

# Finding Fulfilment

Many times over the last three decades, Prem Rawat, also known as Maharaji, has addressed audiences in Malaysia on finding inner peace and fulfilment. This year he held two capacity events in Kuala Lumpur. We asked him for his views on finding happiness, fulfilment and inner peace.

Prem Rawat started addressing audiences when he was only three years old and gave his first published address when he was four. At the age of eight, when his father and beloved teacher passed away, he started travelling to present a message of peace throughout the Indian subcontinent. At thirteen, he was invited to speak in London and Los Angeles. Since then, he has presented his message to millions of people in over 250 cities and 50 countries around the world. The dissemination of his message, which is made available in more than 88 countries and 70 languages, is entirely supported by voluntary contributions and the sale of related materials.



YOU ARE KNOWN AS A LEADING VOICE FOR PEACE. WHAT DO YOU MEAN BY "PEACE"?

Peace is innate. It is within all of us. But before we can actually feel peace, we need to feel the thirst for peace. This is something we can do—open ourselves to feeling that thirst. Once that thirst is felt, it becomes simple, and it becomes easy to understand what peace is. Otherwise, my words are just like many words we have used for centuries about what peace is and should be. Peace can only be understood once you have understood the thirst which is already within inside of you.

HOW DO I KNOW WHEN I'VE FOUND PEACE?

It is as simple as drinking a glass of water. You feel that thirst from within. Slow down a little bit. Try to experience the call from within you. What is the cry of the heart? What is the request of the heart? What is within inside of you that has been knocking again and again and again? Listen to that knock.

HOW DOES ONE FIND THIS PEACE AND FULFILMENT YOU TALK ABOUT?

I offer people what I call *Knowledge*. It is the Knowledge of the self, of who you really are. Putting it very simply, Knowledge is four techniques. Knowledge puts you in touch with the beauty that is inside of you. The role of the techniques is to take the attention that is going outside and turn it inside so you can feel what is already within you. It sounds too simple, but it is simple. Knowledge enables you to become one with that essence within inside of you and puts you in touch with the element of life itself. There's a very clear distinction between all the other things and Knowledge. This is the Knowledge or know-how to reach the self.

There is a home inside waiting to be discovered.... It is unique, serene, wonderful. This is really what you are dependent upon. This is your pillar, your foundation.... I can help you get in touch with that.

DOES IT INVOLVE IMAGINING SOMETHING?

This is not imagination. To find it, we need to discover, not to create. It is a real experience. There is a home inside waiting to be discovered. Inside of you is the very essence of life as it pulses through you. It is unique, serene, wonderful. This is really what you are dependent upon. This is your pillar, your foundation. Breath comes, and it brings life. Knowledge can put you in touch with that. The reality of peace can manifest in your life.

DOES A PERSON NEED TO RENOUNCE THIS WORLD TO FIND PEACE WITHIN?

There are people who actually say: "Go and live on some mountain, in some remote place where you're not distracted." I don't think it works like that. Your commitment to listening to the inner voice can be done in the noisiest city in the world, and it has nothing to do with what goes on outside. The two have nothing to do with each other. The focus that you need in your life within is not going to compromise the focus on the outside. The outside focus is very loud, clear, colourful. It will always distract you—it'll be there. The inner focus is much more silent, much more quiet. It is much more simple. And the attention needs to be paid to the inner focus.



Prem Rawat at the United Nations Conference Centre, Bangkok.

**Tan Sri Dato Seri Dr. M. Mahadevan, former Chief Psychiatrist of the Malaysian Health Services, is a frequent lecturer at Harvard University.**

I was immediately touched by Prem Rawat's simple message about the possibility of inner fulfilment that lies within each individual and about the significance of the breath in one's life. From a young age, I was most intrigued with the breath and what is behind it. What Prem Rawat says about extracting joy from each breath motivated me to learn his techniques for finding peace within. The practice of these techniques gives me peace of mind. It has helped me through many personal difficulties. This practice gives me great stability and tranquillity and has given a whole new dimension to my psychiatric practice. To my patients I now speak from my own first-hand experience about valuing existence and about appreciating the breath.

Listening to Prem Rawat's message has given me the answers that I sought for many years in academia and philosophy. I have met many teachers who speak about life and right living. Only he has shown me how to find peace within. I feel immensely grateful.

**Mr. Naveel Jindal, Executive Chairman of Jindal Power and Steel; President, Federation of Indian Chambers of Commerce and Industry**

I am impressed by his message. His message is a message of peace. A peace that can be found within every person. In a recent address at the United Nations Conference Centre in Bangkok, he said that it is people that need to be at peace. And that when people are at peace, there will be peace in the world. He offers inspiration and guidance to those interested in making inner peace a reality in their lives. Many people speak of peace, and yet there is more to his message than just words. I had the good fortune of meeting him in person a couple of weeks ago. We had a substantial and enjoyable conversation. I found him to be a warm and delightful person and found his insights to be most helpful.

Prem Rawat addressing members of the Italian Parliament in Rome.



#### WHAT GETS IN MOST PEOPLE'S WAY?

Themselves—preconceived ideas of how this should be. You are *you*. You are so different from everyone else in this world that you would be shocked if you really sat down and started to look at that. You are such an individual that it is hard to imagine—because you want to be like somebody else. “I want to be like that person.” Your path, your smile, your understanding, your ideas, your way of looking at things are unique to you. It is the same for everyone, and yet, it is so unique and so different for each person.

#### HOW MUCH CAN INSTITUTIONS DO FOR THE KIND OF PEACE THAT YOU'RE TALKING ABOUT?

The institutions that we have are saying, “If you stay within this, everything will be fine.” The peace I'm talking about is a peace that starts from the individual. It's like having a football field, and you want to light it. The first things you have to light are the bulbs. You want peace on this earth? Then, like the football field, light the bulbs. People are the bulbs. Once they're lit, once they can feel that peace, once they are in peace, there will be peace.

#### CAN WE COUNT ON PEOPLE FINDING ENOUGH INNER PEACE TO CREATE THE KIND OF WORLD PEACE WE'RE TALKING ABOUT?

What other choice do we have? Peace starts not with governments or countries—it starts with individuals. This has to happen. Peace has to come from within people. All the institutions in the world are not able to bring it. It has to be people who bring that peace. And yes, it is a wonderful, wonderful ideal to have. As human beings, with all our intelligence, with all our technology, with all our ambitions, this is one ambition we should have—and always have. It is realistic. It is as real as every person on the face of this earth crying out for it. Somewhere there is a voice—maybe that voice has been smothered—but that voice is saying, “Peace. And peace now.”

#### DOES FINDING PEACE WITHIN MEAN THAT PROBLEMS GO AWAY?

This peace means that you feel beauty inside of you, that you feel joy inside of you. It has nothing to do with problems. Problems will come; problems will go. Remember, you are more important than your problems. You are more important than the sum of all the things that are happening around you.

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#### IF I'M ANGRY, HUNGRY, AFRAID—WILL THESE THINGS GO AWAY WHEN I FIND THIS PEACE?

Let me give you an analogy. I've heard that there is an incredible lake, and the view is just magnificent. By going to this lake, will it remove my hunger? Will it take care of my problems? No, it won't. It will give me something else that, even if I found the solution to all my problems, I couldn't get. There are problems in this world. We've got things to take care of—family, mortgages, all these things. But there is one more to take care of—and that's you. You are not a problem. You are more important than the sum of all of those things.

#### CAN PEOPLE TRAVEL TOWARDS INNER PEACE AND STILL RAISE FAMILIES AND WORK AND COPE WITH THE ILLS THAT BEFALL THEM?

A lot of people view this as two parallel train tracks, but what is happening inside of you has nothing to do with the outside. You can have all your burdens, all your joys, all your problems and all your glory, yet not have fulfilled the thirst inside. Or you may have nothing on the outside and have fulfilled the thirst on the inside. They are not parallel tracks. They're completely different.



Prem Rawat at Harvard University's Sanders Theatre.

#### Emilio Colombo, former President of the European Parliament and former Prime Minister of Italy

As public servants, we all seek, each in our own way, to make the world a better place to live. There is one thing, however, that we cannot do, and that is to enable people to feel happy, at peace, content. What intrigued me in Prem Rawat's message is that he speaks of the possibility for every person to find within themselves a peace and happiness that is not dependent on circumstances. Peace, he says, is within, and it can be felt; we just have forgotten how to get in touch with it. What I also find interesting is that he sees peace not just as the absence of war, but rather as a feeling within to get connected with, to cultivate for oneself. I see his message as pointing out to us that everyone must find peace for themselves first before helping to bring peace in the world—as sorely needed as it is. I am glad he is with us today.

#### Lim Chai Seong, a Senior Accounts Manager with Maybank, the largest bank in Malaysia, manages a loan portfolio in excess of RM2 billion.

I always had the urge to understand more about life. When I was told that Prem Rawat could offer me a way to access an inner experience of peace, I did not hesitate. Since then, I have acquired a new perspective and a deeper understanding of what my life is all about. Each day, I can experience hope, love and compassion within. Others notice that I am almost always calm and peaceful. I would like to express my gratitude and to thank Prem Rawat wholeheartedly.

#### Richard Patten, Member, Provincial Parliament of Ontario, Canada

The charter of UNESCO says, “Since wars begin in the minds of men, it is in the minds of men that the defence of peace must be constructed.” While everyone agrees on the philosophical truth behind this statement, little progress has been achieved towards making this vision a reality. No one really knows where to start or how to go about it. Prem Rawat brings a message of peace. He speaks of a peace that is more than the absence of war. A peace that institutions cannot bring. A peace that needs to be established by each individual. To establish peace on the outside, he says, peace needs to be established first on the inside. He brings a remarkable message of hope.

Free clinic in India. More than 7,000 free consultations offered in one week by The Prem Rawat Foundation and Raj Vidya Kender, the organisations which promote Prem Rawat's message.



IS THIS THE SAME THING AS FINDING GOD, AND DOES THIS HAVE TO DO WITH RELIGION?

No. It's not. Knowledge is independent of and compatible with all religions. This is about fulfilling a request that comes from within you. It is about fulfilling a thirst that you have felt in your life. This is about feeling that thirst and quenching that thirst. The thirst is not created; it's already there. And the process of quenching is also available within you.

DOES PEACE, AS YOU DEFINE IT, GENERALLY HELP PEOPLE SUCCEED IN OTHER PARTS OF THEIR LIFE?

It may or it may not. That's not the purpose of it. The purpose is much more fundamental—to quench the thirst that is already within you, not to have another plaque on the wall. It may help you in your life, or it may not help you. That cannot be the expectation.

THE PEOPLE WHO HAVE TAKEN YOUR GUIDANCE, HOW HAVE THEIR LIVES CHANGED?

They have been touched, as far as I can see, in a very, very simple way. They still have their problems. They still have to do all the things they have to do. But at least they have found an appreciation within themselves. Wherever they are, whatever is happening, they can turn within and find that joy, because it is there all the time.

PEOPLE READING THIS MAY WANT TO REACH OUT TO YOU. WHAT DO YOU SAY TO THOSE PEOPLE?

My message to them is very simple. The first thing is: There is more to your life than you have thought about. What does that mean to you? If you can, begin to just comprehend even a little bit that, of all the things that have happened, there is something more, and it is within you. The second thing is: You are more important than all your problems and all your glories. If you can understand that this is your life, this is your existence, then it begins to make a difference—you are important. And then, the most important part, the third thing is: Do you want this? Do you want to be fulfilled in your life? These are the three most important things.

IT WAS A PLEASURE SPEAKING WITH YOU.

THANK YOU.

**Datin Paduka Dr.Santha is a Senior Consulting Physician at one of the largest government-run general hospitals in Klang, Selangor. Dr Santha's work involves treating patients from all walks of life, including royalty.**

Listening to Prem Rawat has given me much clarity and understanding. I now appreciate the moments I live in and how precious each breath is. As a doctor, I see people struggling to draw in just one more breath. Prem Rawat has shown me a way to appreciate the preciousness of this breath and to find inner strength and peace. I feel at peace helping patients, and my calm state helps them. He has helped me to schedule my priorities in life. In all my ups and downs, I carry within me a shelter that I can turn inwards to feel. I am grateful that I have come to know of him.

**Dr. Pages, Rector of the University of Cataluna and Chief Executive Officer of the Universal Forum of Cultures, Barcelona, Spain**

(The Forum was a global gathering aiming to help establish a culture of peace. It lasted 141 days and was attended by many world leaders and more than 5 million other visitors.)

Many people in this world speak of peace from different angles. Some speak of peace as a result of good socio-economic policies or of a sound distribution of wealth. Prem Rawat speaks of peace from a perspective that is both original and intriguing. Rather than looking only to institutions or policies for creating peace, he speaks of a peace that, he says, each person is personally responsible for finding. His message is directed at each individual who comes to hear him, and the people who enjoy his message come from all walks of life.

**Kuruparan Puvanesan is a Managing Consultant with the Transaction Services Group of PricewaterhouseCoopers Malaysia, a leading Public Accounting Firm.**

When I heard this message, it made sense to me. I saw joy and calmness on the faces of those who practise what he teaches. Prem Rawat has helped me uncover an internal source of happiness. I try not to allow myself to get caught up with problems, disputes and misunderstandings. I deal with issues on a day-to-day basis, in a rather uniquely calm and confident way.

**Professor Mary Farquhar, Director, Griffith Asia-Pacific Research Institute, Australia**

Prem Rawat has received widespread recognition for providing inspiration and guidance to audiences around the world. Proclamations and resolutions honour his work: keys to cities, letters of appreciation, invitations from government officials. These are among the many ways that he's been welcomed throughout the years. We're used to hearing about peace as the absence of war. We normally put the responsibility of peace on governments and on political organisations. We seldom talk about peace from a human—from our own—perspective. We seldom highlight the important role of each human being,

each one of us, in bringing peace to the world. Prem Rawat's views on peace are fresh and innovative.

**Yee Seng Hoy is a Marketing Manager of a major insurance company in Kluang, Johor.**

It was by chance that I came to know about Prem Rawat. Now I have found the peace I was looking for within me, and I appreciate each day as a gift. He has helped me find clarity and a fresh perspective on life. Experiencing inner peace has made me more appreciative of my life. I am more in harmony with myself, my family and my surroundings. Prem Rawat's teachings guide me in my daily life. Many people talk about inner peace, but only he has shown me a practical way to experience it. He has enhanced my quality of life and has helped me appreciate this existence.

**Fernando Mauro Trezza, President, Brazilian Association of Community Television Channels**

While many television programmes are special, some are essential. *Words of Peace*, which presents Prem Rawat's message, is one of these unique programmes. This programme makes an important contribution towards building a culture of peace in Brazilian society. The feeling within that Prem Rawat introduces people to is very important for everyone, and it is very important to spread this feeling of peace to everyone in all Brazil. This programme is a great contribution to the triumph of inner peace. Prem Rawat's message has the potential to unite all Brazilians in inner contentment.

**Rukumoney Devi is a teacher and the mother of two children, both of whom are medical doctors.**

I was thirsting for something, but didn't know what. I started listening to Prem Rawat, and slowly but surely, the emptiness within me dissipated, and my thirst was quenched. My doubts were removed. A zest for this life came in. Joy started flooding in. Serenity and calmness came over me. My perspective on life changed. I became more aware and conscious. Appreciation began to grow, and gratitude followed. I became more open to others. Tolerance, patience, understanding, kindness and love started creeping into me. Several people have even told me: "Your face looks radiantly happy."

Prem Rawat doesn't teach, but merely shares his perspective on life. He reminds me of a beautiful place within me. Now my anchor and stability are within me. My true learning now comes from within. The best thing that has happened to me is finding Prem Rawat.

**Clive Hildebrand, President, Australian Institute of International Affairs, Australia**

Prem Rawat's message is extremely simple, extremely easy to learn, and one wonders why we don't learn it when we're small and keep it going that way. The secret of civil society seems to be no secret.