



Real life/Soul makeovers



KAREN RUIMY

Karen Ruimy left a high-flying career as a banker to become a writer, dancer and singer. Here, she tells us how her spiritual transformation changed and enriched her life

Can you tell us a bit about your background?

I was born in Casablanca in Morocco and moved to Paris when I was seven. I became a banker after graduating with an MBA, but felt a powerful spiritual call to become a writer, dancer and singer after seven years in finance.

I began meditating and started reading and learning about many spiritual masters from different cultures and religions. I knew I needed to completely change my life to understand the strong spiritual urge inside me, which I did.

I've now performed in both Paris and London, as well as at various flamenco shows, and have recently released an album and my second book.

What was your turning point?

When I could no longer function normally in my life. I was tired and unhappy, despite my professional success, and obsessed with the spiritual calling I was experiencing. I knew my life had come to a turning point. So, I quit my job, retreated from the world and began reading and writing every day.

I knew it was right, and received a great deal of wisdom and clarity through my writing. After several years of doing my spiritual work alone, I decided to publish it.

How did people react?

Not well! They asked me what was I doing with my life, and thought I was throwing away my professional success and the hard work it had taken to get me there. My parents said I was mad, and many of my friends couldn't understand, so I became a bit of a recluse until I could come to terms with what was happening to me.

How has it changed your life?

It's transformed my vision of life and way of being. I now see things through the eyes of my soul, and allow myself to be guided by the flow of life and desires of my heart. I've worked on clearing my ego's tendencies – which is an ongoing process and something I'm still developing – and I am finally letting my spirit fully express itself so I can become the artist I've always wanted to be.

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What were the greatest challenges you faced?

The greatest difficulty was leaving a society and career that had given me the laurels, but prevented me from expressing my true self. Of course, showing this new way of being to the outside world was also challenging – as was training to become a professional dancer at 38, which took its toll on my body!

What are the three greatest lessons you've learnt?

Life is about being your true self; the rest is a waste of your time on earth. Each moment is important; taking joy in what you do brings light to who you really are. Love and compassion is all there is.

If you could go back in time and speak to yourself as a child, what would you say?

What you're hearing deep inside you is the truth. You're right, there's no judgement about it, so be who you really are, use your gifts and enjoy them. Believe in love, no matter what you hear or see. You're correct!

What message would you like to give our readers?

Life is your best ally. Enjoy it. Start each day with the desire to find joy and make that your only duty. Joy is the key to your truth. Find your true self and live it. Don't wait, don't be afraid. Go for it!

Karen's album, *Come with Me* (iTunes, £7.99) and latest book *The Voice of the Angel* (Quartet Books, £8.99) are out now. Visit karenruimy.com for more information.

