

LEADERS

...with a life

IN THIS ISSUE

- **Work-Life: Finding the right fit**
- **Co-active coaching**
- **The future of work**
- **Life strategies: doing what matters**

THE RACE TO WIN
An Interview with Prem Rawat

The Race to WIN

Prem Rawat, also known as Maharaji, has been bringing inspiration and guidance to people around the world for more than three decades. Here are some of his views on peace, success and priorities.



Prem Rawat at the United Nations Conference Centre, Bangkok.

You travel the world addressing hundreds of thousands of people each year. What message do you bring them?

What I talk about is quite simple because it's about a fundamental need that we all have, a need for feeling peace, contentment. The desire to fulfil the need I talk about is so fundamental that no one has to come along and introduce us to it - we know we have a need for peace. Somewhere within ourselves, we know that. It doesn't really matter whether we are rich or poor; we all have this need.

How do we satisfy that need for peace?

We need to feel, not read books about, but feel, this feeling called peace. It is precisely this feeling, this need, that we ignore. A time comes in our lives when we need to accept it and say, 'Here is a need that I have been neglecting. Maybe I have made a priority of everything else in my life, but the very fundamental thing that I have always wanted - maybe I have not paid attention to it. For all the futures and fortunes that could be in my life, there is one more thing that could also be. And that is that I in my lifetime could feel peace.'

Are you saying that the peace we are looking for, we already have?

We search for peace as though we don't have it, and that's why we don't find it. The reality is that we have it, but we don't know where to look for it. There is a difference between searching for something we don't have and searching for something we do have. This is where the mistake is made. When we are looking for something we already have, there is nothing to create. We already have peace inside of us; we have to discover it.

Is inner peace something we need to feel every day?

A person recently asked me: 'Do I need to feel peace every day or just once?' I said, 'Do you need to eat every day?' We have so many misconceptions about peace. We think everything that is good comes after waiting or suffering, and we don't really want to suffer that much. So we ask, 'Is it sufficient if I just feel peace once and then live off of it for the rest of my life?' Discovering my existence, my peace within, is not a process of

pain. It is a process of discovering what I have been given.

Does better communication improve the conditions for peace?

Finding peace is not a process of creating or debating: 'What should peace be like? Let's see if we can come up with a better concept of peace.' I am talking about a peace that innately exists inside every single living being on the face of this earth, poor or rich, successful or unsuccessful. Existence goes on and so does the possibility of peace. Every second represents a second in which I could feel the most beautiful joy that ever can be. This joy doesn't come from ideas. It has to be felt by every single person.

What about peace on the outside?

The day we begin to understand who we are is the day the wars will begin to slow down, because the trigger of the wars on the outside is the war that takes place within. Wars start within human beings and end up on the outside. It is the lack of that peace on the inside that causes the outside wars to keep raging on.

We all pursue success. How compatible is this with the pursuit of inner peace?

We want to win, but we don't know what the race is all about. Once a football player got the ball and ran the wrong way. He crossed the goal line and jumped up and down. But nobody cheered. Can that happen to us? Sure. When we don't know what the race is about, we don't know where we're going to end up. What are we racing towards? There are a lot of races. They all offer rewards. Have we looked at what the rewards are? What I talk about is that one reward called

fulfilment, or inner peace or joy. If there is a race to join, that's the race to enter, that's the race to win. And that is a race we can win, because to win it, all we need to do is be true to our hearts, true to ourselves.

Do we need to renounce worldly satisfactions to find peace within?

One of the biggest misconceptions people have is that to find inner peace we have to sacrifice everything else. We don't have to sacrifice anything. Having this world, having our jobs, having our problems, having our difficulties, we can still have inner peace in our lives. That's the beauty of it. Why is that true? It's true because we already have that peace inside of us.

Where do we start?

We need to say, 'Yes. This is what I want in my life.' Peace needs to be felt - not in words, but in reality. Then and only then can we really quench the thirst we have.

How do you help people?

To see your own face, it takes a mirror. That's what I offer—something that can take you within so you can feel the peace that is already within you. I remind people that we need peace in our lives. Don't be too busy for your life. You can recreate a business. You cannot recreate a breath. If you want to be successful in your life, you have to be an opportunist. If you see this life as an opportunity for peace, then take it. That is success. I tell people, 'Look for peace, whatever else you have to do. If you don't find peace, then come to me. I can help.'

Thank you very much.

Tony Helman; Owner of the leading internet portal for nutrition health professionals

The experience Prem Rawat shows has had a profound impact on me. I have found within myself a source of peacefulness and enjoyment. It makes a big difference to have this internal anchor, despite the many ups and downs from which I have not been immune. My self-confidence has a solid foundation that is not dependent on what I have achieved, on what I do or on what other people may think.

Dr Sandy Hewitt; Director of Business Excellence with Rolls Royce plc.

I now have a fresh perspective that has more to do with my own integrity than with the judgment of others. I feel less driven to weigh myself on the scales of success and failure. That is freedom.

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

Prem Rawat speaks of the possibility to find a peace and happiness within 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. He points out that everyone must find peace for themselves before helping to bring peace in the world—as sorely needed as it is.

Richard Patten; Member, Provincial Parliament of Ontario, Canada

The UNESCO charter says, 'Since wars begin in the minds of men, it is in the minds of men that the defense of peace must be constructed.' While everyone agrees on the philosophical truth behind this statement, little progress has been made towards making this vision a reality. Prem Rawat speaks of a peace that institutions cannot bring, that needs to be established by each individual. He brings a remarkable message of hope.

To discover more: www.tprf.org



(L - R) Prem Rawat addressing members of the Italian Parliament in Rome; 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; Prem Rawat at Harvard University's Sanders Theatre.