



PURSuing PEACE MEANS KNOWING WHERE TO BEGIN

A number of people say true happiness can only come from knowing oneself. “We may already have all the tools we need for happiness and success. We just need to know where to look for them—and that place may be closer than we think,” says Prem Rawat. “The peace we look for is within us,” he says. “We try to live our lives by reason and logic, but there is more. We don’t have to reason everything; we have been given a valuable tool: we are able to feel. Peace is a feeling; it is inside of us, and it needs to be felt.”

Regardless of the circumstances in which people may find themselves, Prem Rawat says everyone can be at peace now, and the way to find inner peace is to look within. “Making this life successful is not about tomorrow,” he says. “It is not about retirement, not about ten years from now. It is about this time, in this life. But for that, we need inner peace. And inner peace is not a matter of words. Peace is a matter of experience.”

Prem Rawat’s focus is on helping individuals find peace and fulfillment within. “It is not the world that needs to be fixed; it is people,” he observes. “When people are at peace, there will be peace in the world. It is the individual effort that will make peace possible. The time for peace is now.”

How can such peace be found? “When we think about peace, when we think about happiness, we think we will find it outside. In this search, we go on top of mountains. Throughout our lives, we believe that we will find it when we get older. And when we retire, we are still searching.

“What we are looking for, we are looking for outside. And where did so many say it was? Within. This is not a small thing.

That which we are searching for is within us. We may call it God, we may call it happiness, we may call it peace, or we may call it true love. All of these things are names of only one thing. And this thing can be found within.” While many people speak about peace, Prem Rawat offers a practical pathway to inner peace, which he calls *Self-Knowledge*.

Considered a leading voice for peace in the world, Prem Rawat has spread his word for three decades, to more than four million people in over 50 countries.



He recently established the nonprofit Prem Rawat Foundation in Los Angeles to help get his message across to even more people. “I teach people how to discover what they already have,” Rawat explains. “The first step is to fall in love with the possibility that there is peace inside. That we can value each breath, each moment. It’s only hard because we have gone so far off the course.”

The journey toward inner peace—and, ultimately, world peace—begins with that first look inside. As Rawat puts it, the key to social change is change in an individual, not the other way around. The promotion of Prem Rawat’s message is supported entirely by voluntary contributions and the sale of related materials. As a successful private investor, he does not receive any compensation for his work.

PREM RAWAT: “IT IS NOT THE WORLD THAT NEEDS TO BE FIXED; IT IS PEOPLE. WHEN PEOPLE ARE AT PEACE, THERE WILL BE PEACE IN THE WORLD.”

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