



RETURNING

*with Rebecca Campbell*

A PODCAST TO RETURN  
TO THE WISDOM WITHIN

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# BODY CONFIDENCE AND SELF BELIEF WITH HARNAAM KAUR

## *Episode Transcript*

Hey, it's Rebecca. Welcome to Returning, a podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thank you for returning. Today I am returning with British model motivational speaker and anti-bullying activist, Hanum Kaur. A beacon of self-love and empowerment, Hanum speaks openly about her journey living with polycystic ovarian syndrome.

And learning to embrace her unique beauty. Hanum and I have been loving on each other in each other's work for many years now. And so it was such a joy to finally connect for this conversation. And interestingly, when we recorded this, this was actually the second time we recorded it because the internet just kind of kept on stopping and glitching for us in our first conversation. So our first conversation was amazing.

Um, but then we ended up reconnecting for this conversation and oh my gosh, it went in a very cool, deep direction that I cannot wait for you to hear about in this conversation. And so was one of those ones where it was like, oh yeah, that was meant to be. So enjoy your journey with us on that. Cause yeah, I really, I got chills, um, in this conversation. Um, yeah, all through it.

So Hanum is really a phenomenal leader. She's so inspiring. She is an important activist and such an essential voice for our times. I just loved our conversation and I'm sure you will too. So I know how precious your time is. So let's jump right in. Opening space together. So in the center of your heart, imagine a beautiful flower, inviting that flower to open pedal by pedal, revealing a light in the middle.

This light is your inner light, your wise ancient self. Inviting it to step forward now and honoring the keepers and custodians and spirits of the land where you are and I am too known and unknown. Beautiful, let's begin.

Rebecca: Yay, we're here. Finally, we're here.

Harnaam: Hi.

Rebecca: You look gorgeous.

Harnaam: We made it.

Rebecca: Yeah, like your work is just so inspiring and...multifaceted and I, I've been wondering like, was there like a moment in your journey where it was like, right, okay, I'm being called in this particular direction or was it something that kind of just like unfolded without like, was there a conscious choice involved in it? Or was it something where you were like, oh my gosh, here I am. How did that happen?

Harnaam: No conscious choice at all.

I feel as though I walked down a path that just led me here. I never in a million years thought that I would be a motivational speaker and do all these different things that I do. It's crazy. I sort of fell into it. And I think that's sometimes the best way. Sort of just delve into the unknown and then sort of learn how to swim. Trust me, I've drowned many times.

But yeah, I realized that if I stop talking now, I'm doing a disservice to people that need to hear a message. So I sort of carried on with what I was doing and it's what led me down a path that allowed me to sort of speak to people and help connect to them too.

Rebecca: And for those who maybe haven't experienced you speaking and just all the work that you do in the world, can you describe a bit about your background and what really is your mission?

Harnaam: Wow, my mission. That's crazy. I feel like James Bond when you ask me that. Yes, I'm a motivational speaker. I speak a lot on being your very best self and residing in your purpose or even finding your purpose. Personal development is really big for me, mental health, mental wellbeing.

I speak on a lot too. I speak very openly about my medical condition, which I was diagnosed with at a very young age. It's the most common endocrine condition amongst women and the biggest reason to why there's infertility. So I was diagnosed with Polycystic Ovarian Syndrome or commonly known as PCOS. And it impacts one in 10 women and that's just within the UK.

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So I realized, you know, it not just impacts us physically, but mentally as well, our quality of life declines, because there's so much that comes with the condition that we have to sort of just bear. And that can be rather difficult as well. And there's I never saw many celebrities or speaking up about it within, you know, the media or that sort of domain and.

Here I was with a platform, here I was, you know, one woman, one mic, one message. And I decided to be vocal about it. And with that came being very vocal about why I have a beard, what happened with the hormone imbalance, you know, what happens when, you know, you have a hormonal imbalance. And...

Yeah, I wanted to show people you can you could look different your I can't change the way that my body is navigating you could look different and still go out there and achieve your goals just as long as you're disciplined and you put your mind to it.

Rebecca: Love it. And did you like with that moment where you were like, right, I'm going to do this? Was it like, did you do it on social media or like what was that moment where you were like, okay, fuck it, I'm going for it.

Harnaam: Yeah, so I. It wasn't on social media back in 2014. I had Facebook, you know, delving in Facebook, you know, just talking to family. But that's really all I used it for family and close friends. And then I remember there was a girl.

who I used to speak to and she was like, you need to get on Instagram and I never understood what that was and this is almost 10 years ago now, I believe. And she's like, yeah, just post pictures, people will follow you, people will comment on your pictures, like your pictures. I thought, okay, this is pretty simple. It's a little bit like Facebook, but not quite Facebook. And then back in 2014, there was one journalist who was very interested, or intrigued by me interested in my story and she wrote one article. It was one interview. I had nothing better to do. Girl was unemployed, local Starbucks and yeah, that story went absolutely viral. That, you know, it's just that one piece of that one article went absolutely viral. And then I was being retweeted by Cosmo and all these other big sort of fashion makeup publications, which wowed me because I wasn't a girly girl, I into makeup or fashion or beauty in any sort of sense. And to have these magazines retweet my article or share my article or write the article in their own sort of words. Yeah, it was mind blowing. And then it snowballed from there, basically.

Rebecca: And when that happened, like, did you have like mixed feelings about it or was it just like no like I really this is what I want.

Harnaam: I went with the flow I thought why it literally was I have no I'm unemployed I have nothing to do and it wasn't even as though I was making money I wasn't making money from a lot

of people say things like oh you know she sold her soul for the fame or she sold her story for money I was making no money.

I was still broke. I was, oh, it's so funny. And I never really got the opportunity to tell the nitty gritty or the behind the scenes stuff that happened. But I remember I used to sew up holes in my socks or even saw my trains because I was broke. I had no money. So I thought all these people like she sold herself. How like, bitch, where is the money? I ain't got no money.

Um, it was only until 2018. So four years later, where I actually started charging for my services, where I actually got a recognition enough where I actually started getting paid. But I was being chauffeured in, um, cherry colored G wagons wearing. I remember we went to the Kensington palace because I was up for an award, which I didn't get. Um, but I wore this very beautiful really cherry colored gown. It was stunning. And I was being chauffeured in, you know, a G wagon. And I was broke. Like that car was on rent. So is it amazing. It's amazing just what happens to your life. Oh my God. But again, you have to, you know, know your roots, be humble about it and just sort of focus on the message. And everything else is just an addition.

Rebecca: Did you have like one kind of like event, which was like your, the first speaking gig that you did where it was like, Oh God, I need to like have a talk and all of that. Or was it again, something more organic? Like, tell me about that.

Harnaam: No, I went to Trinidad and Tobago and this was the first time I had a public speaking engagement. The first time I actually went abroad for my career was Chile. And that was for a prime time TV interview. It was big. It was, it's big out there. So imagine a prime time TV interview program for celebrities here. It was the same, but over in Chile. Now I'm not a girly girl. They made me, well, they didn't make me. I was wearing heels. I don't know how to sit in heels, ladylike. So I remember you could totally see up my skirt, but like from the side, so from like my right, like you could totally see it was embarrassing. But my first ever speaking gig was out in Trinidad and Tobago. And that was for a women's resource network. And the organizers were talking about how in, you know, in their country, the crime against women is just abhorrent. It's disgusting. And even when...landed I got to the hotel after midnight and we were listening to the radio and you know oh there was a woman that was chopped up bit to bit and you could find bits over here there and everywhere or there was a woman that was murdered and left on her on a bus or there was some scorns.

a boyfriend or something that had killed and I was just like, yo, this is intense. And I remember not realizing how even hearing that I thought stuff happens. This world isn't fair stuff is bad. But I still remember walking around as if I'm back in London. And yeah, our driver got told off because he was looking after us, the organizers that were sort of that looked after my itinerary were away. I

think they went to a shop quickly. So I went walking around and the driver got in trouble because they were like, you do realize she could get kidnapped and held for ransom.

And I went, okay, I'm just gonna sit here. Yeah, it was intense because they had news articles and paper cutouts that I'm visiting the country and I'm giving a talk. So forget about the fact that this is my first speaking engagement. It's going to be done in front of a live audience as a big event. It's for something that's very serious. But on top of that, I could be kidnapped for ransom. Yeah, that's mad.

Rebecca: But, um, holyShit. Yeah. It sounds like you don't really do things in halves. It's like, you're like, all right, let's go there.

Harnaam: If I'm doing it, I'm doing it fully. Um, but also I have to take accountability as well. And I have to be aware that just because you know, you're a woman and don't think that life's going to get easy. You know, you have to take, like, I have to take accountability. I put myself in a certain position um or something that's going to be a detriment to myself, then I've done that knowingly, you know? Obviously that was a situation that I didn't know, but now I'm a lot more mindful of what I do, where I go, who I'm around. If someone's coming up to, and this has happened to me in Italy as well, well, people have squared up to me. So it's almost like, yeah, this world is beautiful, but it's not fair, so pick your battles wisely.

Rebecca: And...Tell me about like do you come to face to face with that sometimes on social media as well?

Harnaam: Always. I woke up the other day and someone messaged me going kill yourself and I went okay. Okay then. Oh thanks. That's right and this is... Wow. This is you know I've just woken up so much and that's the first thing you see. I do get a lot from my own community as well which is it can be disheartening but then I think to myself...

Am I really going to stop because certain people don't understand or they think that you're disrespecting a religion or you're disrespecting a culture? Like, think about the bigger picture. So then I have to think, hmm, again, pick your battles. So where I'm not going to listen to someone that's told me, just kill yourself or bitch, I'm still here. Tell me more.

Rebecca: And is there, is there anything that like, what do you do when, um, that happens? Cause I know for me, like sometimes it's like, doesn't bother me, doesn't bother me. But if I'm like feeling a bit off kilter, I'll be like, Oh, you know, sometimes like it gets to you. Like if something does get to you, do you have something that you do to kind of like recover or shake it off?

Harnaam: or psychedelics?

Rebecca: What a great answer as in mushrooms.

Harnaam: Oh. God, I would love to experiment. See, I listen to a lot of Joe Rogan and there's certain podcasts he's done where he's spoken about mushrooms. So I'm very intrigued with mushrooms, like either microdosing them or going in like full on just to... Because a lot of shamans used to, you know, it was a shamanistic practice. They used to take it and it awakens your mind in such a way. It's crazy.

So that is something I would love to sort of try. But I think generally when it comes to sort of overlooking people's comments, you know, again, this is the third time I'm saying it, her non -pick your battles. Is it really worth it? Get up, get your ass up, go grab a coffee, get on with your day because those people, first of all, that guy's beard probably doesn't connect as best as yours does. Um, they probably don't know what's going on in their life. Um, and they're probably a wee bit jealous of you. I don't know. I, I, I don't know. I don't know what goes through someone's mind when they want to comment something harsh, but again, when you put yourself in the public eye, it's something that you're opening yourself up to. So I'm mindful of that.

Rebecca: Right. Right. And for you, like, I know you are, like you speak out quite a lot, like in an activist way around like anti -bullying. Was that part of your journey? And then now it's like you're kind of like you're standing up because you've experienced it yourself. Tell me a bit about that?

Harnaam: Oh no, no one bullies me. I'm normal as hell. I was horrendously bullied. Like people were lethal. Kids were so cruel. Oh God.

And I still see sometimes the people that bullied me, you know, walking around town or I'll see them, you know, randomly if I've gone to a shop and they're either working there or they're shopping themselves. I remember I went to my local superstore and it was after New Year had just happened. And I remember thinking to myself, girl, this whole year you're going to carry on shopping at this supermarket.

And you're going to carry on seeing this person, this person is going to work here. It's the new year, they're going to carry on working here. Do you really want to be awkward when you walk into the supermarket every time you see this person? So I approached him and I said, first of all, my brother's quite big. My brother's like six foot two, six foot three. He's big. And he's, he's got this trolley. And I said to my brother, I said, look, I need to confront this guy. And.

my brother's holding the shopping shopping trolley and he's just like, do what you need to do girl. Anyway, I've walked up to him and I said, you know, I know you know who I am. And I just want to say there's no hard feelings. You know what you did to me, it hurt me and it took me to the point of

suicide. I don't want to put that on you. But I just want to say that that's what sometimes someone's actions can lead someone to. And that's what happened to me. I'm glad I'm still surviving, but the thing is, I'm going to see you for the rest of the year and I don't want there to be any bad blood every time I see you. So what are we going to do about it? Because I'm not going to stop seeing you here. And...It was one of those things where he just turned around and he said, you know, I see what you do. You've turned into a very beautiful young woman and I see all the impact that you're having. Like, well done. And I hugged him. And he moved on. And every time I see him now, like I ask him, like, hey, how you doing? What's good? What's new? And I hug him and I say hi, you know. But then there was another time.

There was another time where I approached someone else and he recognized me and he was outside. Is it Betfred? Is that the gambling? Is that the gambling place? I'm not too sure. Oh yeah, the betting place. Betfred. Yeah, what a Betfred. Yeah. Yeah, that's it. He was standing outside that smoking with another guy and I was walking my dog, Kai, and Kai was very young back then.

And I approached, I didn't approach him as it was more for why I said, oh, you're so and so. He yeah, I am. He goes, oh, are you so and so? I said, damn right, I am. And I mentioned it as well, like, yo, you bullied me horribly. Like if you have kids, like I don't wish that upon your kids. Like that was disgusting. This guy just laughed. So it's like...

You know, some people understand, other people won't, but I just have to be in a position now where I'm okay with it. I've gotten there, I'm okay with it. It hurts sometimes because I still have dreams of that person that was dismissive about it. I'll have dreams of him like strangling me or like tying me down with a belt and killing me. Like this is how severe my dreams can get. Whoa.

But I don't know, my dogs really humble me, my dogs really ground me, which is crazy because they can't speak, they ground me.

Rebecca: Yeah, but they're the best companions of all, aren't they? Like it's just complete unconditional love. It's my friend Kyle, he visited our family and we've got a little dog called Shakti. She's a Chihuahua pug, a chug. And yeah, he ended up getting a dog after because he was just like, they're amazing. And now he's got like three or four like.

Literally he's got like one trained Doberman, which is like, you know, like a security dog and he's just got another, like, it's like a full -time job looking after his dogs. How about you? Is it, is it like, does it take up a lot of your day now?

Harnaam: They are in such, under such discipline. They sit when they come out of their crate, they sit before they go into their crate, they sit before I allow them out of their room, because they have their own room. They sit before they eat their food, like they're very disciplined. I love it. The

amount of time that they are walked for, how long am I walking them for, what time are they playing, how long are they playing for, how much food do they get? Yeah, they're under a regimen. But then I actually...schedule my days and my work around their schedule. So their schedule comes first. Yeah.

Rebecca: Oh, I love it. And you're I believe you're you're Sikh, right?

Harnaam: Yeah. Yeah. Born in a Punjabi Sikh family. Yeah.

Rebecca: Oh, beautiful. And how important is like that like connection to you like to to God, to the sacred to prayer, all of that?

Harnaam: Wow, do you know what? A few years ago, I actually moved away from it all and I, for some reason, certain things just weren't sitting well with me. I don't know why. I don't know. I do know why. I've not really, again, like been given the chance to speak openly about it. And a lot of the time it's like, who do I speak to about this? Because if I speak to someone within the community, well, they have...They're connected to the community as well. I need someone that's on like a mutual ground, you know, someone that understands the religion, but also someone that has like an outside of viewpoint as well. So I moved away from it because I saw a lot of hypocrisy within the community. And I sort of then delved into other people and...other religions and you know how other people practice their faith or you know, just cherish the Lord. So I delved into sort of spirituality and our souls and where we came from Wayne Dyer was the biggest catalyst for that. I love him. He's fortunately passed on. But he the power of intention is a talk that he gives in two parts on YouTube and he's amazing and he talks about your soul.

He talks about this light source being God, the universe, vibes, whatever you want to call it. And that blew me out of the water. I thought this is something that I've never heard of. It's so new to me. So I delve deeper into learning more about that. This year, well, last year, I started praying again, how I would, how seeks to and waking up in the morning, praying, doing all my prayers throughout the day. And I've realized that the relationship between you and God is solely between you and God. And it's got nothing to do with people and the hypocrisy that you might see in other people. Because before you see in other people, see it within yourself first. So then what I learned delving into the whole spirituality side of life now plays a part in the religious side of what I'm connecting to.

Rebecca: Hmm. That's so beautifully put. Um, and I say, he, you, when you're talking about the hip hypocrisy and just, you know, but I think, and I've seen it just really happen. It's been happening forever, but particularly the past few years has been just, like, I just don't know any path that doesn't have it, you know, where it's just like, you know, the, the leader or the guru or the people who are in power then get called out for, you know, things that you just make sure you



want to leave. Yeah. Yeah. I think I really feel that myself. I was raised Catholic, not, not strong, strongly, but I, prayer had always been like something that I'd always done. Yeah. Not even like, I wasn't like, I was taught how to pray, but I wasn't like made to pray or anything. And actually I hated when I was being forced to do any devotional practice because I like it felt like it cheapened the pureness of like my relationship with God, which I think is like just innate in everyone. And yeah, I really hear you when you say like that. It's like this push pull between like wanting that direct relationship, but having practices within our, whether it's our culture or how we were raised or whatever that like that ritualistic practice really does strengthen the connection as well because it's kind of like, it's learned, it's rhythm, yeah, but this push -pull between the two because you don't actually need that to connect and have the direct experience, but having the structure is really good as well. But yeah, I so appreciate you sharing that.

Harnaam: Yeah, I mean, I'm still sort of trying to find my feet with it all, but I remember when I was young, my father used to, you know. At bedtime with my brother and I, he used to read our stories, like historical stories of our gurus and what they did throughout their lifetime. We created a bond that way. And then I used to go to the gurdwara and I used to learn how to sing hymns and prayers then we used to go ahead and do so in front of the congregation. So I loved that. And I always missed that part of life. But again, that was just me missing being young. Now, I think now that I'm older, I'm going to be 33 next month. And I'm, I'm, I'm just in a totally different place. And where I, I just see my relationship with God in a very different way to how maybe a religious like strong religious person might see or feel that a relationship.

Yeah. Because I win, we're not supposed to, if I were a turban, we're not supposed to have tattoos and makeup and get our nails done and piercings and things like that. But I do, you know, but does that make me less of a human being or that make me less in God's eyes? Right. Is me doing all of this dampening me, saving someone from their mental wellbeing because they've heard me speak and now it's all of a sudden, they think, wow, right. From what I've said. So where's the balance? You know, it's so true. And yeah, I, one of my teachers told me that like when you kind of dress up and look beautiful, whatever it's like, you're dressing the Holy Spirit. Oh, I love that. Okay.

Rebecca: So my next question is, um, for us to understand you a little bit more, can you think of like what you were like as a little girl that kind of kind of shines a light on your uniqueness or who you really are, like, you know, who you came in as.

Harnaam: Wow. So I, there's a clip on Instagram that this channel posted up and the same sort of question in a very different, different wording was asked of my teacher. Cause I went back to my secondary school, filmed a whole documentary and met my teacher and he said, you were very quiet, very compliant. You know, you, you got involved with discussions.

So that's how I remember myself. I'm still very shy. This is funny because when I'm on stage, it's like one woman, one mic, boom, we're ready to go. But generally I'm very submissive. I am very, very shy. And I don't think people actually get to see that side of me. And I'm bloody hilarious. My friends always say to me,

You are stupidly hilarious. They say, because my Punjabi, they say your Punjabi is so, you're so good at speaking Punjabi and the way that you banter in Punjabi, but people need to see this side of you. And unfortunately they don't. It's true.

Rebecca: Amazing. Awesome. And have there been people in particular that have really inspired you in your journey, like whether it was when you were younger or now?

Harnaam: Wow. So I tend to find inspiration from various different people. So it could be, I don't know, me traveling to a country and coming across someone and thinking, OK, damn, that's something I could learn from you. You know, thank you for sharing it. Or I can expect. experience different cultures and take something from them. Again, if you live in a bubble, that's all you're going to know. If you spread yourself wide, there's so much more learning to be done there. And the more that you allow yourself to learn, the more knowledge you have and your brain's happy. So it's not like I just listen to one person because again, sometimes that one person, you put someone on a pedestal, they're human, they're going to fall.

You know, so it's not just I look at one person and I think you are my all and I'm only going to take inspiration from you. God, no. It's life, isn't it? I don't chase happiness. Let's chase experience. It's life. Love it. And I got two more questions. One is how are you changing at the moment? Oh, wow. That's I've never heard. No one's ever asked me that.

How am I changing? I don't know how to answer that. I know that I have. I know that I'm a lot stricter on myself. I speak to myself in a way that I tell people not to. I'm very hard on myself. I try keeping up with discipline as much as I can before I would be like, oh, okay, no problem for whatever, any question or if any...anyone's wants and he's, yeah, okay, it's fine. Don't worry about it. But now it's I'm very strong with a heavy handed no. So I'm, I'm a lot more vocal in what I want and what I actually, you know, what I what I need from people, instead of just being like, yeah, it's fine. But yeah, I would I would say it's that self talk. So I talk I say to people don't, you know, don't be hard on yourself, society's hard on you already, like be kinder to yourself but with me society's hard on me, world can be hard on me but I'm tough, I am stupid. I mean only yesterday I was talking to myself and I was like you need to humble yourself girl, like you're not the be all and end all and I talk to myself like this so when I tell people you're not inadequate don't think of yourself as inadequate so don't speak to yourself as you're inadequate.

I do because I need it because I know I can pick myself back up and it's only when I'm and I humble myself, you know, the purest message comes out. Beautiful.

Rebecca: And then finally, the final question I ask everyone is what returns you to the wisdom within?

Harmaan: Oh, good. I see dead people.

Rebecca: Do you? So your a medium?

Harnaam: Oh no, I wouldn't, I wouldn't go as far as saying I'm a medium because I don't bloody know what to do with it. Right? Right. Well, I guess that's a choice. If you want to, if you want to do something about it, you don't have to, but you can control it for sure. Well, that's the thing. That's what led me down the whole spirituality path as well, because I'm like, I see good people and within religion, you know, they're just going to tell me to meditate. But the more I meditate, the more I see them. And the more I meditate, the more.

interact with them. And the more insane people think I am because they think I'm meditating on something like voodoo or black magic. No way. And then I'm seeing it's like no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, very minor things, but when you start getting more attuned to it or you start thinking about it more, more random things start happening, you know? And the biggest one actually happened this year. And you know when something happens and it's like, you need proof, you've got all these small proofs, right? But then you still doubt yourself. So you need this one major thing to happen. And then it does. And it's like, yo, yeah, you're definitely experiencing dead people, you are definitely helping them pass over. Yes, when you see things, you're seeing them for real. No, you're not high, Hernan, because that you're not high. Yeah, it brought me to tears. Can I share?

Rebecca: Please do, yeah.

Harnaam: I have not spoken in public, in the media about this side of me. I'll speak to like a friend of mine who is a medium and she sort of helped me navigate through certain things. And so I, God bless her soul. I have this, I had this neighbor.

And I have known her for a very long time from the time she had beautiful brown locks to the moment, you know, it her hair turned white frail, God bless her, she passed on. And I didn't know when she had passed on. And I, I wasn't for some reason, I, no one told me about the funeral. I would have loved to have been at her funeral just to say goodbye if the family was just going.

funeral or whatever, just paying my respects and I never got the chance to do that. And that whole family moved away, another family now lives in that house but randomly I will see her daughter walking around and I'll say hello hi to her and whatnot and one odd day I was speaking to my friend and I said I can see someone and I'm sitting in my room by the way.

I'm sitting in my room having a conversation with my friend and I've said to her, I can see someone and she goes, what do you mean? I said, right now someone is coming through. I don't know what's happening. And this is where I, I zone out. I, and I never knew that I do this. I zone out and I just look ahead. And when I'm focusing, I'm not focusing on like my surroundings, I'm focusing on what's coming through. Right. I'm sat there and I've just gone. I've just started looking like this and I can't explain what happens when I do that. I've just started looking at what's happening anyway. So this person, he's short, he's got, I call it cul de sac head. I don't know if that's the right thing. You know where the hair is just around here. Yeah, yeah, yeah. So I said, you know, he's.

He's he's old he's not he's around my height he's cold as sack head he's wearing glasses. He's waiting at a bus stop he's really moody I'm standing at the bus stop with him. He's almost looking back and around at me. I could tell that you know his demeanor he's quite hunched over and he's you know it's raining so he's going to be foul -muted.

And there's a bus. And it's a red bus. He's waiting for the bus and the bus has my town's name on it. And she goes, What do you think that means? And I said, I think he's about to pass over. And I've bawled out this wasn't the wife's lint dude. This isn't it. This isn't the miraculous part. It gets crazier. Because I don't know if it was a weeks later or maybe a couple of months later I walked into came across his daughter and the daughter so this guy was the husband of the lady who passed away do you remember this person is the husband of the lady so their wife had passed on now he's become poorly

So when I came across her, she said to me, she goes, yeah, my dad's about to pass away any day. She goes, it could be right now. No way. And I went, you're correct. I went, no. And I didn't tell her because I was like, I don't, I don't know. I don't know. Yeah. What do you want to do with it? Yeah. Yeah. Yeah.

And as I was talking, as I was on the phone to my friend, I remember saying, his face is changing. This guy's face is changing. As I'm looking at him, I go, his face is changing. And I said, I recognize who he is. So when later on, whether it was a few weeks or a month later, I can't remember how long, but it was very, the time, it wasn't too late, if that makes sense, before I had met her since having that premonition.

And I said to the friend on the phone, I said, I think I recognize who it is. So when I came across her and she said to me, yeah, my father's going to pass any day now. I knew that was him.

Rebecca: Wow. Wow.

Harnaam: And then I saw him. I saw him walk up the steps. I saw him meet his wife. A few weeks ago, his wife actually came to me and him hand in hand beaming and she's got those beautiful brown locks again. And I remember exactly how she used to tie her hair up as she's got them up. So yeah, he's passed on.

Rebecca: Wow.

Harnaam: Yeah.

Rebecca: Wow.

Harnaam: Yeah.

Rebecca: Amazing. And yeah, I guess like, yeah, it's like, why? And. And, you know, I know that everything, cause I had a few experiences of that. Like that was the very beginning of my path. Um, but it's only just, I'm being called to it again now. So it's so interesting the timing of our conversation. I've started, um, yeah, just like speaking to a couple of my medium friends of, cause yeah, I'm kind of like, I've had these experiences and I'm like, I don't know what I want to, like, if I want to continue to have them, you know, and Everything I'm hearing is, um, it free will, like you get to choose and you can turn it on and off and all of that. Like my friend, John Holland, I don't know if you've heard of him. I just didn't have bent with him recently and, um, it was, yeah, he was doing mediumship. And then there was Anita Muljaney who, um, she had a near death experience and I was doing like the soul and someone else doing past lives. And, um, yeah, I really like loved watching him work.

He calls it like, he has to like slow down and like raise his energy. I think it's called the quickening where it's sounded like what you were talking about where it was kind of like, you know, you go into that zone and yeah, it's like you're seeing, but you're seeing something else. Um, but he says something like, and it's almost like saying it to everyone else because he does it in a whole room with like hundreds of people. And then spirits come in like, Oh my God, that like, and it's busy, it's crowded. And so what he says is, I'm in charge of who comes in, not them. And I am in control of it. And yeah, hearing that actually made me feel like a lot of relief because I know it can feel like, like my son also, he, I know he sees he's there's this little boy who keeps coming to him and he's had a couple of experiences and I'm like, Oh, how do I teach him to like, no, like to be able to be in control of it. So, but it's very interesting. I'm curious what's gonna happen with all of this because it sounds like your path is like very it just like happens so who knows.

Harnaam: even the other like two weeks ago I had my it's the thing is it sounds crazy it sounds like oh come on she's chatting shit I had my first ever and it blew my absolute mind And people talk about this and it's never happened to me and never thought it would happen to me. And I just thought, you know, maybe, maybe there's a trick or maybe you have to get to a certain level of spirituality to be able to do this. But no, I was, I was just laying down. Um, I had my first ever out of body experience, but I, this is where it gets crazy. I wasn't in my room when this happened. I've come out of my body and I've traveled to my room. Okay, so say for example, I'm staying at your house and I've gone to sleep in your guest room. I've had an outer body experience, but I've traveled to where my actual room is in my actual house and I see myself laying there.

Rebecca: Wow.

Harnaam: But I'm not physically there.

Rebecca: Wow.

Harnaam: And I've come in and out of this a few times. But then, as I'm in this other realm, looking at my body, and I know it's me, because like, I know how I sleep, I'm sleeping, like on this same side of the bed that I sleep on the way that I'm hunched over. So as I'm looking at myself, this other person comes in into the same realm that I'm in, I pull it further. Don't know if that's a thing, call it the further.

And she's looked at me and I thought, I've seen you before you've come into my bedroom before I was as I was sleeping. So I've come across this other entity, which is a beautiful, beautiful, beautiful, you know, young woman. And I thought, you know, I've sensed you as I've been in body, I've sensed you at night, I know you've come into my room before what is it that you want? And for some reason, I just she, she flew away, like she went away. I don't know why she was there. There's also another young boy.

that keeps coming to me as well. And this was last year. I initially thought he was like a young black boy with curly hair. And I keep seeing him hiding behind a pillar. So you know how you have like, you'll have a building and then you have like a pillar holding and building up. So he's sort of looking at me, like peering out from the side of the pillar looking at me.

And I never understood it. I thought this guy's crazy. I don't know what he wants. He doesn't come out from behind the pillar. He doesn't talk to me. What is it that you want? Are you lost? And I remember holding an event for my PCOS wellness retreat in, in March for International Women's Day this year. And that event space had pillars.

RC Podcast Team (45:19.796)

And I went, no, I went, this is crazy. I went, it's not a young black boy. He's a young brown boy. And I said to my friend, my friend who was there, there were two women there that were mediums. And one of the friend who was on the phone to me and I had that other premonition that was wild. I said to her, I said, you do realize that the young boy that keeps coming to me that I thought was a young black boy isn't actually a young black boy. He's actually a young brown boy.

And he's here. And it wasn't like a concrete pillar. I'll go he's hiding behind the pillars that are in this room, because there were pillars in that room holding just randomly, there was like one, two, three or four. I'll go right there. I'll go Can you sense him? I was like, I don't know what to do with it. Every so often, he keeps coming back to me. It's like, do I need to go back to that restaurant? Because on top of that, they have a wellness space where we held the event. I thought, do I need to ask someone there? Like, did someone pass away? Like, what's happening?

Coming to me, I don't understand it.

Rebecca: Wow. Wow.

Harnaam: Yeah.

Rebecca: Well, I'm sure like the next the next step will be revealed for you. Like it sounds like you're you're very connected and like, I guess you can choose what to do with it. But also like, I don't know, I do think that like the right people and um, you know, not necessarily teachers or sometimes teachers, but the right people appear on your path, like to help you answer those questions.

Harnaam: So you've been woken up by one.

Rebecca: Yeah. Yeah. Only, only once woken up. Um, and it scared the life out of me. And I basically said, I don't want that to happen ever again.

Harnaam: That's the thing. I invite you before I go to sleep.

Rebecca: I kind of do a little like, let me sleep thing.

Harnaam: Cause yeah, I, yeah.Yeah. One day I was laying down and I think I allowed myself to have an outer body. Now I say it now, from that first time it happened, it blew my mind. Oh, yeah, I can fly. This is crazy. But from that point, I've said to before I go to sleep, I'll do my nightly prayer and I'll say. I'll say to myself, I'm allowing myself to have an out of body experience if it should come through. Or I'll say, I'm too scared for it right now. I do not want it to happen. One day, and this has happening to me recently, again, this was only last week this happened to me. I woke up

and there were three people, to say if I'm laying down, there were three people to the right side of me looking over me and one guy is bald.

he shouted something and it woke me up. Like I, I snorted, I was scared, it shook me and I woke up and it's like I could still hear it ringing and then they vanished. And then ever since then, I've, I even, you know, with experiences like that, I've had to say things like, okay, if someone wants to come through, you can come through, but be nice. And that person, that s\*\*\*,

I mean, it's not on like I'm not having that, you know, there will be nights where I'm like, right. I mean, I'm, I'm allowing to, I'm allowing like, you're okay. You're invited. It's fine. And other nights I'm like, no, I'm shit scared. Yeah. Good for you. Oh, wow. Well, I'm so appreciative of you sharing this. It sounds like such a publicly. I know that I really appreciate it. And yeah, I, I'm really looking forward to seeing.

What emerges for you? Maybe we'll do a follow -up in a year and you'll be like, well. Well, even the first time we tried recording this podcast. Yeah, it didn't work. And I think this is why. You think? Well, I think so. The, Amy, when she was saying, you know, breathe in deep and the first time.

I looked up and I went, okay, there's people here. And that freaks me out. Remember, I think if you go, I don't know if you still have the recordings, but I said something to you. I can't remember what I said to you, but I said, there's someone here. Yeah, there were three people here and I could see like, silver outlines of them, which is crazy.

Rebecca: Yeah. So for anyone listening before we do any podcast episode, we open space, acknowledge the...)Spirits of the Land and yeah, just kind of get into that open -hearted space. So that's what we're talking about.

Harnaam: Wow.

Rebecca: Well, I'm grateful that we did it the second time. It was the internet, but maybe it wasn't. Maybe it was the spirits.

Harnaam:I have no idea, but there were three. I saw three here and I remember looking up and it's like they flashed in front of me and then they stood there. They saw me saw them and then they just left.

Rebecca: Wow.

Harnaam: I was like, this is a great start. Thank you for scaring me. Such a good start.



Rebecca: Oh, amazing. Oh, well, thank you so much for this really inspiring and multi -faceted, multi -realmed conversation. I adore you. I really find your work inspiring and can't wait to share this with everyone. I appreciate it. Thank you for having me. It's been such a wonderful chat between us two.

Rebecca: Soul Inquiry is a practice where we enter into a direct dialogue with our inner wise self. I like to write my answers down, but you know, do whatever you like. You can just like tune into your heart and see what the Soul Inquiry prompts in you. Today's Soul Inquiry prompt is, how can you be the leader you wish you had? And as always, I want you to...

write down or commit to a baby step that you can take in the direction of that. Let's share a deep breath together as we close this sacred space we've stepped into. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. If you love this podcast, leaving a review or a five star rating really, really helps. I so appreciate if you do that.

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