](#)):

Yeah. And how did you step into that? What did you, what techniques and modalities did you use?

Maria ([09:42](#)):

Well, I was already a therapist. I was already mental health therapist. So most of the work that I found helpful was truthfully, just having the language of fertility, right? Like all these acronyms, all these, knowing how the fertility organs work. You know, just having this language and being a soft place to land for folks who didn't have to explain to their therapist what was going on. Why fertility is such a, you know, a hot point.

Sarah ([10:16](#)):

It's so important, isn't it? Because it's like a whole other language, a whole other area of life that most people know nothing about. You know, the IUI, the IVF, people do not know what that stands for. And once you're in that world and you're going to seek support from someone, you want them to meet you at the same place, don't you? There's, I've heard from people before saying, you know, I had to explain everything to my therapist. It was really hard work, and I didn't want to go through it all again. And so, yeah, I think that just that knowledge part is so important.

Maria ([10:48](#)):

That's right. And I personally had a therapist who's who said to me, Wow, that's so sad. I just look at my wife and she gets pregnant. And I said, you're fired. Right? So to be that therapist who just knows the language and knows how hard it is without words.

Sarah ([11:11](#)):

Not to say, and yeah. Exactly. Meets you where you are. Yeah. So you worked as a therapist and I'm sure gave, you know, wonderful support to the fertility community, but I know things have shifted for you over time that we've been talking about. So yeah. How has your work evolved over those years?

Maria ([11:29](#)):

Well, you know, I intended to just continue doing therapy for, you know, until retirement. And then something happened. While I was doing therapy with somebody. This is now eight excuse me, about 10 years ago. I was working with somebody who had tragically lost her twins at, oh gosh, a 22 weeks gestation, something like this. Somewhere in the twenties, late gestation. And we were working with, you know, I was just doing traditional psychotherapy and we were working on grief, and all of a sudden I had an awareness that the souls of those babies were in the room. They were present, they were, I would say in my head, but they were kind of floating outside. And I was aware of them, and they were talking to me and poking at me and prodding at me. You have to tell her we're here. You have to tell her we're

here. So now, naturally, I'm a mental health therapist. I think I'm delusional, I'm hallucinating. I'm self-diagnosing in the middle of this session with somebody, right? So I just completely ignore it, you know, or I try to, they're very loud, but I'm ignoring it. And I freak out after she leaves. They're still there after she leaves. I didn't see her for another couple of weeks. They were present with me the entire time. They followed me home. They were in my car. They were messing with me I was listening to podcasts actually back then. I was listening to a podcast called Flow Dreaming with Summer Mixed Traffic. And it was flipping between like episodes. It would play a few and then move to the next. And I'm like, What is going on? I just thought it was an electronic glitch or something. I restarted it. I, you know, turned off my car even and turned it back on, and it kept doing the same thing. And it finally landed on a part of the podcast where she says, Get over yourself. So I start laughing and I'm like, Okay, is this actually happening? Sarah, I'm telling you, for two weeks I had this experience. And I, I didn't know what was going on. I've never had an experience like this before. I'm not somebody who has since childhood experienced talking with, you know, other beings or seeing angels or anything. So I didn't know what this was, and I became quite anxious. And it, it dawned on me that Sarah McStravick has a podcast where you can call into her show. So I did that . Wow. So she happens to be a psychic medium. And I called into her show and I said, what's going on here? I don't understand this experience, blah, blah, blah. Well, she said to me that the likelihood of this happening is has increased because of two things. One, I began meditating years prior, and so my consciousness and my vibration has just raised so I can tap into other realms. And then she said that there was probably some history in my family of folks who could do this. And I'm like, No, there's no, that's not a thing. I've not had that. I've never talked to anybody in my family who's had that. And she said, well, you know, ask. So I, my parents are divorced. They were divorced when I was three. So I asked them separately, or tell them separately what's going on, and both of them say, oh yeah, that's something in our family. Yeah. So both sides of my family have folks who've had experiences like this. My mother has prophetic dreams. I didn't know any of this. And so I began just researching. And, you know, that's my analytical brain. I want to know what's going on and how did this happen to me, and why did this start happening? And I sat on that. I sat on that information for eight years. And then just like a lot of folks during COVID having these, these shifts in their existence and their experiences, that's when I decided, you know what? I think that this could actually be quite helpful for people. And so I decided to get some training on how to do this kind of work intentionally. And I am now a spirit baby communicator, and I've been doing this for more than two years now, intentionally, and with some training behind me now. And it has been one of the most miraculous, amazing things. I mean, I just feel that I'm not doing it. I feel that it's all just coming through me, like I'm a vessel and babies are able to communicate with their intended parents and vice versa. And it's been, I mean, wild. It's just been completely wild and wonderful.

Sarah ([16:54](#)):

Amazing. Wow. So, gosh, I'm just trying to get my head around the whole experience and what it must have been like. Especially when you don't have any background with that or understanding of it and how terrifying that must have been in the moment and not knowing what to do with this. So, knowing your, we already say, you know, how you were curious and, and wanting to research things. Yes. I can imagine having the training now and having that kind of framework and guidance and show you that this is a real thing and this is, you know, what can be expected and so on. I dunno what that would've involved. I'd be fascinated to hear more about that. But yeah, it sounds like an amazing journey you've made to get to this point. So how, how does that look for the people you work with? Because you said that first experience where the twins that had been lost in the late pregnancy, is that, does that tend to be the experience or is it, is it babies that are yet to come in as well?

Maria ([17:54](#)):

It's both. And to be clear I, in the, in the states, we have, you know, legal, you know boundaries. And so I can't do this kind of work with psychotherapy clients. But I can do, I can do it obviously outside of the psychotherapeutic realm. So I, folks who come to see me are

of, of all kinds of, they just, oh, gosh, how many stories can I tell? I don't divulge folks personal information, but I do have general you know, sort of narratives or illustrations around who comes to me, folks who have lost babies who've, who you know, or children who have lived for a bit and then passed on, folks who have had multiple miscarriages, folks who have been trying to conceive and just haven't been successful. I had a gentleman come to me recently whose ex he thought was pregnant and didn't know if that soul was tied to him. You know, so there's all kinds of folks who are curious and want to know about spirit, baby realm. It's so eye-opening to me as a psychotherapist, you know, very clinically trained, like evidence-based, blah, blah, blah, Right? Like, very science-minded. It's so fascinating to me. And even I, after sessions still go, did that happen? Like, is that real? And I get emails back from folks who've had sessions with me that they're like, you know, that thing that didn't make sense in the session, it just wasn't connecting for me? Now I know, Oh my God, now it makes sense. You know, they've, you know, figure it out after a session. Those are my favourite. I had somebody recently had a second session with me, the first session I said, You know what, the baby is talking about this radio flyer wagon, it's red and it's got some black writing on it. And I don't know, he's very insistent about this. And they're like, I have no idea what you're talking about. And the second session, she was like yeah, I wanted to tell you about that radio flyer. My mum had actually bought the baby a radio flyer with his name on it. I'm like, Ah, written in black. I'm like, Ah, ok. That just makes sense. So it's very specific like that, very specific. And there are some folks who expect these generalizations and things. No, it can be extremely specific. One person I said, you know, there's, she, the baby is showing me a bird that just keeps following you around like a single bird that's just right there staring at you. And she said, Oh my God, she said, That happens every day when I come home from work. There's, when I drive up to the driveway, there's that bird just standing there staring at me. And it's very specific.

Sarah ([20:58](#)):

Amazing. Now, I'm imagining myself in the shoes of the people you're working with now and how that feels to them. Yeah. Tell me a bit about what the experience is like for them and what makes them kind of feel drawn to it in the first place. When do they seek this out?

Maria ([21:16](#)):

Yeah. I think there's a variety of folks who are drawn to this. Probably the most prominent are folks that are already quite spiritually minded. They're just open to this work. They've always been curious about it. They're open to it. They've had family experiences of this, or it's just been a regular conversation in their lives. Other folks are like me, where it's, I'm just desperate. I'm desperate to know. I don't know what's going on. I've tried everything else I need to know. Maybe this is the thing. I don't know. So it's a variety of folks. I think probably the biggest shifts when people come to see me are for those who have had losses because probably the largest self-talk that, that folks have when they have a miscarriage or even abortion, is that I did something wrong. I made a mistake, I made a poor choice. I am, you know, I feel so much guilt and spirit, babies just don't react that way. Maybe once in a while. I mean, it's so rare. I did talk to the person that I trained with and she's had some babies, have some rather intense feelings about it. But I have not yet not that it's impossible, but most of the messages that come through, I mean, 99% of the time it's like, no, this is perfect. This is exactly how it needed to be. You did nothing wrong. Here's why this had to happen. And I think that that is probably the biggest I hesitate to say healing, because I, you know, it's not a, a healing modality, but it's, so it creates so much change for folks within.

Sarah ([23:14](#)):

Well, it sounds like it's completing the circle there, because it is the question, isn't it? When someone loses a baby at whatever stage that's at there is that question, Why did this happen and did I do anything wrong? And, and if only I could go back and change certain things that they presume is what they did wrong. And it doesn't matter how much their doctor says to them or anyone else, you know, this just happened. It's just one of those things. It's

really hard to believe that. But I can imagine hearing that really, really intense message. You know, My goodness, you couldn't get more, more direct, could you? So yeah, that could be just create so much peace, I can imagine just completion.

Maria ([23:51](#)):

That's it. Yes. It creates some peace finally, which of course we know from a physical perspective improves the status of the body so much, right? Just, it improves fertility directly brings back parasympathetic nervous system settles the body and improves you know, the workings of the fertility system, right? Like so yeah, that's just on a physical level, but certainly the spiritual piece is huge for folks.

Sarah ([24:28](#)):

And we can't separate the two, can we? The spiritual, the emotional, the physical, you know, they are all into it. You know, I think we're, the world is gradually, you know, opening up to that, that knowledge. But yeah, it's clear. And, and we forget that fertility also is on the physical side. It's just a part of health. It's just a part of a body functioning healthily. So we already recognize, you know, that stress and, and whatever impacts on digestion and all other parts of our body, but why not infertility? You know. It just blows my mind that people would think there's not a link, So yeah, I can imagine how useful and supportive and calming that is. Is there any caution to be had around here, though? I mean, you mentioned there that people can feel quite desperate and looking for answers and looking for something, you know. Is there any caution that people need to be aware of when they're connecting this way?

Maria ([25:24](#)):

That's an excellent question. First here, what I recommend when folks look at work like this is to be a healthy sceptic. Now what does that mean? I have a whole podcast episode on that. To me, being a healthy sceptic is the curiosity. A sceptic to me is one who like crosses their arms, like, you're going to need to prove this to me. And on the complete opposite is, I believe everything that you tell me. So I ask folks to come in with a healthy sceptic attitude, and that means being open to what's being said, but do not buy everything that is being said. If any psychic or psychic medium says they are a hundred percent accurate, run away screaming, that can't be true. I have not found that to be true. But come in with an openness, come in with some an open-hearted state but without needing to grasp onto or, or buy everything that somebody is saying. Um and so that means really, and this is very hard in the fertility world, this means really trusting yourself. It's very difficult to do. So after you've been through everything through trauma, after trauma, after trauma in the fertility world, it's really hard to trust that your body is sending you the right signals that your intuition is on point. And so I help guide through that when we are in a session. I make sure that that's in the forefront. We talk about tapping into what, how that feels. What does that feel like to you to hear that right now? Because it's important. I want to empower folks. Also the other thing is that I, when folks do a spirit baby session, I think that it is important to recognize that you don't have to have, you know, training or you don't even have to have psychic mediums in your family or, you know, coded in your DNA. I don't believe that. I actually believe that we all have this ability that we are all intuitive beings. Some folks just like, you know, if I were to sit down at a piano versus somebody else, they would be a far better player than I would. But I could clunk out a few tunes, right? Like, we all have different levels, but I feel it's important for folks to learn to begin to tap into their own intuition. And so I like to leave folks with a way that they can connect on their own without somebody else. It's a way to flex and work that muscle to really trust what you're getting is accurate.

Sarah ([28:12](#)):

I love that. Yeah. When you, when you first mentioned about the training that you take in part in, you know, after your own experience. the question that was at the back of my mind was, does everyone need to have an experience to have that training or do people go along and

just, you know, they're curious about it and it can then awaken that side? Yes. So amazing. Wow. So quite an experience and I love that you are, you are making that kind of a joint experience with them. You know, you are sharing kind of responsibility for it, you know, as well. It's Yeah. Sounds very grounded way of approaching this very,

Maria ([28:43](#)):

That's a good way to put it. Yes. I that's, I think it's important, right? To have groundedness and connection to other realms. Yeah. It's a well-balanced way of being.

Sarah ([28:55](#)):

Yeah. I think for any human interactions you need that, you know, you mentioned that you want them to feel like, you know, have an open mind and not just be cross-armed and nothing, you know, not at all open, but have that openness and that trust, but also that you need to trust yourself, you know? It's funny, it, this is completely unrelated, but it took me back to a training that I did. I used to work for a bank, popular bank in the UK in the sales department. Very different to what I do now. But they talked to us about human interaction and how we needed to detect how our customer was because it wasn't okay to make a sale to someone if they were vulnerable in any way, for example. And they had this quadrant, if you can imagine it, with, you know, four spaces and, and one side said, I'm okay. I'm not okay. And they're okay and they're not okay. And it was all about the kind of power that can exist in that interaction. And it just reminded me of it there because, you know, if we are feeling confident in what we are doing and they're just kind of, you know, adoring us and they're not feeling okay about themselves, but they're kind of projecting it onto us and expecting us to have the solutions, that's not a healthy place to start from and they need to feel, you know, that they have that discernment within them, don't they, And trust themselves as well as them being open to trusting you.

Maria ([30:16](#)):

That is right. Yeah. That is my ultimate goal is to empower folks.

Sarah ([30:22](#)):

So yeah, that always, that training always reminds me and it reminds me that banks can be ethical.

Maria ([30:27](#)):

I know. I'm actually quite warmed by that. Yeah.

Sarah ([30:32](#)):

It was a long time ago. But yeah, it always stayed with me because it was about the human experience and so much of that is missing in life and I think it's really important that we acknowledge that and respect each other. So Wow. This, we could carry on talking forever.

Maria ([30:49](#)):

We could. Yes.

Sarah ([30:50](#)):

There is so much to cover here, but I really loved hearing about your story, so thank you so much for sharing that at the beginning and a taster into what your work involves now. It's a really beautiful, What I would love to do is to give our listeners ways that they can get in touch with you and find out more about your work. So what is the best way to do that?

Maria ([31:09](#)):

Absolutely. Probably the best way is on my website, www.drmariarothenburger.com and if you're interested in spirit baby stuff, you just scroll down a bit and there's a free gift there, how to start connecting on your own right now. Just scroll down right there on the first page on my website.

Sarah ([31:27](#)):

Yeah. And you mentioned your book as well, was that "Transcending Infertility"?

Maria ([31:30](#)):

Yes. Thank you. Transcendinginfertilitybook.com. and you can find that on Amazon. And probably another one would be my podcast, which is the Miracles Happen Fertility podcast. Yeah.

Sarah ([31:45](#)):

Yeah. Amazing. We'll make sure we put all of the links on the show notes on our main page and hope that everyone can get in touch with you easily. Oh, thank you so much for joining me, Maria. It's an absolute pleasure to finally swap sides, but still have an amazing conversation.

Maria ([32:03](#)):

Yes, let's do it again.

Sarah ([32:04](#)):

Absolutely. Thank you so much.

Maria ([32:07](#)):

Thanks Sarah.

I'm so pleased you're listening to the Fertile Mindset Podcast, and now I would love to invite you to join us in the Fertile Mindset Sanctuary. The Sanctuary is my fertility support membership which is focused on taking care of you and helping you enjoy life while you wait for your baby. In the Sanctuary I'll guide you through using an amazing technique called EFT or Tapping, and you'll soon be feeling less stressed and more joyful! If you're not already in the Sanctuary, do come and join us today, because the best time to start receiving support on your fertility journey is always right now. Honestly, it makes such a difference to have good quality emotional support and techniques that you can pick up and use yourself whenever you need them.

Go to www.fertilemindset.com/Sanctuary to join us today. I look forward to hopefully seeing you there, and at the next episode of the Fertile Mindset Podcast!