

Monica Owsichek Interview

[00:00:00] Hi, and 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 I'm an intuitive healer and founder of Peaks of Life. I help women embrace their empath so they can let go of the constant overwhelm, exhaustion, and over stimulation so they can find their path to peace.

I'm also an empath and I've been told many times that I'm too sensitive, that I'm a super feeler, and for a long time it caused me to feel like I didn't belong and like no one understood me before I realized that I was an empath. It caused me the stress, the overwhelm, the anxiety, the uneasiness, and so on.

But after I discovered I was an empath; I've been able to embrace it and turn it into my superpower. Now this episode is going to be a little bit different. Instead of me doing the interviewing, I've asked my good friend Alana Fournet who is [00:01:00] the author of the bestselling book, Radiant, Powerful You to interview me, and we're going to have an open conversation about what it means to be an empath.

How I discovered I was an empath, and I will share some of my favorite tools and strategies and. I'm sure that so much more is going to come up as we chat. So, I am going to turn over the microphone to my friend Alana hello. Hello, Monica. Thank you so much for the opportunity to be involved in your summit this way.

I'm really honored and so excited to get to hear and tune into all the speakers you have. coming together to speak about this whole, this whole, you know, population, this whole group of people that, identify as being empathic. Yeah, I'm really excited too, and looking forward to everyone hearing all the other speakers that we have. [00:02:00]

Yeah. You know, I think one of the things about summits is that oftentimes with a variety of speakers speaking about the same topic from a different angle or a different lens, I think it brings to light so much of some of the subtle things that we aren't even completely aware of. Like, oh yeah, I've heard of empath.

But then when we really dig into it like, oh, I didn't really recognize that, or I didn't understand that. So how it showed up, like, I know you're going to be speaking to woman, around relationship, right? Oh, I didn't realize the impact

that being empath had on my relationships or my work or other places in my life, and I just, I think it's so powerful.

So, I'm just excited to get to be involved. And I wanna dive in. I wanna get to hear more about you. Is that okay? Yes. Yes. So, to start, I wanna share, if it's okay that, and I know you know this, I just, I really admire. The work that you do, and I've said over and over to people that I'm so drawn to the way you work because you [00:03:00] provide such an opportunity for healing in such a unique way.

You know, I had done years of therapy and counseling and coaching, and so much of it involved so much of me sharing a lot of the pain. And I know there's a time and a place for that, and I know there's value in it. And one thing I love is that, when, like, when I felt like I got to the end of one of those modalities, you know, connecting with you and realizing that there's also something else available, healing that happens in a, in such a different way.

And what I'm recognizing now is you're offering this summit. Is that one of the reasons your work works so well that doesn't involve as much of that, like digging and needing to be in the pain of it, of it all is because you. The superpower of being an empath, and so I'm excited to even hear more about this part of it.

To get us started, would you share your story of how [00:04:00] you became aware that you were an empath? Yeah. I love how you're describing that and it's so true, right? With the intuitive healing, it is such an energetic thing, so it, it is not necessarily getting into and digging up all the past and all the, the hardship.

So yes, I, I like how you described that. And let's see, for me to share my story, I realized that I was an empath, I would say about 10 years ago now, and if I look back, it was a time when I was feeling really lost, almost broken. Like no one understood me, like I didn't belong, and I was just searching and seeking for anything, anyone that could just help me feel better.

I'd been struggling for the about five years prior to that with the health issue, and I had poured all my energy, all my focus, all my attention into trying to feel better. I was trying so many different [00:05:00] things. I remember I changed my diet a hundred times.

I tried so many different supplements, herbs, cleanses, acupuncture, biofeedback. I would see. Now this eastern practitioner, this western doctor, but things began to shift for me one day when I was lying on a massage table, and I

was starting a session with this woman who is an intuitive energy healer. and I wasn't sure what was supposed to happen.

All I knew is that at the time, my acupuncturist had recommended that I see this woman and she said, oh, she can definitely help you. And I was in such this desperate mode that I just said, yes, if you feel like she's gonna help me, then that's what I'm gonna do. So, as I'm lying there on the table, the woman was explaining that I could either share with her anything that I wanted to work on during her session, or that she was going to kind of read my energy and just see what comes up.

because I was kind of skeptical. I remember [00:06:00] thinking, Hmm, I'm not sure about this. So, I thought, I'm just not gonna say anything and we're gonna see what comes up. So, I remember just lying there. I closed my eyes, I took some deep breaths, and I remember feeling hopeful that she's gonna help me.

And I remember she started by. placing her hands gently above my body. She explained this before the session, so she was gonna, she placed her hands above my feet, and then she would slowly move up to my ankles, to my legs. She would stop at my hips. She was above my stomach, and she was just still, and then she placed her hands above my chest, and she stayed there for a bit, and all of the sudden I was sobbing uncontrollably.

I couldn't understand what was happening. And it was like one minute I was lying there listening to the soothing sounds of the ocean waves, [00:07:00] and next thing you know, I was bawling. It was like I was that feeling, you know, when you're outside of your body just watching and mm-hmm. Yeah. And after a while, like I stopped crying.

and we took a moment to talk about what happened. And in a sense, I was like, hey, what did you do to me? How did you get me to just start crying? And she explained that I had a lot of emotions trapped in my body, and that's what she was picking up when she was reading the energy. And I wasn't expressing the emotions and I was holding onto them, and I wasn't letting them go.

She also made a comment that I was holding on to emotions that were not mine. Mm-hmm. And looking back, this was definitely a sign of being an empath, but at the time it really didn't sink in. It didn't make any kind of connection, and so I just knew that I left the session. Feeling freer and calmer, and so I continued to work with this woman and eventually [00:08:00] another woman that was also an intuitive energy healer.

And each time I went, I felt freer, lighter, calmer as I released more and more of the stuff that I was holding onto. And then I remember sitting in one of my sessions and one of the women explained to me, she's like, did you know that you were an empath? And I said, no, I'm not sure even what that is.

And she's like, yes. You also have the gift of being an intuitive energy healer and I see you helping other women on their paths to healing. And it felt kind of scary because it was this unknown thing and I didn't know what an empath was, and so I resisted and I said, mm-hmm sure. And I just kind of blew it off.

But again, this was another sign, and I was just not ready to hear it. But every so often she would bring it up in our sessions and kind of prod me [00:09:00] a little and. I don't know what happened, but one day I just stopped resisting and I signed up for a program called The Awakening that she was offering. And that was 10 years ago.

And in that program, that's where I learned what was an empath, and I understood, and I embraced what it meant. And I opened up that, that's what I was. Mm. Oh man. I, I just, oh, really? I can feel the power and the connection between you and that first healer as you were describing her, putting her hands on your feet and then on your ankles and the, the exchange that was happening there.

And, um, uh, oh. I just, I feel it so powerfully. And then it's amazing to hear your story of you. Someone sharing with you this gift that you have, and then you're highlighting like you weren't ready to hear it, you were resisting it. And, over the course of. [00:10:00] Just opening. And so, you were saying you got into this course and it's where you really started to understand what an empath is and what it means for you to be an empath.

So, I'm chomping at the bit here, just wanting to know if you would share that with us. Like what did you discover? What, what is an empath? How, how do you experience that or define it and, and what does it mean then to be an empath? Yeah, it was. Part of it was that first moment where she mentioned that I was holding onto other people's emotions, right?

That is what an empath is. It is someone that's really sensitive, very emotional, to the people around them that they begin to feel, take on and actually absorb their emotions. So, if you think about it, an empath is many times described as an emotional sponge. But the thing is, is it's an emotional [00:11:00] sponge for, both the positive and the negative energies of the people around them.

And so, as I was learning that I was an empath, it was kind of like these, it was a piece of the puzzle, of my life. And the other pieces were like, that moment she told me I was an empath, the moment she told me I was absorbing, the energies of other people and holding onto them. It was like when I started learning, they all started to light up these puzzle pieces.

Mm-hmm. and I could start to see them and how they connected and how they fit together. But I started to see it more in a, in a compassionate, more understanding way. Mm-hmm. and. Because I, in a sense, tried to minimize that I was emotional and you know, people telling me, oh, you're a super feeler, too emotional.

It sounded like something that I wanted to try to hide from and not show [00:12:00] people. And so, it opened me up to seeing as far back as I can remember, I've always been sensitive and always been very emotional. and realizing that I was unknowingly taking on the emotions of the people around me and how it affected my moods.

It really contributed to me wanting to change, to fix, to try to make the people around me feel better, and I believe it's why I lost touch with how I felt and what I wanted from what I needed. and I became that people pleaser, that caretaker, and it was just amazing, how, if you can just visualize this, these puzzle pieces that have been laid out all throughout your life and they start to light up and slowly start to come together.

And it helped me see how I was unconsciously trying to protect myself. So, if I could please or take care of other people around [00:13:00] me. and make them feel better than in a sense, I would feel better. Hmm, hmm. Like you would be okay if they were okay. Right, and I feel like it was this unconscious thing that I was doing, but because I was an empath and taking on their energy, I wanted their energy to feel good and positive because then the energy I was taking on would feel good and positive.

Hmm. Yes, yes. Oh, my goodness, so much of what you're sharing, I feel like. So relatable, just your experience of searching and seeking and then getting this kind of insight and then, you know, when you say like, oh, the pieces of the puzzle of your life started coming together. Uh, just a feel in that, that awareness that is coming of oh, this is why I kind of hear you saying like, this is why people were always telling me I was so sensitive and this is why I was feeling the need to. [00:14:00]

Take care of them and have them feeling good. And so, in all of this, you were going through that experience of being told that you were a super feeler, you were too emotional, you were too sensitive. And so, I kind of have two parts to this question around that. The first part being what was the impact on you of being told those kinds of things before you understood what was going.

Like what happened when people told you were a super feeler? You were too emotional. You were too sensitive. I feel like that's when I started to minimize myself and my needs. Hmm. Because it almost felt like me being too emotional and too sensitive was difficult for the people around me. It made them uncomfortable.

It was something [00:15:00] that I felt like I had to change or wanted to change or, or hide. Hmm

Hmm. I just, I'm feeling that so much in my heart, that experience, you know, whether we're empath or not, I think we all relate to that feeling of something about us doesn't seem okay to everyone else. So, we need to tuck it away into a dark, into a dark place, or to, to shield it away, maybe even protect it.

And so - How has that shifted now, you know, now you're on this side of your journey, understanding what's going on. What is it like for you now to know yourself as a super feeler or highly emotional, or, you know, very sensitive? Well, as I learned more about it and embraced it, I mean, I definitely see it.

It's my superpower. It's my gift. Now that I [00:16:00] know I can easily absorb other people's energies, now I have the tools and strategies to know what energy is mine and what is not. And so that is a powerful way of connecting with people. It's a powerful way for me to set my own energetic boundaries with people.

If someone's energy whenever I'm around them, it's, or always negative or it's always low vibration, I can choose to not be around them as much, right? But there's also ways that I can separate my energy from theirs and not take it on. And it also means that I have deep empathy with someone and how they feel.

And I feel like in that superpower it helps me to really be able to. allow people to feel seen and heard. Hmm. Which I think is huge because that is what we all want. Right? We all wanna be seen. We all wanna be heard. [00:17:00] Yeah. Yeah. Uh, it seems like we have a cultural deficit of being seen and heard. Right. Not only do we want it, but we also need it.

Right. It's one of our basic, needs to be able to be seen and heard, and I can, I can, attest to the fact that you have, advanced skill and helping someone feel seen and heard. Aw. Aw, thank you. Well, it's true. I, I won't, I won't blow smoke. So, I'm feeling really curious, you know, as you're sharing your journey, and thank you for sharing your journey too.

I think it's so helpful to hear, you know, the, the path that you've been on that's led you to where you are, and I also think it takes a certain level of courage and vulnerability, so I really appreciate just opening up with us. I also hear along the way that you've learned a lot about yourself and who you are in the world and what your gifts are, and how those gifts have caused some problems for you in the past as well, before you understood them.

And [00:18:00] I imagine there's many, many lessons. I am excited to read your book because I know that you're working to share many of the lessons you've collected. I'm really curious if there's one big one, if there's like one big takeaway you have from all of this that you, a lesson you learned along the way to not knowing and then having it highlighted to you and then you really discovering and embracing this truth that you're an empath.

Is there one lesson that really stands out to you? Hmm. This feels like a big question here. I mean, I feel like I just learned so many lessons and I continue to learn so many of them. But if I had to choose, one of my biggest ones that made a huge difference for me too, was that I cannot change. I cannot fix, I cannot make other people feel better or make anyone do anything.

Hmm. Before, I knew that I was an empath. [00:19:00] I can see how, I was unknowingly taking on the negative, you know, the scared, the sad, the angry, the depressed, low vibration energy and emotions of the people around me. And then, as I was explaining before, I was also unknowingly trying to help everyone around me feel better because as an empath, if the people around me felt better than I would feel better, so,

You can imagine how this plan really did not work for me, , because it's not possible for me to make anyone feel anything different or to fix them, or to change them all. It really did. I mean, it caused, that's where all that overwhelm and that uneasiness, and the anxiousness and that feeling of just being drained all the time came from.

So, as I became more aware, I was an empath, and how it showed up for me, that's what I could really see. Like, oh, I'm trying to [00:20:00] fix and change the people around me. And you know, it created so much overwhelm like I was

talking about, but as I learned how to not take on other people's energy, to separate my energy from other people, to know what's mine and what's not mine, it really just helped me let go of that.

It helped me let go of trying to change or fix other people.

Hmm. This is really interesting. It's really striking me right now as you're describing your journey with this, that it almost feels like there's. Uh, a bit of an irony here, or a paradox or I'm not sure what the right, right word is, but like you're saying, before you really learned this lesson, you were so focused on taking care of others and trying to fix and trying to hit mend for them.

And I'm almost hearing the disconnection in that because you were [00:21:00] so stressed and anxious and overwhelmed and exhausted yourself, that you couldn't see them, you couldn't be present to them. and now like what you're describing on the other side of being able to separate, that's the word that caught my attention.

You're able to separate what energy is yours and what is theirs. And in that it's allowing you to connect more. Oh. What do you think, like what do you think causes that? Well, one thing that struck me as you were asking the question that I, that I didn't mention but came up was, I was looking outside of myself to fix everything around me instead of and, and not, and not taking care of myself, and not loving myself and not seeing myself.

And I feel like on that journey of discovering I was an empath, that was another big thing that came up. [00:22:00] And so once I started to, focus on loving myself, on looking at myself and figuring out what I needed. It opened that door for more compassion and understanding and seeing people differently because I wasn't seeing them through absorbing their energy.

Hmm. Does that make sense? Oh, it makes, it makes so much sense. I've just, not to be a goofball, but I really feel my heart opening as you're sharing that, it just, the, the love, the compassion, the connection that can be there. Um, just, yeah, it feels really, really powerful, okay. So, I want to move us along if it's okay.

I am really curious as we're listening, how any of us would know, you know, as we're listening, I'm sure women that are tuning in can relate, uh, to [00:23:00] many things that you're sharing. How would we know if we're an empath? There are a lot of questions that you can ask yourself.

That's kind of how I started to really relate to, once I started to learn about what an empath was. And asking these questions helps you because you can be on a continuum of an empath? There's partial empath, moderate, strong, all the way to full-blown empath. And so, these questions highlight certain characteristics that empaths embody.

So, I have a book here, it's called Sensitive Is the New Strong, and I'll just read just a couple of the questions here just to give you an idea. one is you fear hurting other people's feelings, disappointing them, or letting them down because you can feel their pain. You have a willingness to accept full responsibility for your actions.

Sometimes to the point of taking [00:24:00] blame for something that's not your fault, you can be easily manipulated by others and often feel taken advantage of or exploited, you have difficulty receiving compliments, gifts, services, or kindness from others. You feel obligated to repay them immediately.

So those are just a few of the questions, but there's a lot of questions that highlight the characteristics of being overly sensitive or, getting, like another question is, do you tend to feel. Drained, overwhelmed after being around a lot of people and that you really need downtime to recover from that, or being sensitive to smells and scents and loud noises.

So, once you ask these questions and just be really honest with yourself, it can help you determine if you're an empath. Got. Got it. I love that we have these tools, you know, these ways to [00:25:00] kind of identify, you know, like, do I fit this category? I really relate to this in that, and I know you know this Mon that, you know, years ago I started learning about and hearing about the highly sensitive person and really identified and kind of like you described, all of a sudden it made so many things make sense.

And so, as you're describing the sensitivity of the empath and, the connection to emotion and. Feeling some of the overwhelm with people. I'm curious is being, an empath the same as the highly sensitive person? There's definitely overlaps and the way to describe that is like empaths are highly sensitive people, but not all highly sensitive people are empaths.

So, there's a woman, Dr. Elaine Aaron, who is one of the first people describe what HSPs highly sensitive people, and she talks that there are about 15 to 20% of the population that are [00:26:00] HSPs. But then of those HSPs, even a smaller percentage are also empaths mm-hmm. So, the big difference there too is that, like I mentioned, empaths share all the traits of the HSPs, but the

empaths have a more intense experience because they absorb the energy of the other people.

So HSPs can feel the energy, but empaths are going to absorb the energy. Hmm. There's another woman, Judith Orloff, and she's written books about being an empath. And she described being an empath. It's like holding something in a hand that has 50 fingers instead of five.

Hmm. Oh, I am. Oh gosh, Monica, I'm so excited that you are offering this summit because what I'm hearing in the numbers that you're sharing is that it's a small slice of the [00:27:00] population, and I can just feel that because it's a small slice of the population, the average person does not understand, and so.

I know for anyone that just identifies, that feels different, something's going on where nobody else around them is like them. Just how lonely and how, how lonely they can feel and stuck and, like not understood. I just, oh, I'm having so much appreciation that you you're pulling this together. I have another question around this, around being an empath.

Is an empath born an empath? Is it something that develops? Definitely. There are people that are born an empath. They come into the world with more sensitivity than others, but another way someone can become an empath. So yes, someone can become an empath is through experiencing trauma. So, if a child experiences, let's say emotional or physical abuse or neglect, let's [00:28:00] say raised by an alcoholic or a depressed or narcissistic parent, the child really learns to tune into the energy of the parents and their moods, and then they develop this coping mechanism.

They figure out when they need to stay out of the way, when they need to be quiet, and they get into this people pleasing mode. because they wanna do what they can to not anger or upset their parents. And so that coping strategy then becomes a part of them as they grow up. It becomes, and it shows up in all their relationships and in a sense, they've learned to take on and absorb the energy of the people around them.

And in a sense, they also lose themselves because they're not connected to their needs. And so yes, you definitely can be born, but there are other ways to become an empath based on, you know, what's happened in your life. [00:29:00] Right. Right. I understand why. I know in your description of the summit, you know, there's this element of finding your path to peace.

And as you're describing this, you know, the, the young child that will take on these qualities, as protection or defense, right? There's not a lot of peace in that. There's a lot of survival and coping, but there's not a lot of peace there. And so, I'm really understanding, that language that you use about finding your path to.

And so, with this, I also know, there, there's a desire here to make some really practical things available. And so, as you know, any of us are identifying as an empath and on our journey. I'm so curious if there's one tool, you know, have you found a favorite tool that helps you as an empath to manage all of the sensitivity and emotion and connection with others.

Oh, yes. There are so many amazing tools out there, and [00:30:00] a lot of the speakers are gonna be sharing their favorite tools, so you can look forward to that. But for me, I would say my most impactful tool, and this is what I learned from those energy healers I, I, I spoke about earlier, it's a clearing meditation using screens.

So, what you do is you imagine a screen starting at the bottom of your feet and you're slowly moving that screen, like sifting through your body and it picks up all the energy and all the emotions that you no longer need that are low vibration, that are negative, and it just runs through your body and it just picking all that up and then you can release everything.

And for me it's been so powerful to visualize that and it's something that I use pretty much every single day. And I use it sometimes before I get out of bed, before I go to sleep. When I am, [00:31:00] staying at a hotel or someone else's house or if I've been around a lot of people. It's just something that really helps me clear my energy, of anyone else's energies or emotions and mm-hmm.

It's something that I have included as a bonus for everybody. Mm-hmm. So that you can experience this powerful clearing meditation. Hmm. That is really generous. I've gotten to experience the process and it's amazing. One thing you have really taught me Mon, is the power of intention and going, entering into this process that you're offering, that's amazing.

With the intention of letting, it clear. And letting it filter out what doesn't belong is so powerful. You really described it so well earlier. What did you say? You know, after you were on the table and connecting with that first healer, you walked away, lighter and freer and calmer and, I feel like that's exactly what [00:32:00] I've experienced going through with this tool that you're describing using the screen.

So, I'm really excited that you. Freely giving that to share with others, that's really, really powerful. Yeah, I'm, I'm excited to share that. I do feel like it is powerful. It's helped me so much that I know it will help a lot of other women too. Yes. As will this whole summit, I'm really curious. I, I know your heart.

We can feel your heart in this and, I'm just so curious, why? Why you chose to pull the whole peaceful Empath Summit together? Yeah, I mean, for me it was really, I wanted to bring women together that are empaths, that can share their stories so that the listeners that are empaths can connect with these women.

And my goal was really to help, [00:33:00] other empaths feel less alone. I feel like hearing other women's stories can be so powerful and relatable. And each woman is sharing how they realized they were an empath and their journey to finding their peace in that. and embracing that they're an empath and that they see it more as a gift and not something that they need to be ashamed of or fix.

And I feel like the subtitle, getting Off the Emotional Rollercoaster, finding Your Path to Peace and Feel Your Life Transform really sums that up because what I wanted to do is provide this space where when you're an empath and you don't know it, or when you're an empath, and you're not sure what to do about it.

It can feel like that emotional rollercoaster. You're in one room, you're around different people, and your emotions are going up and down. You get those butterfly feelings, you get scared, you [00:34:00] get excited, you get nervous, you're having fun, and you can just feel like this ride that you're on that you can't get off of.

And then as we start to learn, we, we want to find that path to peace. That's what we're seeking and we're searching for. And then as you find that peace, it's just like, oh, you feel your life transform as you understand more. And that's what I wanted to provide for women. We all have different experiences and different journeys, and being an empath means something different to each person based on how it showed up and how we learned about it.

And so having different women and different perspectives, I feel like it's going to be that place where other women will be able to connect. Yeah. Yeah. Mon, I know, and I'm sure [00:35:00] everyone listening can just feel your heart for connection and healing and service.

And on a little more practical level, I also really wanna thank you for all of the work you are putting in to pull the summit together. If someone hasn't conducted a summit, they may not know the work it takes on the backend to

connect and interview and all the pieces that go into it. And I just, I thank you for your dedication to women, to empaths, to healing and expansion on our planet.

Your commitment is really inspiring and again, I just, as we wrap up here, I wanted to get to say thank you for inviting me to get to be involved in this way. I can't wait to get to listen in to all of the interviews and, look forward to all that's going to unfold for all of us getting to participate.

Thanks so much, Mon hmm. Thank you, Alana. I so [00:36:00] appreciate everything you just said and shared, and you know, it does take a lot of, moving parts to get a summit going, but it's also fun. It's fun to connect with other women and share our stories and. Feel, it's that feeling of connection and feeling less alone and feeling seen and heard and understood.

So that is such a big piece of it too. And I just wanna thank you, Alana for taking the time and, chatting with me and interviewing and I just, I'm so grateful for you. Mm-hmm. Thank you. Yes, thank you. Yeah. Okay, everybody. Well, I really had a lot of fun sharing my story and sharing more about what an empath means to me, and I just wanted to remind everybody to head over to the speaker interview page and remember to grab all your free resources.

That's where you're going to [00:37:00] get the clearing meditation that I talked about in this episode. And you're gonna get all the free gifts and resources from all the amazing speakers on the summit. Thanks for listening.