



Royal Albert Hall, London

Peace Needs to Be Felt

To find peace, we need to look at what is happening within us, rather than outside us. This is the message of Prem Rawat.

Those who follow Prem Rawat's teachings speak of finding great fulfillment. M. Mahadevan, former Chief Psychiatrist, Head of the Malaysian Health Services, and frequent lecturer at Harvard University, told us: "I am a very busy person. I used to be restless and agitated, always. Self-Knowledge brings me peace of mind. In many regards, my life has not been easy. My brother passed away early on, leaving six young children whom I took care of. And yet through all, I experienced peace of mind. Practicing the techniques one hour a day gives me great stability, tranquility and equanimity. At 73, I still consult all over the world. Day by day, I feel this gift blossoming. Self-Knowledge has brought me the answers that I looked for many years in academia and philosophy. Over the years, I have felt his guidance and I am immensely grateful."

"My message is simple and it is different because it has something to do with us," says Prem Rawat. "It is not about what we could accomplish or possess. My message is about what we have been given. Because we are alive, we have the power to appreciate. We have the possibility to under-

stand. We have the strength to acquire knowledge. And we have the thirst to be happy. We have the unwavering thirst to be content."

Prem Rawat has been addressing audiences in more than fifty countries since he first traveled outside his native India at the age of thirteen. From crowds in the tens of thousands in India to the Royal Albert Hall in London, Lincoln Center in New York, the Opera House in Sydney, Australia, or the United Nations Conference Center in Bangkok, his message has touched the hearts of millions, across social, cultural and political barriers. His message is now made available by The Prem Rawat Foundation (www.tprf.org) in over eighty-five countries.

Prem Rawat delivers a simple yet profound and powerful message: "The peace that you are looking for is within you, and I can help you find it." He explains that peace begins with every person and that, to establish peace on the outside, peace has to be established on the inside. "It is the individual effort," he says, "that will make peace possible. The time for peace is now."

To those with a sincere interest, Prem Rawat offers help: "I can show you a place inside where there is peace, where there is joy. If you are searching for joy, I can show you where joy resides. It is within you and you can get in touch with it. You, too, can experience serenity in your life. You, too, can feel—and not just feel—you can dance with it. You can adore it; you can embrace it. That is what is possible for each of us." Those who follow his teachings say that what is unique about him is that he shows a practical way to access the inner peace that people have talked about time and time again.

Janaki Perairavan, a Senior Manager with Grant Thornton, Toronto, a global accounting firm, says, "The first time I heard about Prem Rawat and Self-Knowledge, my heart was touched. As I listened more, life started making more sense. Everything made sense. Even success made sense. As I started practicing the techniques of Self-Knowledge, I started feeling complete. Now I feel a lot of joy within me, always. Prem Rawat reminds me that there is a universe inside, waiting to be discovered."

Prem Rawat, please tell us a little about your work.

Prem Rawat: I talk about something which already resides within us. I talk about that thing which is sought by everyone in this world. I tell people that what we are searching for is not far from us, is not away from us. That which a human being is looking for—you may call it happiness, peace, true love—all of these things are names of only one thing. It is located within us. This is not a small thing. If you want to have that experience, I can show you the door.

Many people speak of peace. What kind of peace are you speaking of?

Prem Rawat: What I am referring to is not thinking. Inner peace is not a matter of words. Peace is a feeling. Feeling is the first gift we have. It is one of the most incredible powers we have. Peace needs to be felt. Peace is within us. It always has been and always will be. Peace feels good. Joy feels good. Tranquility feels good. Peace looks good on us. We wear peace very well. It makes us look very beautiful. Because when we feel that peace, we fulfill the opportunity for every breath to be captured and not to be wasted.



We pursue success with great determination, sometimes at the cost of our clarity and happiness. How do you see this?

Prem Rawat: We can be successful. We can be this and that, have this and that. We can look like we have it all. But if we do not have peace inside, do we have it all? This being is made to contain one thing—peace. And when it does, its purpose is fulfilled. When peace resides within, we have real success. Some people say you can quench the inner thirst only when you have quenched the thirst on the outside. They have nothing in common. And you do not have to leave one for the other.

Often, you speak of thirst. What do you mean?

Prem Rawat: The thirst that I talk about is not created thirst; it is the thirst that resides within each human being. The thirst to be fulfilled. The need of your heart, of your life. The thirst of the mind is never going to be quenched. The thirst of the heart is what needs to be quenched. And to quench the thirst of the heart requires the sweetest water. Water has no meaning for a person who is not thirsty. But the person who is thirsty needs water. What kind of water? Water that will quench the thirst. And that is what Self-Knowledge is all about. And if you recognize your thirst and you want to quench your thirst, I can help.

Tell us more about Self-Knowledge.

Prem Rawat: This Knowledge is about making life successful. It is not about tomorrow. It is about this time when ignorance has to be removed. And for that, we need real knowledge. Self-Knowledge is four techniques that allow a person to go inside. But it is not just about going inside. It is about letting peace come into our lives and stay. Self-Knowledge is the know-how to be able to connect to a beau-



tiful well within from which springs the most beautiful pure, simple, delicious water. If you are thirsty, I offer the water that quenches the thirst of the heart.

Tell us more.

Prem Rawat: Everyone has to come, everyone has to go. We came empty-handed in this world, but we do not have to leave empty-handed. Whoever you are, whatever you do, you can have joy in your life. The cup of the heart can be filled. This life can be successful.

For further information:

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