

Discovering **MORE**

# Foreword

**M**aharaji brings a shining message of hope and peace. “What you are looking for,” he says, “is within. Your truth is within, your peace is within, and I can help you get in touch with it.”

There is more to his message than words. He offers a practical way to experience peace within.

*Discovering More* presents the possibility Maharaji offers and how to make the most of it.

*from Maharaji*

# Within

**E**VERYONE HAS DREAMS. Fortunately, reality is more beautiful than any dream. For many centuries, a voice has been calling out: “What you are looking for is within. Your truth is within. Your peace is within.”

The desire to feel those things is what I call *thirst*. Every human being has an innate thirst that is simple and real—a thirst for peace, joy, contentment. It is a thirst for something that already exists inside. We have a thirst to feel at peace, to feel fulfilled.

The peace that resides in the heart can be felt regardless of circumstances—whether a person is rich or poor, good or bad, right or wrong, happy or sad. It is the birthright of every human being.

This is the fundamental difference about my message. Peace, joy, truth are within, waiting to be felt. I am alive; you are alive. This is our time. In this time, we can know the one thing within that is by nature the most profound, the most beautiful.

# Accepting

**W**HAT WE ARE LOOKING FOR IS INSIDE, NOT OUTSIDE.

Inside of us we can find serenity, peace, simple joy.

Peace is not just something nice to have; it is something we need to feel. We need the solid footing of peace in our existence. This is why this journey is so important.

How do we prepare ourselves to accept that what we are looking for is within? First, we need the hope and the trust that what we are looking for is within. We need to turn down the noise of the distractions on the outside so we can see the contrast between what comes from the outside and what can be felt within.

When we begin to feel that contrast, it becomes easier and easier to see that the peace, the beauty, the joy that we are looking for are already within. Then the acceptance grows that there is a world within.

# Experience

**W**E ARE MADE TO EXPERIENCE. We are the most amazing experiencing machines. We can experience hot and cold, joy and sadness.

If you take this most incredible experiencing machine and connect it within, you will experience peace, joy, happiness.

This experience needs to be felt. You can't create it. Symbols or formulas for happiness will not satisfy the heart. Happiness needs to be felt. The heart needs to feel peace.

Does your heart feel serenity, beauty? Or does it feel emptiness?

If you want the emptiness to go away, let the heart feel the fullness that also resides within.

You can feel serenity. You can feel beauty.

This is what the gift of Knowledge is all about.

# The gift of Knowledge

**W**HAT I OFFER IS MORE THAN WORDS. I offer the know-how to access the experience of peace and fulfillment within. I call it *Knowledge*.

What Knowledge makes possible is an enjoyment of life that is independent of circumstances. It is a way to connect to the experience of the self that lies within.

Knowledge consists of four techniques that enable a person to turn their attention from the outside to the inside. It is not imagination or visualization. It is a practical way to focus within to access what is already there.

The journey of Knowledge is a journey of self-discovery.

For those who wish to make this journey, I offer to help them prepare to learn the techniques of Knowledge and I provide ongoing inspiration and guidance for a lifetime of enjoyment.

# Let the heart be the judge

**M**AYBE IN OUR LIFE WE HAVE NOT HAD TIME TO LISTEN TO OUR HEART. Maybe a lot has been happening, and we have been busy. When we are young, we are busy. When we get a little older, we are still busy. We get even older, and we are still busy. We are waiting for the day when we will not be so busy. Every day that goes by, things on the outside become more complex.

What we are looking for is simple. We are simple. The heart is simple. What the heart wants is beautiful—just that joy.

This is not selfish. Every human being has an innate desire to experience peace. This is why it is not selfish. We did not create the thirst to be in this peace. The thirst needs to be acknowledged.

Listen to the heart; let the heart be the judge instead of other people. Can we afford not to listen to our own heart?

# Without ambiguity

**A**S WE TRAVEL THROUGH LIFE, WE PICK UP THINGS—souvenirs of where we've been. Sooner or later, we wind up carrying other people's luggage. We have learned to live with many things like fear, ambiguity, and doubt, while our objective is just to be ourselves.

We have no idea how burdened we are with this weight on our shoulders.

On this journey of self-discovery, there should be only us. We need to shed the excess baggage. When we do, we will be surprised how tall we stand. With every piece that we shed, we will stand taller and taller.

It will be a beautiful process of uncovering, discovering what is ours.

In this journey we will be overjoyed by the beauty of what we already have.

This is why this journey is so special.

To make this journey, we need to feel and trust—trust our heart, trust ourselves.

# Awakening

**A** WAKENING IS SOMETHING WE DO EVERY MORNING.  
When we awaken, we open our eyes. We can look around; we can see.  
Now we are aware.

Imagine that in our life we have been in a process of sleep. We have been aware of certain things and unaware of others.

Imagine that now we want to awaken. We want to become conscious, aware of those things that are within us.

A world of peace is waiting within; a world of tranquility is waiting to be felt.

We have a fundamental need to feel complete, to feel fulfilled. We rarely allow ourselves to feel this need from within, this need of the heart.

The first step is to recognize this fundamental need. Then we can begin to fulfill it. Then Knowledge, or the know-how to focus within, makes sense.

# Answers within

**W**E HAVE AN OCEAN OF QUESTIONS WITHIN, but we have an ocean of answers as well. The process of approaching Knowledge is unique. It is not an endless process of thinking up questions and getting answers to them. Answers come as we discover more.

If we stay tied to questions, we will not get all the answers because there are answers that we do not have questions for.

Questions are on the outside. Answers are within; understanding is within. Instead of wasting time coming up with questions and then finding answers for them, we can take a shortcut. The shortcut is to dive into the ocean of answers within.

When understanding takes place, questions disappear. All we are left with are answers.

This is a beautiful process.

# Home

**K**NOWLEDGE IS NOT A SOLUTION TO PROBLEMS or a means to improve the circumstances of our lives. Knowledge is strictly for focusing attention on the place within where it is possible to feel joy, peace, tranquility.

Because that experience is so fundamental, it is a fundamental Knowledge.

Because that experience is of the self, it is Self-Knowledge.

Experiencing peace and joy is only possible in the moment called *now*. We can try to imagine the future or remember the past, but we cannot exist for even a millisecond in the future or in the past. The moment called *now* is our home. It is where we truly live. This is why it is so important to experience life one moment at a time.

# Magnificent reality

**I**F THE THIRST FOR FULFILLMENT IS NOT CLEAR IN OUR LIFE, there could be water everywhere, and it would not matter to us. In the middle of the desert, when thirst becomes apparent, even half a glass of water is the most precious thing. Put all the gold in the world and a half glass of water in front of a person in the desert, and see which one he goes for.

When our thirst is clear, it all makes sense—no more mysteries, no more ideas, no more doubts, no more questions. We find ourselves swimming in the beautiful, crystal-clear waters of clarity. We can let go. We can enjoy. Once again, we can be who we are meant to be, who we really are.

This is not something we have to learn. This is something we need to uncover, discover. Our life is a magnificent reality. We are a magnificent reality in a magnificent world. Within is immeasurable peace. Within is immeasurable joy. It is not in antiquity. It is not in modern science. It is within, inside the heart of every human being.

# Simple

WHEN IT COMES DOWN TO IT, LIFE IS SIMPLE.

W This breath is simple. Knowledge is very simple.

And understanding Knowledge is very, very simple. Simplicity, sometimes, is not a process of doing, but of undoing. It is not a process of learning, but of unlearning, discovering what is already there.

It is not a process of bringing in new elements.

It is taking away unwanted elements.

Take away all that is unnecessary, all that is unwanted. Like when the sculptor takes away the bits that mask the shape hidden in the rock, what emerges is a beautiful form. What you are left with is that beautiful, shining diamond—life itself.

# Journey

**I**N THIS JOURNEY, THE EFFORT THAT IS REQUIRED IS TO PAY ATTENTION, to understand, to aspire to find the place within.

All the journeys we have taken in our life have been away from us.

Where does this journey lead to? To the inner experience. This is a journey back to you, just you.

This is why this journey is not only beautiful and enjoyable, but it is also truly the most fascinating discovery.

Knowledge is a journey for its own sake.

The goal is not just to learn the techniques of Knowledge, but to enjoy this life, to enjoy every breath—every single day.

The journey itself is the destination.

This is indeed a journey for a lifetime.

MAHARAJI

# Answers

*Maharaji, I'm quite happy with my life. Do I still need Knowledge, or is it for people who are discontented?*

So many of us think we are happy. We think we are happy not because we feel a fundamental happiness, but because we are fulfilling a formula for being happy. We say, "If I have this or if I have that, I must be happy."

Is that happiness coming from inside you, from a place that has always wanted that feeling? Or do you look at your picture and your surroundings and say, "I think I'm very happy"? If that happiness is dependent upon outside elements, one day you will have a shocking awakening because all those elements will change. That is their nature.

When the feeling of happiness is based upon an inner foundation, then, come what may, even in the middle of the most severe storm, we can be content.

*How can I feel content when there are so many problems in my life?*

One of the most fundamental things we need to understand is that the contentment we want to feel in our life is *within* us, not on the outside. We already have the happiness we need in our life, but we have not tapped into it. The day we tap into it, real happiness will come, and it will not be dependent on all the things on the outside.

*If this experience is within me, why don't I know it?*

Even though what we are looking for is inside of us, so much has been put on top of it. When we do not understand something, we tend to either ignore it or cover it up. This is not about creating a new experience or bringing new elements into our life. This is about rediscovering what we already have. We look for peace outside. It is here—within us. If we can rediscover it, then we will be the ones who benefit.

## *Can I get the same experience through other means?*

What Knowledge does, Knowledge does. You cannot compare it to anything else. The only thing you can say is that Knowledge brings the experience that is within. If you have a formula for peace, then go and pursue that formula for that kind of peace. What Knowledge brings is already inside of you. It does not need a label. If you feel another way will bring you to the same place as Knowledge, then try that way first.

Knowledge brings you to you. This is a very individual journey and a very individual experience.

## *How do I balance taking care of my responsibilities in the world with following the call of my heart?*

Whatever your responsibilities are on the outside, you should take care of them. But we have another responsibility—a responsibility to the heart. We do not have to sacrifice one for the other. Finding peace in the heart is another responsibility we have. This is a responsibility to ourselves.

## *Will Knowledge help me solve my problems with relationships or work?*

Knowledge won't help you solve problems. If you become conscious in your life and avoid creating problems, you will not have to try to solve them. The purpose of Knowledge is to take you inside and let you feel the joy that is within—the serenity, peace, tranquility, whatever you want to call it.

The whole world is busy trying to solve problems. We think we need to solve problems, but problems come and go. They are not our life. We have problems in this world, but our world has another dimension. The fact that we do not know this other dimension is a problem in itself. If we understand that there is a dimension of beauty within, it gives us something to rejoice about every day, every moment.

Wherever we go, we carry a beautiful experience of joy within. In the middle of the most desolate place, we are not lonely. That experience will always be there until the last breath. What I am talking about is not just words. Knowledge brings an experience.

## *What do I have to give up to learn the techniques of Knowledge?*

We think that maybe sacrifices need to be made because everything we have done has required one sacrifice or another—giving up this for that. In the process of Knowledge, all you have to give up is what you do not want, what you do not need—your emptiness, your worries, your fears, your doubts. As we understand what we really need in this journey, we can begin to understand which things we do not need and begin to shed them. The burden becomes lighter, and we can go on in our life with a beautiful feeling.

## *If what we are looking for is within, why do we need preparation?*

The preparation is a fundamental process of rediscovery. We need to understand the priority of the thirst inside, of this heart. This responsibility is innate and fundamental to our existence.

The thirst has always been there, but we have done a marvelous job of covering it up. Things have happened. Once, we had the understanding that joy and happiness are most important in this existence. Now, other things have crept in and taken priority. Our thirst needs to be rediscovered.

Ask a farmer how he produces a successful crop and he will tell you that the ground needs to be prepared. That is a very important part of the process for producing a good crop. In the same way, a fundamental part of the process of receiving this Knowledge is to be prepared. Preparing for a life with Knowledge is a journey of understanding. There will be a need to take a little time to study, to learn, to grow, to understand. Careful preparation is essential for getting the greatest benefit from Knowledge for the rest of your life.

## *If I am really sure that I want this, why do I have to wait?*

It is not a question of waiting. It is a question of understanding. You will have to ask yourself, “How prepared am I? Am I ready to practice this?” It is going to take an effort.

When you can stand on your own two feet and say, “I can do this, I can really enjoy this gift of Knowledge,” you are truly ready. When you understand your responsibility to yourself, you are truly ready.

This journey is about understanding that we need to make each breath count, each moment count.

If you are ready for that, if you come to that conclusion out of your own understanding—not out of curiosity or because of what others have told you—then you are ready to begin. You are ready to learn the techniques of Knowledge.

## *What will it feel like to have Knowledge?*

It will be what it will be. This is something you have to find out for yourself. If you chase curiosity in your life, you will have a lot of nothing at the end of the day. What you need to chase is understanding. What it will feel like is impossible to describe. Every person is unique. Even when you taste an orange, you describe it differently from someone else because you are different. With Knowledge, you will experience what is already inside. Make a distinction between just being curious and searching in a meaningful way. Come from a place of strength. This is what you need in your life.

MAHARAJI

*A simple process*

# Preparing for Knowledge .....

**T**o guide people through the preparation process, Maharaji has produced videos called “The Keys.”

You may start the Keys process whenever you wish to. You are welcome to enjoy Maharaji’s message through the video and audio recordings of his addresses, through the printed material available, and by attending events with him. Access to all of these resources is available on the websites listed near the end of this booklet.

Before you enter the Keys process, please watch the video, “An Introduction to the Keys,” where Maharaji talks about what the preparation process involves and how to make the most of it. Information about how to obtain this video is available at the website, [www.thekeys.maharaji.net](http://www.thekeys.maharaji.net), and by calling the local assistance telephone number for your area at the back of this booklet.

# The Keys

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**T**here are six Keys. Each one of them is a key point in the preparation. The first five each consist of a presentation by Maharaji and up to twelve hours of supporting video material. Watching these videos will help you prepare to learn the techniques of Knowledge.

First watch the video of the presentation by Maharaji and then watch the supporting videos. Watch the videos at your own pace. You may want to watch some of them several times. Maharaji recommends that you move on to the next Key only when you feel ready.

The sixth Key is shown during a special session in which Maharaji teaches the techniques of Knowledge via a video presentation.

Preparing for Knowledge is a very simple process. Each step along the way is up to each individual. The preparation can be most enjoyable.

# Entering the Keys process .....

**W**hen you want to begin the Keys process, you will need to obtain a Personal Access Number, which will allow you to obtain the Keys. This access number can be obtained via the internet or by calling the local assistance number for your area.

The website, [www.thekeys.maharaji.net](http://www.thekeys.maharaji.net), provides a complete list of contacts around the world, updated information about the Keys, and a page for applying for a Personal Access Number.

As soon as you have obtained a Personal Access Number, you may start ordering and watching the videos in the Keys.

There is no charge for the Keys or the preparation process. The Keys are available on a loan basis. Shipping and handling charges and a deposit may apply.

# Support

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**W**hen you have watched the first five Keys, and if you are clear that you would like to be taught the techniques of Knowledge, you may send a request to Maharaji. You will receive an invitation to attend a special session where you will be able to learn these techniques. Such sessions are held regularly in many locations around the world. Information for sending your request will be provided with Key Five.

Support is provided at each step of the process to people preparing for Knowledge. The website, [www.thekeys.maharaji.net](http://www.thekeys.maharaji.net), provides regularly updated information about the Keys.

You may ask questions or make comments at any time during the preparation process, either via the Keys website, [www.thekeys.maharaji.net](http://www.thekeys.maharaji.net), or by calling your local assistance number.

# Resources

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[www.thekeys.maharaji.net](http://www.thekeys.maharaji.net)

This site is a resource for people interested in preparing to learn the techniques of Knowledge and for those already involved in the preparation process.

[www.tprf.org](http://www.tprf.org)

The site of The Prem Rawat Foundation provides an introduction to Maharaji and his message, an overview of the Foundation's humanitarian initiatives, excerpts from interviews with Maharaji, and materials for downloading.

[www.maharaji.net](http://www.maharaji.net)

Maharaji's site. Glimpses of his message in a poetic mode, as his original music plays in the background. Poetic excerpts appear randomly for 1, 2, or 3 minutes so that each visit is unique.

[www.contactinfo.net](http://www.contactinfo.net)

This site provides telephone numbers and website addresses around the world to obtain information about upcoming events with Maharaji and more.

