How to Help Psychic Kids Thrive in a World That Doesn’t Understand Them with Kenji Kumara Transcript

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Introduction to intuitive parenting

Hey, friends, I'm your host, Dr. Elizabeth, Samantha, the intuitive psychiatrist. And today, we're going to have a conversation that touches on the question that many parents have, especially now.

You know, we have kids, but some of us have that are really, really intuitive, and really psychic. And there's a question of, well, what do we do with them?

Parenting is tough. Parent is hard. A lot of the spiritual development right now focuses on adults. and cultivating their intuition, but there's less guidance when it comes to kids.

And our next guest is a teacher, wisdom keeper, quantum meditation guide and mentor to the star sea generations. Mr. Kenji Kumara, welcome to this show.

Thank you, thank you. Wonderful to be here. Yes. Yes, so Kenji, your path is so unique. And let's start with your journey. What led you specifically to want to work with kids, in particular, kids that are psychic and highly intuitive?

Back in my early days of my seeking, this was in the early 70s, I studied with transmedium. So that's a person that can completely step aside and allow another energy to come through and speak through the voice and everything.

Kenji Kumarau2019s calling to work with gifted kids

And that was not weird for me. That was very natural, that level of work. In my very first reading, almost in the very couple of minutes, this being said, And I got a visual, as his being was saying this, but he basically said that I am to lead the kids into the new age.

Now, I had not heard about that term new-age back in 1972, and, uh, But I understood what he meant. And it had this visualization. Like I'm out in like deep space and I see the earth.

And I'm out there in space and I am like pointing the way to the new earth for these kids. Like I had my arm out pointing to this new Earth and there's a whole line of kids following, going towards the New Earth.

So that was my visual. From that, I was inspired to get my master's in early childhood education, my teaching credentials and all that. Thinking back then, that's like the late seventies when I got my masters that I would work with kids in that kind of way, but it never happened.

It was like, the, uh, guess the world was not ready. And, um, so. Fast forward to 2025, here I am. And I'm creating a kind of like a university looking two-year curriculum spiritual development course for these teens and the Gen Z generation.

Because my perspective is other than maybe studying yoga and I guess maybe meditation, They don't really have resources for them to develop and harness their gifts.

So it's like, in a way, some of these kids are still hiding in the closet because if they really told people what they were seeing and feeling and knowing, They might get a lot of question marks if you will.

You know what I mean? Like non-acceptance or like, tell me more. So, but it's getting better. Back in the day in 70s, 80s and 90s. A lot these kids, these forerunner kids.

These star C generation kids the indigos, the crystals, all of them. they were doing their best to pave the way and bring in new kinds of consciousness.

It's more prevalent now, but there's a lot of these young kids that could use discipline in a sense and kind of a self-learning kind a model where they can begin to create what they want in their life so when they get older they can start their business and their private practice and you know start teaching globally as well as locally.

Defining psychic and intuitive children

It's kind of a format for them to to know about these different spiritual anatomy levels and meditation and the power of their thinking, their thoughts, and how to keep their body in balance, which is very important with this generation.

I think that's one of the weak spots is nutrition and taking care of your body. Well, you brought up a lot of really important points. I want to just clarify some of them.

You talked about wanting to help them develop and harness their gifts. And just so we're all clear on different definitions, when you think of someone, a kid that's psychic or intuitive, how are you defining that?

What comes to mind? Well, generally these kids have a hard time fitting into the norm and they are influenced by peer pressure and AI and their cell phones and the internet and TikTok and all that, which can be a huge distraction regarding them staying on their path, so to speak.

So when I was growing up, I kind of knew things, I sensed things. I didn't fit in, and I was kind like a rebel. And I did not know about my gifts in a more conscious way.

So I kinda fumbled through life, through elementary school, middle school and high school. College was a bit different. That was where I began to express my gift.

through remembering, oh yeah, that makes a lot of sense. And when I would read something, I'd go, yeah well that make a lotta sense, and I don't know if I can quite explain it, but I understood that very high level philosophical kind of perspective.

Because I studied metaphysics pretty much my whole life, the esoteric, things that most people don' study. I've learned to put that together in a sense in package in way to present it to the world and to this star seed generation.

So think of this. I wrote an article, 33 signs of a starseed, and it's on my blog page, on our website. And I just did that in about 30 minutes maybe.

People could benefit by reading this, especially the kids. But when you have these innate abilities, that aren't accepted by society, that becomes a challenge with these kids.

Well, what do I do with this? I'm hearing things, I am seeing things. I know things that other people aren' aware of. And when I try to communicate that to them, they just kind of don't understand.

Although, there are parents and there adults that understand these kid and that's a very positive sign. So, you know, it's like these starseeds are looking for a platform to express themselves.

And there's not a lot out in the world yet of places where they can come together and teach each other, share with each. A safe place. So we're creating a safe platform for these kids to Uh, you could say that these kids are in a way geniuses.

They're savants. Well, they're pioneers. And what, what they need is to be really grounded and to have a safe place where they can go in, a sense to express their abilities.

You know, there are kids that are being born. In example, I saw a video of this kid, he's like four or five, and he was

playing the piano like Beethoven.

No training, just on the Piano. Playing this symphonic melody. So, you know, that child could be an incarnation of these so-called famous composers we've had in our history.

But that's just one example. They can be very talented musically speaking, artistically, speaking and also technology wise.

Supporting children through family meditation

And it's important for them to have a platform where they can develop their gifts and that kind of fumble through life, you know, searching. So we're providing kind of a mentorship for these kids and a place where they, and this is very important, where you can feel safe in opening up and just vocally sharing what they see in the world, how they the see the word.

Cause they think very differently than most people. Their brains are wired a little differently. They're DNA set up is a different. Can you speak a little bit to that, like what you mean, in what ways have you noticed they think differently than other people?

I'll give you an example. When I was in my graduate program, I had two wonderful teachers. And one of them said to me in conversation in her office, just as a matter of fact, well, you see the whole of things first, whereas most students They studied the parts and then attempt to put the part together to make a whole.

Whereas you, you see the whole first. And I thought, just for a moment, I reflected and go, oh, wow. Yeah, guess I do do that. But see, never knew that I did that, so in a way, that's kind of a visionary level, where you can see possibilities already without having to work with the I love it.

I loved it, visionaries, the word that you used as pioneer. Very, very, true. When you're working with the parents of these kids and they're realizing, oh, well, my kids have had these sensitivities, these abilities.

In what ways can you mentor family members to help support this child? Well, there's simple things parents can do with their kids, but it's not done on a regular basis.

And actually, it is not in marriages. It's really not been done in companies. But to me, these are obvious things that if you do it, you'll be very productive and you will be happy in your life.

So one of the things a parent can with her kids is to meditate with the kids every day. Because the Earth changes and what's happening with society, all countries around the world, you're seeing a collapse and a disintegration of everything that's dysfunctional so that the new Earth kind of consciousness can be born in the World.

Now, most people aren't aware of that. When one meditates with another person, you create a bond and an energetic connection on a soul level that's very important.

So parents need to become aware that really the true communication comes on the soul-level, not on personality level, on body-to-body level. We all know pretty much what we mean when we talk about ego and how that manifests in the world.

Because see, the ego is not designed to solve problems. I say this over and over again, but it's something that people don't even think about. Your mind, in a sense, your belief systems in way aren't designed But they, you have an ego to drive your car, balance your checkbook, go get gas when you need gas, goes shopping, those kinds of things.

The mundane things, the rest of you, your soul, that is designed to, shall we say, solve problems, challenges, lessons. Now, for you to know, when you're coming from that level.

Well, here's the thing. If you create anything out of fear and worry and anxiety, it's just going to not work and it is going create more of that. Worry, stress, anxiety.

Fear. When you come from this place of unconditional love, that's soul level, then things happen, things are permanent. Things last and things, shall we say, are successful.

So it's a matter of becoming conscious and aware of where you're coming from when you create your day, your business, you career, and your parenting. So if parents learn how to communicate to their children from a soul level, oh, that's the whole different ball game.

I love it. Just so many, just beautiful, beautiful truths and true communication is on a soul level and, and taking the time to meditate with your kids.

Oh, simple, but powerful. It is like, I mean, who, Who does it? Who doesn't? Yeah. I mean, I have a toddler and you'll be surprised, but even toddlers, if you show them, you sit with them can attempt to meditate or at least sit you and close their eyes.

So, oh, thank you for that. Thank you. See, kids have natural inclination to imitate their parents. Yeah, so if mom's meditating, She's sitting on the floor on a cushion and she's got her eyes closed and breathing very softly and her energy feels very relaxable.

I think I might like to imitate that too. It's, it's fun. Honestly, I was a little bit surprised he'd do it, but, yeah, just shows that, that you can do this with your kids.

You can't do with their kids I wanted to ask, are there, either guardrails or just any cautions you would have them think about as, as they're navigating this path of self-development, psychic exploration.

Well, we can talk in general terms, I suppose. So, as we know, peer pressure is very strong in this younger generation. And it takes a very strongly soul, so to speak, to not be influenced by the peer-pressure, societal pressure.

Guardrails, discernment, and emotional safety

Oh, got to do it this way, can't do that way. Follow along, don't step out of line kind of thing. So what we also teach kids is to be free thinkers. Maybe to question everything, not to a skeptic, but to questions everything that you hear and ask, is this true for me?

So if one If you started at an early age and asking that question, what I just heard, or what i just saw with my eyes, is that true for me? And you'll get a feeling.

You'll either get loving, warm feeling, Or you get kind of a staticky, like, oh my god, that doesn't feel good. Those vibes don't feels good See, these kids know about vibes.

What vibe is really good and what doesn´t. And these kids need to know that they don't have to absorb or take on the bad vibes that the feel in the world or in a household or wherever in school, in churches, whatever.

So kind of the rule of thumb is if it feels good, okay, say yes to it energetically. If it doesn't feel good dismiss it and say no thank you. So this is training that if you do it at an early age and you'd do on a daily basis, when you get older, you become very strong and become like an oak tree when the storm comes.

You're not blown away by the winds and the rain and earthquakes. that you're steady. These kids need to know how to be steady in these earth changes, because it'll get much more intense as we get into our future, so to speak.

The main thing is to teach these kids to what is true and what it's not. Very important, but it also can be a very, not

a complex thing, You know, if you don't work on it, If you Don't Work on knowing the truth and the Truth for you, not somebody else.

If You develop that skill, that Skill will take you very far in life. How many marriages don' stay together after 50 years? Just an example. Very, very few.

Yeah, kind of idea working parenting kids is if if the family unit doesn't come together on a regular basis in communication, meditating together, doing yoga together.

Going out in nature together for walks, talking about life, talk about these hard questions. Talking about sex, all these things that these kids are trying to figure out on their own, but if they had guidance, It would make their life smoother, shall we say, and more creative in a way.

So we're really here to hold the space for these kids to develop their creativity. And it can be in all levels of society. Because these kinds came as inventors.

They come as system busters in the sense. Examples of how life could be on earth given that they have the space and the permission to do that. So permission is very important.

If these kids don't feel safe at home, at school, a church, in the world, they're going to struggle. Safety is important for these children. Emotional safety, psychological safety and energetic safety.

Can you talk about those things like the just practical things that you might recommend for emotional safety, energetic safety? Well, one thing parents can do working with their kids is to understand what kinds of activities, what kind of spaces that allows their children to flourish and what kind of situations hamper their creativity or brings their energy down or makes them depressed or angry or upset.

Young kids, because they don't have the languaging yet, will cry through tantrums, will act out because they're trying to tell the parents or the adults, hey, the vibes aren't good here.

We need to change this somehow. Parents, if they are not in a stable place, it will affect their kids energetically, right? Absolutely. Yes. So again, coming together in meditation, and it doesn't have to be for a long time, it could be 10 minutes.

10 Minutes just sitting together with your children, going into the silence, just feeling love and peace. See, kids will misbehave if they don't know inwardly or feel in their bodies that they're not loved and accepted and supported.

Such a strong statement. No, it is. Like, I mean, you just, because I'm a psychiatrist and all of the stuff that you're saying, just it rings true. It rings through why kids act out, how important as a parent.

I know for myself that I got to check my energy because my son's so good at picking stuff up. Yeah. Well, give him permission to say, hey, mommy, your energy's off.

You need to recenter and breathe. Yeah, try that experiment. Give him permission to tell you when your energy's off.

Meditation, breathwork, and soul embodiment

I will, but he's such a sweetheart. He's probably do it in the nicest way. So I, um, I give him the permission. Sometimes I need to be checked. We're both, we're in student teacher mode, the two of us learning as we go.

Um, I did want to ask about, because you talked about meditation and there's so many different types of meditation. I know you do quantum meditation, but I guess for this group, um, what types meditation do you recommend?

Well, whatever learned in my journey of over 55 years, my ups and downs and everything. that if you keep everything you do and teach simple, it's relatable to many people.

So we have moved beyond the level of, what's the word? Of you gotta do it this way. You know, so religions teach you got to do this this. Politics say you have to this, but the mystics, In the mystics, if one studies mysticism, that's a very fascinating field in a sense.

We've had in our history many mystic that many people never study, but they give us a glimpse of what it's like to be in that other place. So basically pranayama, which is basically the process of breathing, conscious breathing is very important in meditation.

So it doesn't involve any kind of religious doctrine, right? Everybody breathe, but there's certain ways that you can breathe. And if you breathe it with other people in the same kind way produces a very profound energy.

So we teach people how to use conscious breathing to relax the body. That's point number one, right? Relaxing the activity of the brain, relaxing the vagus nerve system, relax seeing the muscles, relaxed seeing even the bones of your body, that's the preparatory level.

My dad used to say, You need to relax. I was so hyper growing up because I had all this energy and didn't have necessarily the right kind of channels to challenge energy other than sports.

These kids now have many opportunities for a lot of things that my generation never had. So. After you learn about conscious breathing, then you work with your presence or the soulless of you.

So it's not your ego at that point. It's now your mind. That's your emotional bodies, not any of that stuff. Think of your soul as non-local and it is everywhere in the higher realms.

Whereas your body is kind of like fixed in space and time. But the rest of us, that part that, how shall we say, descended into our bodies when we were born, That is non-local.

So that is accessible at any time, given the focus to do that. The next part in meditation is to bring awareness to this other part of you that's very vast, that has everything really that you are seeking in your life.

And then we teach people how to begin to embody it by bringing it through the power of the breath into the body, into themselves, and to the organs. That takes practice.

So eventually, When you get really good with your practice, then your embodiment of the rest of you is just natural. It's here and it's working in your life.

When go shopping, when you go get gas, you can go to the bank, go the doctor. But we also teach there's another component. Think of it this way. If you look at the world right now, it is in a mess.

Just look at it logically, right? Everybody's in a state of confusion, pain, fear, anger, upsetness. Nobody's getting along. Everybody is arguing. And everybody has their point of view.

All right. That's the ego world. The world has been veiled in that energy. When you step out of that world, out that bubble, and you look it from afar, Then you can see the nature of that.

So we will just call that the matrix of suffering and pain. There's a way out of this matrix. And that's what we teach in the work, how to step out that bubble of suffer into the clear space of you as the soul or as.

The universal spirit or whatever you want to call it. Religions have these names for them, but again, that Compartmentalize, we're working out of the compartmentalization of everything, of every thing.

So the world has all these compartments, right? And everybody fits into these little compartements. But nobody's

getting along. Everybody's like got disagreements, that departments, like in a university, How many of their departments communicate with each other?

No, they're all separate little entities doing their little thing. It's true. Right? There's a lot of people. Yeah. So we're talking about how to step out of that bubble of suffering, because it's possible, and to recreate your life from a place of harmony and peace.

And this is not a woo-woo thing, when they can step out of the bubble of suffering. Oh, life is just beautiful. I feel it. Kids don't have to suffer and struggle.

And parents, as parents don' t need to struggle and suffer in their parenting. Yeah, I love it, there's the potential for everyone to get out o that matrix.

I wanted to, I guess one last question. You know, you are a visionary. And I'm listening to you.

Moving beyond suffering into spiritual grounding

I just feel the possibility that there is for humanity. Whoa, you've got a vision. Like, how do you think that this program is going to change the individual family units?

How do think it's going change communities, the communities that we live in? And then the last part is like, well, what do, if we take this knowledge, into account, like how might it transform our world today?

Oh, it will. It will now. Can I give you specifics? Well, we're all uniquely different based on the feedback I've gotten from everybody that I shared the work with that includes programs, events, mentoring, personal sessions.

All that stuff over the last 20 years, specifically over last twenty years. The main feedback is that the work changes your life. Now, when people say it's changed my life, that's all I need to hear.

I don't need specifics because I can tune in and feel that I. For them to like, you know, be really specific with like how things have changed. But if a person says like this training or this program totally changed, my.

To me, that means they got out of the suffering mode and into this other place of where life becomes beautiful and flowing and empowered. See, we're all seeking to be loved.

Yes. And to love. Yeah. To be recognized for who we are and to accepted for we who are not ego-wise, but spiritually, right? If we don't get that, we struggle, or we stay in the bubble of suffering.

I get feedback on, wow, this changed in my life and like this is flowing now and my communication with my family is like so different now. And people keep saying, well, God, you really changed.

How have you changed? Because people know the difference when you change, but they may not know, what they are asking like, Wow, whatever you've done, and you look really different, your energy feels really You're happier, you're not upset like you used to be, and you created this business that we had no idea that you were going to do, things like that.

We all want our kids to happy, but the kids, they need to develop in a way, their happiness. They need to create a structure, an energy structure. More than a physical structure they need, they create an energetic structure the way they feel stable, where they can talk to anybody about anything.

That's really important for kids growing up because they hold a lot in. Right? And then if they don't get the permission to express, then they act out.

Or they develop things like autism, or they developed psychospiritual behavior that requires medication or whatever. Gotta understand, when you medicate young kids, that really affects their brain chemistry and their auric

field, which when medicine acknowledges, oh, That the human body does have an energy field.

Well, that's already been documented by crewing photography and all that back in the seventies. So what else is ice like? So anyway, get out of here. Sorry.

Medicine. When they begin to acknowledge that, yes, we have a human body, We have an energy field, and we a soul, a creator that loves us and does not judge us at all, because that's a big one on another level, life becomes very different on the earth.

So the vision for these starseed kids, is to give them permission to seek out knowledge that they already have. That's an economy, right? But if I look at my life, every reading I've had, ever healing I had every whatever to try to help myself has been a reflection of what I already know.

But in my early decades of seeking, I wasn't aware of that understanding. So it was everything outside of myself. So now we're teaching everything that you need is in your field.

And all you got to do is attune to that vibration. It's like taking a vibration being very dense, like earthbound, and raising it up into, shall we say, the higher atmospheres.

And then we descend with that awareness, we return to the body with a little bit more of this high vibrational energy. And little by little, then your body can begin to re-heal, can began to raise its collective vibration so that it never gets sick or never has accidents.

See, the illness, disease, psychiatric conditions, whatever you want to call it, It's because we're stuck in the field. We're in again, the bubble of suffering.

That bubble is you cannot heal. You cannot be yourself. you got to play the game. So these star seeds, they go, no, I'm not playing that game, but where's the other game that I can play, right?

They're looking. So that's where people like myself become and go, here, hey, look at this curriculum. This will help you internally to build a foundation for when you are, say 30 or 35, you have the spiritual grounding to go through anything in life with flow, with awareness, and with a lot of love.

I love that spiritual grounding. I, I I loved that. Oh my goodness. Kenji I do. So, um, how can, because I know people don't want to talk to you. Um, How can they get in contact with you?

They call the cosmos. Oh, they could just go to KenjiKumara.com, K-E-N-J-I-K-U-M-A-R- A dot com. Or you can Google my name. Uh, I'm sort of on Facebook, but I don't work it.

I am not on TikTok, Pinterest, Instagram. But if you go the site, you could see the offerings and we are working on three programs that hopefully will be available by January.

Two of them will definitely be done before January, and the third one, which is the Star Seed program, hopefully might be in January or February. So let me just explain this, how this is uniquely different in my opinion, the star seed program.

It's going to contain 98 video lessons of 30 minutes each, approximately, with a PDF worksheet for the students to do their homework, in a sense. So this is like an alternative to the curriculum they're studying in school that bores them.

It is basically everything they wanted to know about the universe in this two-year program, spiritually speaking. So we're covering all kinds of bases in a sense, all areas of study and interest.

And it's basically can be a two-year program, or they can just do one year program because there's gonna be two different programs of 49 weeks. So they could do a module once a week.

and do their homework. And so it's being designed like how we do in the university, where it is going to be a set time program, so people can do it at their leisure.

Or they can it like they were taking a college course or a high school course. But it will be on spiritual development, it'll be everything that the educational system is not teaching them.

I'm also available privately to do parent-child mentoring. as well. That would be on Zoom. All right. There you go. So this is for teens and teens to 20s.

And their parents as Yeah, we need all the help we can get. Kenji, thank you. Thank you for sharing your wisdom, your light, and your heart. Oh, you give us hope.

You do. It's hard out here. But this is just something that humanity has really been needing. And the conversation, at the very least, it's going to spark conversation that people need, conversations that have been wanting to have.

So thank you for your presence, your essence, to your work. If you haven't heard it yet today, I appreciate you. The soul in me honors the soul. In you, if you'd like to see more episodes like this, please subscribe or click here.

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