



# The Island Within

*By Alma Parador*

For centuries, people from all over the world have been coming to the “Happy Islands” to relax and have a good time. A man called Prem Rawat is traveling the globe offering to help people discover an island of happiness inside themselves, where he claims the good times never end.

To those who worry that looking for personal happiness may be a selfish quest, he says, “Your desire to be happy and to be content and to be fulfilled is just as innate as having that glass of water when you’re thirsty. This is not a luxury. Is drinking water selfish? Is going to sleep selfish?”

The source of that happiness or peace or love or fulfillment—call it what you will—he says, can be found within, and he has a practical way, which he calls Knowledge, to find it. He’s been offering it free of charge for more than 30 years.

“What I offer people,” he says, “is a way to go inside and savor the beauty that is already within.” The journey inside involves the daily

practice of four simple techniques he teaches to those who, having listened to his presentations and understood his message, feel that Knowledge is something they want to pursue.

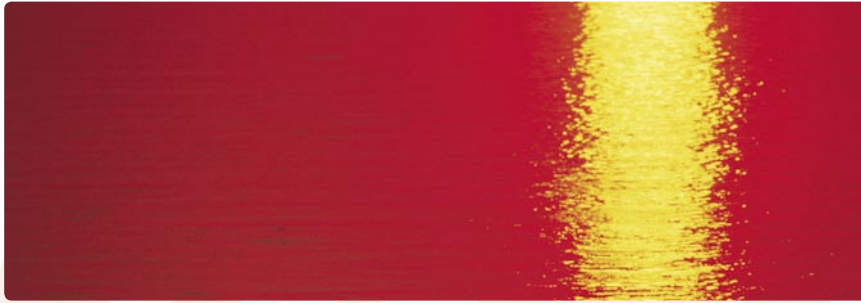
Bertha Trujillo, who juggles a demanding career and is raising two small children, says Knowledge has changed her life. She first heard about Knowledge in 1973, she explains, at a presentation at a university. “I wasn’t looking for this kind of thing at all. In a way, I came across it just by chance. But in retrospect, I feel what he has shown me has saved my life. It has made me happy. The practice of Knowledge gives me an anchor to hold onto each day, no matter what is happening around me. The feeling it opens up to me is profound and satisfying. My life is now grounded. In 30 years, it has only gotten better.”

As a consultant with a large computer firm, she says she must often deal with conflict, both with customers and with coworkers. “Knowledge has helped me find a

place within where I am respectful and admiring of life, of my life, and of the life of others. It has made me deeply respectful and tolerant of life within everyone. I see all people as human beings,” she says. “And more than that, it has helped me to feel the beauty and peace within life itself.”



Born in India, Prem Rawat has lived primarily in the United States since his early teens. He spends most of his time traveling around the world bringing his message to people of all cultures and beliefs. He is very much at home in the modern world, using computer and satellite technology to present his message. His public speeches, always spontaneous and unrehearsed, are packed with homespun wisdom and a rich sense



of humor. They are delivered in an informal style that quickly puts audiences at ease.

Over the years, he has visited more than 250 cities in 50 countries, most of them many times over. And yet, no matter where his listeners may come from, his message remains the same. “I’m not addressing societies,” he says. “I am addressing each individual. We see ourselves as somebody’s father, somebody’s mother, somebody’s sister, somebody’s friend. Let us rather look at the ‘I—I, who came into this world; I, who am in this moment alive. Living. Breathing. Existing.”

Learning to live in the moment is important, perhaps even necessary, according to Prem Rawat. To accomplish that, he says, “We have to end our love affair with yesterday and tomorrow.”

“Every day we think about those things that have not happened,” he says. “We plan for so much that has yet not occurred. I’m talking here about tomorrow. And how

much have we got packed from yesterday, and the day before that, and the day before that, that we are trying to carry into tomorrow? Two nonexistent realities: yesterday and tomorrow. And where do we live? We live in this tiny, tiny, yet gargantuan space: the moment called *now*. It is so tiny when we don’t pay attention to it. But if we do pay attention to it, we find out how big that same moment gets. It becomes a lifetime. Our lifetime.”

While he says that Knowledge may not be for everyone, he nevertheless wants to give as many people as possible a chance to hear his message of hope and peace and to decide for themselves how far they want to pursue it. To this end, he keeps a relentless schedule of international travel. In the course of a year, his itinerary may take him around the world, from the Outback of Australia to Canada, from Ghana to South Africa, from Japan to the foothills of the Himalayas.

“My day is meticulously planned,” he says. “And even with all that planning, I still don’t know what’s

going to happen tomorrow. But I do know that if I am alive tomorrow, I must seek my fulfillment. That’s my plan for today, and that is my plan for a lifetime. If I am alive a year from now, I know what must happen: I must be fulfilled as I am today. I must be fulfilled as I was yesterday. And I must be fulfilled as I will be tomorrow.”

Finding fulfillment, he says, is the most important thing human beings can do for themselves and for humanity.

His efforts are supported by the Prem Rawat Foundation, which derives its income primarily from voluntary contributions. He is a successful private investor and does not receive any compensation for his work.

**For further information:**

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