

# Genevieve Interview

[00:00:00] Welcome to the Peaceful Empath Summit. Get off the emotional rollercoaster. Find your path to peace and feel your life transform. I'm your host, Monica Owsichek, and in this episode, we're going to be talking about using your empathic gift for compassionate healing. Did you know that you can not only heal yourself, but you can heal others as an empath through compass?

Today our guest is Genevieve Solomon. Genevieve is a quantum healer who specializes in soul evolution, forgiveness, and karmic resolution. She has a gift for helping her clients see how their subconscious beliefs are manifesting in their outer reality and empowers them with the beliefs they need in order to create the life of their deepest satisfaction so they can step into their power as creators.

Of their reality. Welcome, Genevieve. Hi Monica. [00:01:00] Thank you so much for having me. Yeah. I'm so excited for you to be here and for you to talk about compassionate healing. Mm-hmm, I think it's just something that everybody needs. Not only empaths. Before we get started, I want us to just take a deep grounding breath together.

Let's just take a deep breath.

And let it out.

Awesome. Okay. Thank you. Yeah, it always feels good to start with that. Mm-hmm. I want you to talk to me about what does being an empath mean to you? Yeah. So, I definitely didn't know that I was an, an empath for a very long time. and I have, you know, many empaths in my life as well. There are so many of us.

I actually think that everyone is an empath, some are just more [00:02:00] attuned to. Uh, for me, I didn't know that I even had any gifts and my empathic nature I would say. Was a detriment to me in the beginning of my life because I couldn't cope and I didn't understand what I couldn't cope with, and I felt very overburdened by pain and suffering.

I felt overburdened by my own pain and suffering by the pain and suffering of others, and that caused me really to retreat into myself, but also, Go to great lengths to escape that pain. So drinking drugs, promiscuous, uh, relationships,

codependency, I mean, you name it, I was running from myself and my feelings because they were so big and so out of control.

So that's half of what being an empath means to me is that when you don't. What it is that [00:03:00] you're, that you don't understand this, what I call it as the soul orientation, the way that your soul is oriented to other people in the world, you can feel so out of control that you have no control over the depths of pain that you can experience in this life.

And that causes people to hide, to isolate, or to escape, uh, which was also my, my path, and so I really didn't turn, my perception of being an empath didn't turn or change until I was, well, you know, into my adulthood, into my thirties. And that transformation came as all transformations do through just unbelievable suffering and getting to just your ropes.

And so, , that came through motherhood actually. I just, uh, couldn't escape anymore. You know, I couldn't drink too much. I couldn't, you know, leave my [00:04:00] home. I couldn't bury myself in work. I had children that needed me. And what I noticed was that being still for those few years, even through pregnancy, brought everything to the surface.

And I started to feel very outta control emotionally and after. Second child was born, um, the stress of having two really brought to, you know, brought me to my knees and had to look in the mirror and say, no matter how much I wanna change, no matter how much I desire to be better, my will is not enough. I needed help and I found myself through the grace of God at a Buddhist center.

There I started to learn finally the tools that I needed to start to calm my mind and my feelings. [00:05:00] So, So through meditation, I started to tap into my energy field, and it took a long time for me to have a clear enough energy field where I could find a space or a gap in between what the trigger was and my emotional response.

But then once I started to find that gap, then I would be able to apply my practices. Make a choice of how to respond with comp, with compassion or patience or, cherishing others or whatever it was that I needed to do. I learned so many tools through Buddhism, but uh, what happened was that, , what led me there was that, uh, with the Sandy Hook shooting, it was, this was several years ago.

My daughter was a baby, and, uh, when that happened, it, [00:06:00] it absolutely brought me just to the depths of despair. I couldn't go on, I, I, I

actually couldn't go on. And when I finally got to the Buddhist center and I said, how can I live like this? I can't go on. Then I started to learn about compassion and it was, compassion was very different than what I had once thought it was.

Mm-hmm. . Mm-hmm. . There's so many things that are running through my mind right now, and I love how you talked about soul orientation. Mm-hmm. . So it makes me think of that in a sense, being the empath guide, to the soul and to orient you. And also you talked about the gap.

It was the gap between the trigger and what was it, and the reaction or response. Yeah. Right. So I [00:07:00] hear, you know, there was a lot of suffering. There was a lot of things that you turn to, to try to feel better, to try to hide from the emotions, in a sense, to try to run away from your soul orientation.

Mm-hmm. . And you are talking about having both of your children being that catalyst that brought you to your knees. Was there a moment that it clicked for you or was it a slow awareness? I'm an empath and I'm absorbing the emotions of the people around me. How did that happen for you? Okay, so, , when I was, uh, learning about spirituality in a way that, that resonated with me.

I was practicing so much. I was meditating. I was really just doing my best to heal. Um, but it really was not an easy road [00:08:00] to to, to heal enough to make some space there. And what I found was breath. So breath work is. This amazing tool. It's releases trauma from the body. And so when we're empaths, everyone who's an empath will know that you are just, by the time you realize you're an empath, you are just full to the of cumulative trauma.

We have a vast reservoir of unexpressed emotion, and we go through the world. So sensitive to everyone else's suffering, that every time we encounter it, it triggers our own. And so what I realized was finally through breath work. I started to release all of this cumulative drama trauma. I did a lot of breath work and I did, and I released so much and then all of a sudden my, after several [00:09:00] sessions, I started to be able to really hear myself.

And when I say here, I mean I could, I could feel myself, I could feel my own energy for maybe the first time in my entire life because before that, prior to that, I was just full with everyone else's energy as well as everything I was storing for my own trauma and my own life. And so when I was walking around trying to interact and have relationships and.

You know, find my purpose. I was just covered. I was like walking around with this big heavy coat on and I couldn't feel myself at all. So breath work started to

clear all this cumulative trauma that I had, and it started to teach me about what my own energy felt like. Mm-hmm. and through breath work, I started to [00:10:00] learn about.

Energy and about what I feel like and what it feels like when some, when I encounter someone else's energy, and through also working with groups of people, I started to understand how it felt when somebody's energy was triggering my own and what needed healing in my own, uh, reservoir, right? Mm-hmm.

should we say that? And what was someone else's? and then it became easy for me to stay with myself, to stay with my own energy and heal where I needed to heal and hold space where I needed hold space. Mm-hmm. . But this was a gradual process of healing that I think empaths, we can be effective healers. in, in as much as we can heal [00:11:00] ourselves.

Right, right. So you talked about is, can you describe or what it actually felt like to feel your own energy? Can you describe that? Is that. Well, I could feel, the vibration that I hold within my entire being. So when I, now, when I tap into my own energy, I can feel, um, the love. That my energy is my ener, my own energy feels very light and very loving, and very clear, and very radiating.

And so when I tap into my own energy and I'm clear, that's how I feel. Mm-hmm. And if I tap into my own energy and I'm feeling anything else, now I can feel what I'm feeling and let it clear, which sounds [00:12:00] so silly, but if you're an empath, you know that that was impossible right. It was impossible to just feel what you were feeling and let it pass because.

There was this feeling like it was never gonna end, like there was no bottom. Mm-hmm. Now I know that that feelings come and they can pass through me. And the, as much as I can let them do that, the more my energy is clear and the more I can actually hold a vibration for everyone around me so that they can rise.

And that's where the compassionate healing comes. And I just wanna say that I can definitely feel your radiance and your compassion. Thank you emanating from you. And I hope every, all our listeners, I'm sure are gonna be feeling that too. So it's really beautiful. Thank you. And that's, everybody's energy is like that.

Mm-hmm. . So, I mean, every, I'm sure everybody's energy signature is different, but everyone is, uh, [00:13:00] is the source of love for themselves.

And if they're not feeling that, then that just means that they have some stuff to clear. It doesn't mean that they're not loving, it doesn't mean that they're, you know, any less compassionate.

It just means that they, you know, have unresolved unfelt un, you know, expressed emotions that they're holding onto. Can you describe more, about breath work? You just sit down and, you know. No, no, it's wild. Breathwork is a wild ride. This is a type of breathwork that's really pretty intense.

You have to give yourself, you know, it, the whole thing is an hour. Um, you flood your body with a circular breath, exaggerating the inhale and letting the exhale release and the breath that you're bringing in, you're [00:14:00] flooding your body. Is the life force. And the life force is the vibration of unconditional love.

And it's the nature of light. It's the nature of life. It's also omniscient wisdom. So when you breathe in the, the life force, it floods your body with, many people will call it prana and that life force, that unconditional. Starts to raise the vibration of every cell of your body. So the body is where everything is.

The body is where we're storing un unresolved emotions. The body is where we're storing judgements upon ourselves and others. The body is where, you know, we, hold on. So the body is where we heal it, and the breath does it for us. It's amazing. We don't even have to do anything but breathe. [00:15:00] We invite the breath in and that omni wisdom, that omni, omni love does what it needs to do.

We don't even have to direct it, so it starts to raise and vibration, whatever's lower than unconditional love, and then you, uh, just surrender to it. You'll have a physical. Experience. And then you'll have usually an emotional experience that can be very cathartic anywhere from, you know, the deepest grief to anger, all the way to ecstatic bliss and orgasmic feelings.

Um and then you have, like, at the end there's, after you've cleared and raised your vibration, your consciousness is very expansive. And in that moment, You receive whatever you need, you, whatever, whatever you need. It could be a deep, deep meditation. It could be like a conference with your guides. It could be visits from people coming from, you know, the other side.

It could [00:16:00] be, you know, a, a new perspective, understanding feelings of oneness, feelings of love, encouragement, surety of your path, purpose. It's whatever. You need at the moment will come. Uh, and, and the breath taught

me so much about who I was and what my gifts were and allowed me to uncover by clearing all of.

This stuff that's, it's not love. Mm-hmm, I feel like you kind of answered it, but I want to make sure I understand. Does it have to be with a facilitator? Can you do this on your own? And I'm all about setting intentions. It sounds like you don't have to do that necessarily,

you can, it's perfectly fine, but it would be a loose intention because your intention may not, your intention may be, I wanna heal, let's say I wanna heal my relationship with my mother. Right? That could be a, a really beautiful [00:17:00] intention, but actually what you need might be that you need to heal your relationship with God.

And so you might be, the breath might take you somewhere else. All in service to healing the relationship with your mother, but it might have some things it needs to do first. Ok? Okay. It could be, or you might wanna heal, an illness right, but you need to heal an emotional piece first so the breath knows better than you do.

Okay? And again, you can set an intention, but the breath knows more. And so is this something you can do on your own. I would not recommend doing this on your own at first because it can be very intense, it's really good to have a touchstone and somebody to hold space for you. It is not dangerous at all, but it does clear trauma, which means that you may.

Feel, you know, like [00:18:00] you need to rage, but you may be afraid of your anger. So having somebody who can hold loving space for you, somebody cannot be shocked by what you're gonna go through. Mm-hmm. is really helpful, but it's your breath. So of course, once you learn the ropes and you feel comfortable, you can do as much breath work as you, as you want.

Mm-hmm, um, but having a facilitator there at first, I think is very helpful. I could see that being helpful because I think it would be really important to integrate as well. Because things are gonna come up and we're not gonna be sure why, and I'm sure journaling could be a piece of that to be able to just write it down and get it out instead of letting it just fester in the head in the headspace.

Yeah, for sure. Journaling is. Really wonderful with breath work, especially if you're going to do continual breath work, because you'll see that the breath is taking you on a journey and it's teaching you step by [00:19:00] step what you

need to know for your purpose. And that's gonna come in pieces, you know? Yeah.

And learn this piece and then this piece, and I'm gonna clear this piece and get this bright perspective. And it's, it's a journey that the breath takes you on. Yeah. It sounds like an amazing. On so many levels. Clearing out the trauma. I mean, just the feeling of, okay, I really don't have to think about it or do anything except for breath.

That sounds like something I could handle. I know, so yes, thank you so much for sharing that and just getting really into understanding a little bit more about what it would look like and what we would experience. And I kind of wanna come back just a little bit to, the compassionate healing that you were talking about and how did that really play a role?

Like you mentioned, we can heal ourselves and others through that compassion and how did that look through [00:20:00] your healing, I feel like mm-hmm, do you feel like before you really realized you were an empath was compassion even there and that and afterwards? How does it look different? Feel different?

Yeah. I, I would say that com, my understanding of compassion is completely different now, whereas before I would, I would have said, I am so compassionate. I would've said that, and I also would've felt completely burdened by my compassion because I thought that compassion was empathy and I thought, Empathy was feeling other people's pain.

And so I equated my empathy with compassion, and then I thought that that was how I loved people by feeling their pain. And how I honored people was by feeling their pain. And I was really [00:21:00] backwards in that understanding, that's what led me to the Buddhist Center to say, how can I possibly live? And the Buddhist center said, you know, it's all about compassion.

And I thought, I can't handle any more compassion. I can't handle any more pain. I can't handle anymore wars or school shootings, or you know, grief. I just can't do it. And what they taught me was that compassion is a very active practice of transmutation. And that. Do you want me to say that again? Yeah.

Compassion is an active practice of transmutation. So if I am now, okay, so previously if I wanted to love someone who is going through someone, I would take on their. because I would feel that that was compassion and that was loving. But [00:22:00] now what I understand is that in order to help people heal, I have to not go into their pain and in order to not go into their pain, I have

to stay with yourself and heal what comes up for me in real time when I'm with someone who is in.

So what I mean by that is I'm an empath, so I'm gonna feel other people's pain. It's gonna resonate with the pain that I have stored within my own pain body, my own mind body complex. So if I'm with you, let's say Monica, and you're going through a loss, previously I would've cried with you. I would've carried it.

I would've stayed with months. I would've called, I would've, you know, all of those things to show my love to you and my compassion. But I would have felt awful throughout the entire thing, and I would not have helped you. [00:23:00] But now what I know is that if I'm with a friend who's going through loss, I'm gonna feel it in my body.

But I can actually heal myself while I am holding space and raise the vibration of grief or suffering or fears of loss that I'm holding within myself quietly while I hold space and as I transmute those energies into love. then I hold a higher vibration than you are capable of holding at the moment.

Your vibration is one of grief, which is just a slower vibration, right? We don't need to label it good or bad, but it, you're going to experience it negatively relative to the vibration you had before that. Or you're experiencing a lower vibrational frequency that you're not capable of changing on your own right now when you're with somebody who doesn't go into grief with you but transmutes [00:24:00] her own grief into love, but stays with you, I can hold a loving vibration, which is higher than grief.

And through the laws of entrainment, you can feel your grief without it being compounded by my own, without it being fed by my own confirmation of this shouldn't have happened. Or, you know, you, you know, you're probably gonna be suffering forever. That kind a thing. And when you get to have that experience of.

Fully release it. Now your vibration can rise to mine through the law of entrainment, and then I've truly helped you. Mm-hmm. . Mm-hmm. . And that's what the passion is, is letting everybody have their experience and holding them in love by healing you. Self and transmuting, whatever's coming up for you [00:25:00] into love, holding that vibration and then letting everybody rise.

That's the greatest service You become walking medicine when you can do that. That sounds so, so powerful. I mean, I can just feel it as you're talking. It's all



about the vibration. It's all about the energy and, and this just makes me think of. Talking about our sensitivities becoming our superpowers.

And that's something I was thinking, and then you started talking about this and I feel like it leads right into that. Absolutely. Yeah. Compassion. becomes your superpower, right? It was your extreme sensitivity before you're aware you're an empath. And then once you become aware you're an empath, it can actually turn into your superpower.

Yes. Yes, absolutely. And then also that's, that's your, that's your only [00:26:00] protection as well. I, there's a lot of, talk about, you know, protecting yourself as an empath. Uh, and unless you wanna isolate or. Actually, hold a vibration of, of pushing away, which then is not actually a correct vibration cause you can't push anything away, right?

Unless you wanna do that. Your only protection is to really be attuned to your own energy and heal what's coming up for you in real time. And in order to do that you just have to clear what's cumulative. and learn how to process in the moment, moment for moment without trying to suppress or repress what comes up for you.

And then you become sort of this clean vessel. Mm-hmm. . Mm-hmm. , it just makes me think you were talking about protection and I completely agree with that, of not wanting to create this.

It almost makes it feel like there's this hard shell of protection, and I like to think of it as more being a [00:27:00] filter, allowing things to pass through that aren't yours that you don't need, and maintaining that high vibration of love and of compassion, right? Yeah. So, and knowing who you are, knowing what your energy feels like, because.

Discerning what's yours and what's others is important. Definitely. Yes. , that's a biggie, ? That takes a while. Yeah, it does. And it's a process because I also feel like it's a process too with the people that you. are around. Because it's not just people you know or don't know that you absorb energies.

It, it's anyone. Yeah. And it can be things and animals and nature and so yes, , it's practice, ? Just like life. It's just mm-hmm. practice and returning and coming back and I, you know, I talk about peace a lot and the peaceful empath and it's, [00:28:00] Yes, we wanna maintain peace, but maintaining one vibration all the time is not realistic.

And it, so it's returning too as well. Mm-hmm. . Exactly. And that's kinda , I think that's kinda why we're here anyway. I mean, it's not so much fun to be in one vibration all the time. No. Or to try to maintain that. That's just as exhausting and not allowing yourself to feel all the others. Right. Yeah. So definitely.

Awesome. This has been, really good. I feel like a lot of good tools and tips, more understanding for empaths and I know that you have a free gift for our listeners and so I can you share that? What, what are Yes, yes. Thank you. I would love to. Um, so some of the gifts of the empaths are that when you have a clear energy field and you start to really be.

Attune to your own energy and you can feel the other [00:29:00] energies. And what this means is that you can really attune your senti. And this is what happened with me, is that my ability has become very well attuned. And so one thing I would love to invite, anyone, any, anybody who's interested is for a 20 minute crystal reading.

And the crystal reading is, you bring a crystal or you can choose from some of my crystals. I tune into the energy of the crystal as well as your energy, and I can feel within my body, through my empathic gifts. Sentient, what you're carrying. and the path, and often the crystals will give me messages for your path forward.

Mm-hmm. . So it's a reading with the crystal that, that you may like to work with that, uh, you can create, create a deeper relationship with as well as you know, what you're [00:30:00] carrying and what you need to clear and. Awesome. That sounds awesome. I'll be signing up for one of those, but, oh, good.

can, well, can you just let everybody know clairsentient, what is, oh yeah. Clairsentient the, one of your intuitive centers. So, some people are clairvoyant, where they have clear seeing and clairaudience where they can hear messages very clearly and clairsentience is being given intuitive information through your body, through sensations, and so, You know, we are clairsentient.

Whether or not we know it or not, that is what empath the empathic ability is. It's clairsentient. Mm-hmm. . And so when you learn how to navigate that, then the can be a real gift that you can use to help others. And so that's what I have. [00:31:00] Okay. Gratefully learned. Yeah. Yeah. Okay. So that's what you used during that crystal session.

Tapping into that knowing and then creating that vibration in that crystal, right? Well, the, yeah, the crystals giving me messages, uh, through my emotions and through my body. For, for you. So, do we need to come with something that we wanna know about or is it just, we'll see what comes up?

It can be either. Okay. You can just say, Hey, I'm here and I can read you, or you can say, Hey, I wanna know what this is, and then I can read you that way.

Thank you so much, Genevieve. This has been great. I have enjoyed our conversation and I, like how you've explained the compassion and giving us. Look into what it looks like before and after being an empath, I think was just really, powerful to hear.

So I, wanna thank you. Thank you so much. I loved having this conversation with you as well. Okay, thank you. All right, everybody. So, I hope you got a lot out [00:32:00] of our talk today. Now don't forget to head over to the speaker interview page and grab your free gifts. Thanks for listening, everyone.