

# De'Nicea Hilton Harper Interview

[00:00:00] Welcome to the Peaceful Empath Summit. Get off the emotional roller coaster. Find your path to peace and feel your life transform. I'm your host, Monica Owsichek in this episode, we are going to be talking about the perfect path to being an empath. Our guest is De'Nicea Hilton. Harper. De'Nicea is a doctor of Oriental Medicine and a holistic wellbeing consultant.

Playing at the intersection of holistic health and leadership, you'll find De'Nicea creating practical and playful experiences for women executives, entrepreneurs, and leaders. She takes them on adventures of healing and leadership so they can explore the deeper meanings of their spiritual, emotional, mental, and physical.

De'Nicea has also founded and personally designed teas of perfection. They are sips for your soul that highlight the spiritual, [00:01:00] emotional and mental healing properties of herbs, spices, and flowers. That sounds pretty cool having some teas. Yes. That must be fun to do too. It is. It's actually one of my creative outlets.

I love it. I love it. I'm going to have to try some. Thank you. So welcome to De'Nicea thanks for being here. Thanks for having me, Monica. I'm excited to get into all of this. Yeah, I know, I feel like perfectionism is something that really comes up for a lot of people for impasse, and I'm just excited to kind of dig into that a little bit more and kinda get your take on that.

So, but what, what I'd like to start with is just to get us grounded, let's just all just take a moment and let's just take a deep breath in together. All right. So, let's take a deep breath.

And let it out.

All right. Let's begin. [00:02:00] I know it feels good, right? Yeah. Right. Let's start with a question. What does being an empath mean to you? Hmm. It actually, to me means connection to the greater whole. Honestly, like it's to feel, to feel it. Um, and trying your best to not keep it like it's not mine, but more just to have pulses, to have little fingers out there of what is going on in a greater whole.

Informing me mm-hmm. as to. what is with the state? And then asking myself, okay, now what can I do about it? If anything, if it's my charge, right? Mm-hmm, and, and shaping and changing it. Mm-hmm. I like that. So, connection.

Yeah. Yeah. That feels good. Mm-hmm. So, I feel like we all have a [00:03:00] story, right?

Of how we discovered that we were an empath. And for some people it's one of those like light bulb moments. And for someone else it's this gradual, like little breadcrumbs of signs that happen and then slowly we're like, Hey. There's something going on here. So, what's your story of how you realized that you were an empath?

Hmm. Okay. So I, I definitely take the bread crumb path, that's definitely mine. And actually, there's something that just came up that I remembered and, it was actually when I was younger and my, we used to go to the hospital a lot. For my sister's care and I was the one who would be crying. She may not even be crying, but I was the one who would cry.

And now as I think about it, in retrospect, that was definitely feeling it could have been coming from her. It definitely [00:04:00] was. Could be coming from others who were there in the er. You know, it's a lot of, especially in emergency rooms and having conversations with nurses, er nurses and, and all of them paramedics and, and whatnot.

It's higher adrenaline. It's a lot of fear, you know? So, I would say that quite possibly that is when I really was picking up on things now, logically to say, oh, that's, that's what happens when you might be an empath. That didn't happen until many, many years later, into, I wanna say it was into my thirties.

And I mean, I'm still in my thirties. I like my early thirties, late twenties, early thirties, just kind of like, um, In grad school and studying acupuncture, oriental medicine. And when we started seeing, seeing patients and whatnot, then I started realizing, wow, I'm actually feeling, um, and tapping [00:05:00] into points and channels and their, their emotions and things like that, that were just kind of coming out without a sense of, it's kinda like a sense of knowing, but not really knowing where I was coming from.

You know, and. Just, I think it was me reading, oh, Elaine Aaron. That's what it was. I was so intrigued and moved one day thumbing through my library app and I was like, oh, H S P, what is that? And then I was listening to her book and the description of an, uh, highly sensitive person and then also empath kinda came in there, differences.

And I was like, oh. I identify as both, to me at that moment was when it all kind of came together, but the experiences were definitely way before that and just

kind of flowing with life, not really, um, not really seeing it as a problem, , to try to solve, but just really more being [00:06:00] with it and then eventually something kind of clicked and had it all come together for me.

So, something you said was when you were working with the acupuncture. Right? On patients. Mm-hmm. and feeling guided and knowing. Can you describe that a little bit more? Like what do you mean? Just, so if we were to look at, like, when you're teaching something, so they're, they're teaching something systematically and, in a way, you need something systematically to, so that it helps.

For someone to learn it, right? And so, so I'm learning it like by the book, you know, you're doing your soap notes, your subjective and objective, your assessments and your plans. Um, and so then it's from taking it out of the classroom of like, these are things that we would look for. What do you see in the colors on their faces?

What do you see in their eyes? Do you see a spirit? [00:07:00] Do you, , what does their hair look? Like, how are they sitting? And then it got to a point that it, it moved further when we started placing our hands on the wrists and assessing the pulse. And, and then it's like, oh, you're really tapping in there just through your fingertips of what is happening with the liver, what's happening with the gallbladder, what is the messages that's coming from there?

Right. Or even if I was, I'm one of those soft palpates meaning touch. So, like, and I realized like my approach was softer because I was really trying to feel the subtleties and, so I might feel tingling. I might feel heat sometimes it's just comes into my, my mind's eye of like an image, even as if I'm talking with someone and I just speak about the image.

Or there have been times [00:08:00] that I wouldn't even get to the point, like I physically haven't gotten to the point to insert the needle or to palpate, but the person is laying down and they're telling me what they're feeling or they're like, oh, you already, you did such, such, and I'm like, I haven't even gotten there yet.

Like, it's just. I mean, I did energetically apparently, but like I hadn't physically gotten there, so it came in so many, you know, in so many different ways. And, even now, like I've closed, I've closed the physical office, and have adopted the practice for one of my, one of my teachers of like, whatever, whatever moves the chi a needle, right?

Like, and so I just have totally embraced that part and I still feel I can still pick up, where there might be temperature changes or if there's like constriction or, some colors or something like that, that is actually [00:09:00] happening within their body, and I'm just kind of speaking or, and we're talking about it, I'm just merely saying what is coming up?

And then they resonate with it, and they can take that farther. And then as they take it farther than I can ask more guided questions, and then I'm listening for, you know, what would facilitate this even more for them, right? In their, in their healing journey, right? Mm-hmm, so it. So I think that sense, the sensing, literal sensing has definitely, evolved and is getting, it's gotten more refined and I'm, I feel like it's gonna just keep going that way.

Because it's just the nature, the nature of us, and especially if you intend to, intend to wanna refine it even more. And the more that I feel like I'm coming into myself, that's gonna happen. Like it's a side effect. Um, I, I've realized within the last couple of years my sensitivity has gotten so high that I even, I, I was telling myself just the other [00:10:00] day, I was like, Because I teared up watching something and I was like, I swear in this year, this past year as the most, I probably cried in like 10 years because just like holy guacamole.

And simultaneously though, there's been a lot of soul development in that time period. And so, it's like, oh, it's a part of this process and this is gonna happen. There's no shame in crying. I get it. And, and it's just like, for me it's new because, and it's not like I was not trying to cry before, it just came out differently for me.

And so, for this expression to come in this way, it was like, oh, okay. Mm-hmm. This is, feels weird, feels very weird. Yeah. You gotta stay with it. D'Nicea like, stay right there. It's okay. Right. I mean, I mean, such a big piece of it is the awareness. Just having that awareness of [00:11:00] what's happening and what's going on and to be with it and not to have to shoo it away.

Yeah. And I, I think a big key part of being with it is like, is the non-judgment. Mm-hmm. it, you know? And I think that's the thing is that when you are being with it, it's literally watching where it is that you might have some judgments about whatever it is

and that even that as a learning opportunity. Right. And so it's like, All right. That's fine. You know, and then you just be, go through that whole thing of is this mine, is it someone else's? Is it present or is it precognition. That's another

thing that'll I've noticed can happen for me as well, and so sometimes I don't even get a direct answer.

I just have to wait, and then like half an hour or the next day, then I'm like, oh, that's what? That was, you know? [00:12:00] And so as you were, you know, figuring out, and the breadcrumbs were dropping and you were, okay. I'm a highly sensitive person. I'm an empath. Where did you go for guidance and understanding?

Books is a big thing for me. Books are just huge. There are people, and I wanna say first, actually, let me say this. It's a mix of people and books. Books feel, I feel safe with books and I, I think that's because. They are somewhat static in a way, right? Like it is what's, this is what's written, this is what's here. And, I even consult when I, when I'm looking for some intuitive guidance, I actually will go to books.

I will randomly choose books and just open and look for whatever is the guidance. , and then there, and when it comes to people though, I, I feel like I [00:13:00] hesitate sometimes because, The HS P part, and so I, I do find that sometimes I get very like, um, cautious because I'm like, who am I really consulting?

And I don't know why for books. I, I mean, you can ask the same thing, well, who are you really consulting with the books? But for some reason it's just safe, safer. Right, but when I came to people, um, I, I will say that in grad school I definitely had, um, someone, I called him my big brother. He noticed it, uh, for me first, and I just remember like one day when I just randomly came to him and this was like very beginning of meeting him and I said something to him.

I'm like, can you teach me like something, or can you show me whatever? And his response was, I've been waiting for you. And I was like, was like, interesting. Okay. What you mean? You know, kinda thing, and I guess that goes to what, you know, what the, [00:14:00] the common cliché language phrase is about like the student and the teacher.

Right, so there was definitely a point then that I was ready and there were some fears that, and we talked about that. He and I talked about it, and there were some fears that were tied to like, just our, my culture and. Like, you know, we could, we could have dreams. This is what I thought was very paradoxical,

It was like we, when we were younger, we couldn't really, we would wake up, say we woke up with a dream and it could even be a nightmare or anything, but

we were told, don't say anything. If it was dark outside, don't say anything, but then call your grandma. Right. And, but then as I started learning about like intuition, hsp empath, like psychic abilities, all of these things, like you couldn't, you couldn't identify as those, right?

Because this is our religion. And I'm like, but [00:15:00] I'm seeing so many, like, we're doing the same things. Like I don't understand mm-hmm. And so, to really, I had to, through experience. And because of those experiences, that's when it would come up. Like, this is challenging, some belief that I had or something that I grew up with.

Right. And how does that change things for me now, you know? Mm-hmm. Um, and so when it comes, like he was the very first one that like, And even now, like I'll trust to go to him for questions, I think that we're given people that are guided, they guide us and help us and support us. We just may not look at it that way.

And so in retrospect, there are definitely others as well. Mm-hmm, but he is a big, I wouldn't say big, huge, pronounced impact. Yeah. No, that's, That's definitely, I feel what you were saying, you know, the people that we need show up. Yeah. We need them. And so, you know, when we're on our path to discovering that we're empaths we experience lessons along the way.

So many [00:16:00] lessons, at different levels, at different times. And in your work, you talk a lot about perfectionism. Mm-hmm. Can you just tell me more like how or why did you begin to see and teach that and focus on that perfectionism? Yeah. So it really started with because of studying eastern medicine.

Right. So, and the thing is though is when you're studying eastern medicine, you're practicing it. Sure. We're asking questions about the mental, the emotional, the physical things. Right. Um, and then when I graduated and I was practicing, I'm seeing that they really. There are in some ways that some practitioners, even some patients don't wanna go there.

Um, and I found that that actually, changed the trajectory for their healing process. And so then it turned into like, well, I gotta just tell them this is what's gonna be upfront. If this comes up, [00:17:00] this is what's gonna come up. And then at that point, you can choose which direction you'd like to take.

But I'm gonna tell you that I, I felt awful. Like if there were some times where I couldn't really incorporate it and, the spiritual aspects or the emotional aspects,

and then, because I felt like it was robbing them and it it, in a way robbing them of their totality, it was, and I had to really for myself accept that this is what I'm seeing.

See, like seeing visually in third, and hearing, that if I'm given that information, I'm simply to inform and, and then take surrender to that. And then also accept that however they shall receive is gonna. For them and then kind of go from there, right? So that totality part, that they are a soul, they have spirit, they have emotion, they have mental, they have physical.

All of that is their wholeness. And so one day in [00:18:00] meditation, the word perfect just came to me and I was like, perfect. What? Like, perfect. Cause I, I grew up with that, like that same language and like, nobody's perfect, but God, that's what I was told. And so I kind of believed it, right? And then I realized like, huh, I sat with that perfect

I'm like, please give me more guidance and information about that. And, literally I, one day I was in a conversation with someone who, in her job, now I didn't know this, but she told me she studied linguistics. And I was like, what? And she, cuz I was telling her about this whole perfect thing and she's like, do you know the root meaning of perfect?

And I said, no. And she said it's whole and. and I was like, oh my goodness. And I just had all these tingles and I was like, that's what I'm seeing is this, this wholeness of everyone. It's that like when you are, when we talked about non-judgment, practicing non-judgment, right? Like it is the dark [00:19:00] isn't bad, the light isn't good.

They both, right. And that they're just together. Like to know. Dark. You'd know. Light to know light. You'd know dark to know up. You'd need to know down. To know down. You need to know up. Right. And so I feel like that's what happened was now I'm, it like opened the, the windows and shown this like light of, huh, okay.

That's what I'm seeing is literally perfection. in front of me and people, they may not see it. Right. And, and that's because of belief systems, that's because of conditioning and all of that stuff. Right. Um, and so then, okay, that's my role then is to, is to see, to show them. To reflect that for them while at the same time holding.

And it is just kind of like opening up that space for them to, to play around in it, right? Like for them to play around in, in [00:20:00] what are the potentials and

the possibilities now that have opened up for you once you realized that you were a whole, once you realize that you were complete. Right now, once you realize that you were perfect, cuz I, I really feel like.

If you keep with that narrative that you're not perfect, then you're constantly gonna be looking for ways to fix yourself, right? Cause, because now cuz you really believe that you're broken and that you're in need of repair, and so you're gonna be on this journey of fixing yourself where I'm asking you to go on a journey of being who you are already authentically.

Yes, I can see that, and for you, did that change for you, that whole meaning of perfection and perfectionism and before you knew you were an empath and after, do you feel like that is what helped it shift for you? Like how did it affect you personally? Yeah, personally it strengthened, I wanna say same way that I was saying, it opened, like, you can open [00:21:00] the doors and windows, right?

These possibilities. I, I feel like once I saw that and I accepted that it opened, that meant then, oh, okay. I really then have to see where it is that even I am unconsciously placing judgments on things that I don't wanna see, things that I don't wanna feel or, or whatever. Right. And once I saw that there was nothing wrong with it at all.

I'm Simply being, simply get, getting information and it's, it's like, okay. And, and that is when, so that whole time period of the seeing this perfect meditation and, and all of that jazz all in the same time period, like, it, it actually was like almost an activation or initiation for me because it was after that, that there was, right after that was like this huge like.

Just, just, I wanna say download and bombardment of things that [00:22:00] I needed to integrate and then, work with. And it, that's when my, the refining happened like a super duper, like in a concentrated time concentration, that the empathic abilities and sensitivities. So it was like I had to do that and had to accept that in order for that to increase.

And then now it's like, okay, now that it's increase though, like what does that really, what does that mean now? Like how can I really manage it, and so then that is a whole other version, you know? Mm-hmm. Definitely a whole other version. And, and in relationships I'm challenged with it as well, especially closer relationships.



Of acceptance, right? Yeah. You don't see this about yourself, like acceptance and non-judgment is huge. So as you're, learning all of this, you're getting these downloads [00:23:00] and just more clarity, what would you say is your most helpful tool or resource to help you embrace that, you're an empath?

Man? My most important one. Or most useful one? Yeah. Well, I do tend to repeat that I am whole, I am complete. I am perfect. Mm-hmm, uh, it almost like a, a mantra that is, is, I don't even wanna say grounding is centering. , so that it, it's like a. For me. Mm-hmm. would be that, especially if it's like I say, centering because there are moments where you can feel overwhelmed, right.

By like everything, but there's also moments where you can feel underwhelmed. Mm-hmm. And I think that's something that people don't think about or, aren't aware of what's happening. Right. Um, and so, even when there are moments of underwhelming, I can go to [00:24:00] that, to that mantra, to that statement. And if I really wanna put a little bit of sprinkle some glitter on it, I'll tap into like that, that gallbladder channel of courage and like what people are, what people are seeing when they see that.

Like that whole hands on the hips kind of thing right there by the ribs is actually tapping into the gallbladder channel and courage as a part of that one. , and so, Perhaps it is that it's the courage to, to continue to be the courage, to continue to expand and evolve. , and, and, and not to shut down, but like to, if there's something else that's coming, you know, this is just in preparation, it's a rest mm-hmm.

Mm-hmm. or just reset, so that's, that's a big one that I wanna say. Can you, can you repeat that mantra again? I am whole, I am complete. I am Perfect. Mm. Caveat asterisk. I noticed I did say, I, I said [00:25:00] the whole phrase I am instead of I'm. So, you know, in the land of where, especially with Twitter, it all started 140 characters or less and you started contracting, you hear it, you're using contractions just to make something shorter.

Mm-hmm. And I think that that trained people to. Shorten themselves and to contract themselves just for other people to be able to read them faster. When there really is significant energetic power, Dr. Greg Braden, actually talked about it as well, and, and that in saying, I am. So there, so when you say it and with that conviction, it's in, not even just with this phrase, but anything else that you might be saying about yourself and your life, where I am such and such.

Right. Just imagine the, the power that you emphasize just by saying, I am. So then now you might. [00:26:00] To really sit with what comes after that. Right.

Like that you're actually infusing into your being. Right, and then that way you can make a choice that you'd actually really like to be experiencing.

Mm-hmm. I can see that. Just more powerful using the whole I am. Mm-hmm. taking up more space. Definitely. I feel like that kind of goes in with the whole, I think of the Wonder Woman stance when you said that. Mm-hmm, you know, hands on the hip. Heck yeah, but. Oh yeah. And can you, think about the W right?

The W W it's like straight out, right? The arms are up. Yes. They're open into like this receiving. Yes. Right. While at the same time, her stance is with the arms down. Right? So that is even a representation of totality, of wholeness, right? Mm-hmm, it's both of them in existence within one being. Right.

Yeah. [00:27:00] . So many parts to that definitely feels powerful. Mm-hmm. . . I like the connecting it to the body too, to the gallbladder. I feel like all of our organs and parts connect to something like, what is it? The lungs is grief, right? Mm-hmm. And so, that's just another. It's definitely another way I find it.

Like, I feel like the more that we can talk about the, what the flavors are of each of the organ systems and what they, mean to the whole person. Like cuz they're, they're playing their, they're basically playing their part. To the whole. And so when you can really get to know them and what it is that they're representing or how it is that they're sending their messages, through the physical symptoms and and conditions, then I think that's, that's the way it is that we can gain the insight and wisdom to what our soul is asking for us right now, , from us right now.

So, and that's very vital to [00:28:00] me to know because, especially when it comes to emotions, because grief is something that most people wanna rush. Right. Mm-hmm. fear is something that people most, they wanna rush through. They wanna, they don't even wanna express anger. Mm-hmm, right? They don't wanna do that.

They don't want to, like, the worry will, we'll spend a lot of time into worry. Right. Or we're constantly looking for joy. Right, and the thing is, is that all five of what I just listed are emotions of the organ systems. And therefore, you'd wanna be aware of when those are happening, there's not one that's better than the other at all.

They simply exist. And I feel like they're giving us signs too, right? Like the body keeps score the body gives us signs. And I love that book, I know, and it.

Telling, right? Like, oh, sometimes we can try to avoid and push away, but it's gonna come out in a different way. Mm-hmm.

At [00:29:00] a different time. Definitely. Well, I know that you have a free gift to share with our listeners. Yes. So can you tell us a little bit more about that and where we can find that. Yeah, so it's actually, hopefully you may have gleaned a little bit. I try to keep things very, uh lighthearted so that you can really enjoy this journey that you're on in your personal healing journey.

So with that is this playful adventure style quiz, so how it is that, like, what is your unique. Way of actually combining your holistic health, wellbeing and leadership. So in about five-ish minutes, of taking the quiz, you'll actually get, some playful ideas and strategies that you could use, you know, right here, right now, and how it is that you can begin to really explore the messages that are coming from.

Spirit, your emotions and your physical health, all of that, with the [00:30:00] intention that you can confidently lead in your life just by being your perfect, authentic self. Okay, so you take the quiz and then it just gives you, it'll give you, based on what you answer some, tools or tips or. All, both actually.

All right. Yeah, it's both, both actually. That you could use, like you could use them right now and or whenever the time is right, it's already the seed's been planted and then it'll already, it'll just come right up when the circumstances, , presents itself. Great. And so I just wanna remind everybody that you can head over to the speaker page and download Denise's gift.

Yes. And. So I feel like we're kind of running out of time here, but. Wanted to just say thank you so much and, I feel like we've gotten some really good tips. I really like your mantra, and just the power connected to the gallbladder, connected to the organ, you know, that whole mind, body, [00:31:00] spirit connection.

I just feel like that would be something easy, quick, you know, you don't need anything. You could just say it even in your head. So I just wanted to thank you. I really enjoyed our conversation today and, and the time that you took. Thank you, Monica. I really appreciate it.

Well, that was another fun interview and I just wanna remind you to head over to the speaker interview page and grab your free gifts. Thanks for listening.