



Notes from Prem Rawat's Focus Sessions in 2023

What follows is a summary of nine "Understanding More"™ Focus Sessions I conducted from June 24 – October 8 in Europe, North America and Australia. The purpose of these notes is to refresh your memory about what we covered so you will receive the most possible benefit from your practice of Knowledge.

Welcome

- There's nothing new here. Everything that needs to be said to you has *already* been said. "Understanding More"™ is simply a rephrasing of what you know. In life, we often forget the important things. We should know this by heart, but we forget.
- Knowledge works, and I want you to practice it. I am not here to provide you with a challenge you cannot fulfill. I am here to make sure you understand that you can do it.
- Accept Knowledge in your life, and practice it the *right* way.
- If you want *your* peace, I can't help you. But if you want the *real* peace, I can help you.
- Since 1971, the biggest problem for me has been fighting people's concepts.
- One of the things about U&M is that you get a lot of straight talk. No beating around the bush.

See the Value of Each Breath and You Won't Be Poor

- Breath is the most valuable thing, but do you realize what it is? In the moment you take your last breath, you will appreciate that all the money in the world, all the power in the world, all the political systems in the world cannot buy you one more breath.
- When you understand what you have in this beautiful thing called the *breath*, you will understand how truly rich you are.
- The coming and going of this breath happens in the *now*. Do you know how to experience it without going off on a tangent?
- Some of you are poor from the inside, not the outside. Those who are poor from the inside can only become rich when they see the value of each breath.

You Have a Choice

- How many of you are believers in: "This is all meant to be, and there's no choice; it's all preordained"?
- Have you abandoned the fact that you have a choice?
- It is *your choice*. Choose! Choose to feed the good wolf. Choose clarity. Choose to love this life. Choose to live this life consciously. Choose to practice because you want to.
- Life is a one-shot journey. How much of it do you want to spend doing things that are not productive to your existence?
- You can make a choice to be happy. You can make a choice to be content.
- Do those things that are productive to you achieving your goal of acquiring some mighty fine memories.

*See the Reality of Existence
and You Will Experience the Divine*

- The Divine has no clue you exist. And people are like, "Whoa, how can that be? *Somebody* out there has to know I'm here."
- You want to experience the Divine in *your* domain. "Show me a little miracle. Show me a little explosion! Show me a bright light!" You want the Divine to come into your world and prove to you that the Divine exists. Instead, you have to enter into the domain of the Divine.
- The Divine has *no* interest in proving that it exists.
- The Divine is like electricity. It is running everywhere. It's in everything and knows nothing about what it runs. Lightbulb? Toaster? Blender? It doesn't matter, it's the same!
- When "I" am no more, I can experience the Divine.
- What do you want? Do you want *your version* of the Divine? Or do you want to experience the Divine? One is created, and one is the experience of *what is*.
- You can either experience the Divine or the "I". Not both.
- Drop the "I". Get rid of the "I". Come into the domain of the Divine. Then, and only then, will you be able to actually feel what it is like.
- I'm not asking you to *accept* the Divine in your life. I'm talking about *experiencing* the Divine in your life. Big difference.
- Knowledge puts you in touch with the Divine that is inside of you. Providing that your bucket doesn't have a hole in it, it will fill with joy. Will clarity come? Yes! Will gratitude come? Yes!
- What is hope? *Opportunity accepted* is hope.
- What is the opportunity? That you can experience the Divine. And if you have accepted that opportunity, you will be filled with hope.

See the Wisdom of the Heart and You Won't Be Ignorant

- You have wisdom inside of you. *Understand* that wisdom and you will never be ignorant.
- We pay attention to what we can *get*, when we need to pay attention to what we've *got*. In our lives, we don't pay attention to what we've been given.
- When you're looking for wisdom, you will never find it in a book. Not even in "Hear Yourself." Where will you find it? In your heart!
- When you know yourself, it doesn't matter if you know everything else because you *change the core*. That's what Knowledge is about – changing the core.
- World peace is an illusion. Peace in *your* world is a reality.
- Be yourself. Be the gift you are.

See the Value of Now and You Will Be Free

- In this moment called *now*, you *are*. And you rule. The moment coming, you may not. The moment gone by, maybe you were not the King. But in this moment called *now*, you are the King. You're the Queen. You rule.
- *This* is where you exist! Not a minute ahead or minute behind – but *now*.
- Nobody can steal the moment from you. They can steal your attention. They can steal your *liking* the moment. But *now* is yours. In *now*, you're free. You're not bound by any obligation. No scheduling of time. No promises made or broken. Just you being alive.
- Tomorrow is not your companion. Yesterday is not your companion. *Now* is your companion.
- What does "now" mean to *you*? You've been given the tool to understand, *but you have to use it*. Practice Knowledge.
- See the value of now, and you will be free. Free from what? Free from all this stuff that you live with every single day, "I want this, I want that..."
- What does "peace" mean to you?

*Feel the Infinite in Your Life
and You Will Understand Your Immortality*

- One part of you is going nowhere. And one part of you is going to get erased. The part that you *thought* was the most important is going to be gone. And the one you made excuses for is going to stay.
- There's a part of you that is not mortal. There's a part of you that is very mortal. Knowledge puts you in touch with the part that is immortal.

*Learn to Swim in the Ocean of Understanding
& You Will Never Drown in Doubt*

- Do you have doubts? What do you doubt?
- Stupidity comes into you, and you entertain it as a *valid* thought. There is a difference between stupidity and a valid thought.
- Do you find yourself drowning in doubt sometimes? You have the opportunity to be free and yet, you enslave yourself. Swim in the ocean of understanding and you will never drown in doubt.
- Eat your porridge in *your* bowl. And enjoy it, instead of going, "I wish I had *that* porridge." Because what is that going to do? Not let you enjoy your *own* porridge.

*Feel the Strength of Clarity
and You Will Never Be Defeated*

- Why do you need clarity in your life? Because you are attracted to distraction.
- See things without the fog. See things unbiased. See things the way they *really* are.
- What do I ask for in one of the promises you make when you receive Knowledge? “Give Knowledge a fair chance.” Have you? Do you give Knowledge a fair chance?
- What do you do when it comes to getting ready for the practice of Knowledge? Do you throw yourself on the bed, take the sheet, put it over your head, and then make a list of everything you need to do that day?
- All day long we throw our attention everywhere else. Do we even start to calm ourselves and focus on what we are going to be doing, “Ah...the opportunity to turn within is coming.”

*See the Value of Simplicity
and You Will Be Filled with Knowledge*

- Knowledge is simple. Don’t make it complicated.
- What is simplicity? The day you can see the moon for what it is! Not “full moon today” and “half moon tomorrow”.
- Heaven is here. So is hell. Here you can experience the Divine that is inside of you.
- To experience the Divine, you don’t have to go anywhere. Wherever you go, the Divine is with you.
- Knowledge is the simplest thing there is – a means to take your focus from the *outside* and put it on the *inside*. Do you have time for it?
- Do you know why you don’t understand Knowledge? You don’t *look* at it simply.

See Clearly Who You Are and You Will Not Be Disappointed

- The world disappoints you. I'm not the first one to say this. It was said a long time ago and has been repeated again and again and again. Don't fall victim to this illusion.
- I don't think there is a single person in this room who hasn't been disappointed, and we blame others for our disappointments.
- If you understand who you are, you are way beyond anything that Santa could have brought you, beyond anything you could have accomplished in school, beyond anything this world could ever give you.
- You are not all those things that make your ego run high.
- It's not how you look. It's how you *feel*. Come from the inside out, not the outside in. It doesn't matter how good you look – nobody can tell how you feel!

Feel the Joy Within and You Will Never Be Sad

- Joy and gratitude are gifts that the Master brings. That's why we're here.
- Joy! And then? Gratitude. Thankful to be alive. Thankful to understand. Thankful to appreciate.
- How many of you have ever felt sad? You don't have to feel sad. There is an alternative.
- You have something in you that if you give it a chance, it will take away your sadness. Acknowledge it.
- Even in that saddest moment, remember "It doesn't have to be like this". Everything can change.
- Some of you look back at your life and go, "Gee, I've wasted a lot of time." But when you have *realized* that you wasted a lot of time, does that inspire you to use your time more judiciously?

Fear vs. Phobia vs. Caution

- People have phobias. But all of that stuff is psychologically-rooted and can be resolved. Then there's being cautious. I don't have a problem with caution. Caution is good. The problem is *fear*. The biggest problem with fear is that it stops you.
- What kind of fear do you have? Fear of humiliation. Fear of not passing a test. Fear of not getting into heaven. Fear of what other people will say. A lot of that fear comes from indoctrination and can become habitual.
- Have you seen a drop fall down on water and disappear? Shouldn't that drop be scared? The water, in its nature, has no hesitation disappearing into where it came from.
- STORY: The Master who cut the legs off of the bed that someone thought monsters were hiding under. No more monsters!

Indoctrination

- The dictionary definition of "indoctrination": repeating an idea or belief to someone until they accept it without criticism or question.
- I want to bring to your attention what this whole thing of indoctrination does. It thoroughly corrupts our simple thinking. Then our efforts towards being conscious and focusing on experiencing the Divine disappear.
- Don't underestimate the power of indoctrination. It has affected you all your life and it will continue to affect you. But I want to remind you, *you have a choice*.
- You have been indoctrinated that you're not successful. But you are. You *have* succeeded. The day you received Knowledge, *every* door flew open.
- Knowledge is real. It's based on experience. It's not based on theory. It is not indoctrination. There is no doctrine. You *experience* it.
- The indoctrination you have is "Suffer, suffer, suffer". What we do is not about suffering. It's about "Enjoy, enjoy, enjoy, enjoy, enjoy".

God, Karma, Heaven, Death, Hell

- God, death, karma, and hell are all bound in fear. You cannot live your life like that.
- It does not mean that you won't ever have a difficult time, but the fact that you are alive is greater than any difficulty you can possibly have.
- You lose your loved one? That's a difficult time. Things become dark. You don't know what's going to happen. Every kind of fear starts to hit you. But there is also a reality. The reality is: *you are alive!*
- The strength of goodness is in every single human being. When it starts to come out, it is so powerful that nothing in the world can conquer it. That's where you have to get to. That's why you received Knowledge.

Introduction to the Four Pillars

- In the old days, Master was Master, listening was "satsang", participation was "service", and practice was "meditation". But it really doesn't matter what you call these four pillars. They are still there and are essential to the practice of Knowledge.
- There have always been four pillars. There's no change. This is quintessentially what was deemed to be *essential* for that opportunity for a person to pursue the endeavor of being a better person.
- Why do we call them "pillars"? When things rotate around something, it's called a "pillar". When something is anchored around something, it's called a "pillar".
- How we accomplish this whole thing of having really good memories is the four pillars.

The Master

- Is it possible to have peace in *your* world? Yes! And the person who makes this possible is called a "Master".
- What the Master does is let you *know*, "Hey, you're forgetting what's important."
- I'm not asking to be called a Master. We're just *referring* to something – someone who has *mastered something*.
- What matters is that you understand what Master stands for – somebody who's going to take this message and make it current and relevant to you.
- The Master makes the other three pillars (i.e., listening, participation and practice) relevant.
- The Master makes the following available to you: Events, Knowledge, Knowledge Sessions and Reviews, Trainings, Media, Interviews, Podcasts, PEP, and PEAK.
- You have heard many different iterations of what the Master should be called. You have heard "guru", "teacher", "friend". The latest iteration is this: that person who goes around *rescuing* people. Rescue from what? Rescue from unconsciousness – all the problems we create for ourselves.
- Referring to the dictionary definition of "rescue": The Master *recovers* us when we are down. *Salvages* because we keep squandering what we have. *Delivers you to you*. *Frees* you from ideas and the shackles of your concepts. The Master sets you free. *Liberates* you. *Extricates* you. *Releases* you. *Relieves* you of all the burden that you carry on your shoulders.
- The Master says, "Practice Knowledge. Exercise kindness. Feel the joy. Have clarity in your life."
- Everybody has a gift. Your gift is what your gift is. My gift is I can help you know yourself.
- STORY: Remember the story I told you about the empty yacht found in the middle of the ocean? There was no one on it, just scratch marks on the side. Seems like the captain invited everyone to jump off for a refreshing swim. But there was no ladder to get back on board. I'm your captain. I'm on board the boat and I am lending you a hand.

Listening

- Listening supports the gift of clarity.
- You listen so that all the cobwebs can be removed, all the dirt can be washed away.
- When the morning sun begins to shine, and the fog begins to lift, it is a magical moment. That is the power of those words that enlighten my path so I can see.
- The important thing is to be able to listen.
- Don't just hear, *listen*! There is a big difference. Listening is when you allow the understanding to go into you and *feel* what is being said.
- We have an amazing power to listen. Take the time to understand what listening is all about. Know how to deploy this power.
- What is the basic obstacle to listening? The brain is constantly trying to process: good/bad, good/bad, good/bad, good/bad, and no listening is going on.
- This is what Kabir says: "The fish in the water is thirsty. And it makes me laugh every time I hear it." We're not taking it in. We're *hearing*, but we're not *listening*.

Participation

- Participation supports the gift of gratitude.
- We used to call this "service". Now we call it "participation". No matter what you call it, the key is to make sure your heart is full when you go about it.
- Participation works when there is humility and understanding.
- Participation is not doing a job. It is expressing gratitude from your heart.
- There are a lot of ways to participate. This includes the Peace Education Program which continues to grow and have a major impact around the world.
- Some people think if they participate, then their heart will be full. No. Your heart has to be full first and *then* participate.
- Participate *only* when your heart is full, and when you *can* and *want* to participate.

Practice

- Practice supports the gift of joy. That's why we practice – so we can be *filled* with joy.
- Practice to become proficient. Practice to stay proficient.
- Practice means to get good at something, which is what I want you to do. Practice is not about becoming perfect so that one day you won't need to practice anymore.
- When you practice, it's beautiful. *Before* you sit down, you throw every single tantrum and make every excuse there is. But afterwards, there is an ocean of gratitude.
- How many excuses have you made *not* to practice? Is there ever going to be a time when you're going to shake off those excuses and say, "I'm going to take responsibility for my life!"
- What is the *experience* of practice? It's like Shri Maharaji said, "The experience of the practice of Knowledge is like falling asleep, but not being asleep."
- If you don't want to practice Knowledge, you don't have to. Whatever it is that you are doing, you do of your own free will.... There are no scare tactics here. You practice Knowledge because you want to.
- There are people who have back problems and people who cannot sit. Fine. You want to practice Knowledge lying down? Do it lying down. No problem.
- And not only practice Knowledge, but practice consciousness. Practice understanding. Practice what is good! Practice what is right. Practice what is important.
- What is our biggest challenge with practice? Focus. That is our biggest, biggest, biggest challenge.
- Practice a minimum of one hour every day. Not 59 minutes, not 58, not half an hour. Practice for one hour.
- What about practicing two hours? What about three? What about four? All I'm saying is "Practice at least one hour."

Your Existence on This Earth: Off, On, Off

- **O** — Do you know what this stands for? It's a zero. It's a standard symbol for "Off."
- **I** — Do you know what this stands for? "On!"
- **OIO** — Do you know what this stands for? That's your life. "Off. On. Off."
- You are *on*. It doesn't matter how old you are. You are *on*. And that means everything.
- Your mission is to make sure that the *sum* of the "On" is *greater* than the sum of the two "Offs." The tools have been given to you.
- Just for fun, I made this: **O Iam O**



MASTER AUDIO



Consciousness vs. Unconsciousness

- Dictionary definition of “conscious”: to be awakened to an inner realization of a fact, a truth, a condition.
- Dictionary definition of “unconscious”: the inability to maintain an awareness of self.
- When you lose all understanding of who you are, unconsciousness takes over, and you lose everything that is real.
- I’m not saying you shouldn’t talk on your cell phone. You want to watch YouTube all day? Fine. You want to watch Netflix all day, fine. But do it all *consciously*, not unconsciously.
- When I say, “Try to be conscious,” people think some monumental thing needs to happen. Really, what needs to happen is you have to be aware of yourself – *who you are*.
- The problem with unconsciousness is this: there is no result of it right away.
- Over the period of years of your existence on the face of this Earth, you have repeatedly ignored what feels good to you and clutched on to what feels bad to you. You have trained yourself to love the bad.
- Be conscious of who you are! You’re a human being! And you need to be aware of the beauty that is inside of you.

Unlearning

- Learn to unlearn. What does that mean? Let go of indoctrination, little by little. You don't have to do it all at the same time. Little by little, you will get lighter and lighter and lighter.
- The biggest obstacle to learning is what? *You think you know it all*. The pot is already full. Let go. It's OK.
- Learning takes a little bit of being humble. If you're humiliated, you're not going to learn, but if you're humble, you will.
- You have to unlearn a lot of bad behaviors. Be ready to unlearn. If you are ready to unlearn, indoctrination is not going to affect you.
- You have to understand that this thing called "winning" was fed to you. It was not naturally innate in you.
- You bought it. You ended up with jealousy. You ended up with fear. You ended up with anger. You ended up with *all* of those things you don't want.
- Know what to keep and what to throw away. Know the difference between the mind and the heart.
- STORY: The runner who, just before he crossed the finish line, noticed another runner behind him had fallen down. So, he turned around and helped the fallen runner finish the race. That is real winning. Kindness goes beyond expectations.

Expectations

- If there is anything that is going to be blocking your path, it's going to be expectations. Are you clear enough to put aside your expectations and accept something for what it is?
- Expectations get in the way of everything. With your family. With yourself. With your friends.... These expectations absolutely destroy everything.
- The biggest trick a magician has up his or her sleeve is *your expectations*. You're expecting one thing, and something else happens.
- Why are we so fascinated by the unusual? Why do we want the experience of Knowledge to be *unusual* when it is a very beautiful, simple, and *human* experience?
- When you received Knowledge, on that first day, you didn't have any expectations.
- Most of the people who came to Knowledge in the early days were looking for an anti-religion religion. This is not an anti-religion religion. This is about experience. You've got to *experience it*.

*Turn Around.
Make the Choice Not to Be Affected by It.
Move On!*

- Nothing will affect you until you allow it to affect you. Permission is required. You're giving yourself permission to feel bad, but you can also give yourself permission to feel good.
- When the time comes and you want to practice? Sit down and practice.
- When something comes in and wants to sabotage your practice, "I'm too tired. I have to do this. I have to do that." Do you listen to it?
- When you practice, afterwards, who feels good? *You do*. Your mind doesn't because it is saying, "Hey, where did you go? I can't boss you. I can't rule you."
- When you run out of road, and there's no more road left, don't worry. Turn around.
- Whatever you've been through in your life, don't carry the load. It's really heavy. Move on. The choice is yours.
- You practice Knowledge as a *free* person, not as a slave.

Focus

- Focus is our biggest, biggest, biggest challenge.
- What does it take to stay focused? I'll give you a hint. The word begins with "D". Discipline.
- Something is always distracting you. In our lives, with all our cell phones and our this and that, it is almost impossible to be disciplined.
- Focus on being alive. Don't focus on dying. Focus on *living*.
- However difficult your circumstances may be – whether you are a free person or somebody who's incarcerated – focus on making the most of your existence. Focus on the positive.
- Remember the day that you asked for Knowledge.

Grace

- What is grace? You being alive is grace. You being able to experience the Divine is grace. You being conscious is grace. You being kind is grace. You being in joy is grace.
- When do you suppose you first came across grace in your life? Your first breath and every single day after that, you have been in grace.
- When you wake up in the morning, open your eyes and understand that you are alive – is that not grace?
- You have the opportunity to practice Knowledge – is that not grace?
- That the Divine is inside of you – is that not grace?
- Feel the grace of your existence. Practice. Enjoy. Be free, not sulk, not become the expert at everything that is wrong with this world.

Know Where and How to Wash the Dirt

- Imagine a river. And the water in this river is clear. If you take the dirt that's on your hands and put your hands in this river and wash them, you can see the dirt float away from your hands into the water. Remember that. Know where and how to wash the dirt.
- Kabir: "The guru (the rescuer) is a washerman. You (the student) are the cloth. On the cloth, there is dirt. Wash. Knowledge is the cleanser. Wash this cloth on the stone of practice. And a tremendous amount of dirt will come out."
- Watch the river of time take the dirt and run with it. The river, amazingly enough, will take it away from you. Let it go.

Be a Better Person

- When somebody asked Hanuman, "Why do you follow Ram?" his reply was, "Because he makes me a better person."
- Why do you want to be a better person? For others or yourself? (Sometimes we want to be a better person to show off. "I want to be that cool cat that doesn't get mad.")
- Be a better person so you can really accumulate those beautiful memories you're going to need.
- To be a better person, you have to know yourself.
- Being a better person is a lifelong pursuit.

Stats on Global Initiatives

India – Guinness World Record Largest audience at a book reading for a single author

- Physical audience: 114,704
- Total Media reports: 149
- Total Audience: 585 million

India – Guinness World Record Largest attendance at a lecture

- Physical audience: 375,603
- Total Media reports: 65
- Total Audience: 251 million

Africa Tour

- Physical audience and livestream: 55,619
- Media interviews: 10
- Total audience: 190 million

Total media audience for India and Africa: 990 million

Peace Education Program

- 417,957 people participated
- In 80 countries
- In 40 languages
- 900 correctional facilities
- 1,400+ educational facilities

Food for People (India, Nepal and Ghana)

- Served 5.6 million nutritious meals.
- Improved health, school enrollment, and economic outlook. Reduced crime.

Other Humanitarian Aid

- Over 180 grants
- Over \$6.3 million
- 47 countries

Introduction to My Websites

- What used to be satsang in a hall is now literally in your living room – and there are podcasts you can listen to in your car.
- These are very exciting times. What used to be so scarce is now everywhere.
- I'm happy to report how well communication about Knowledge is going these days. We have more tools at our disposal than ever before – especially a wide variety of websites that feature a wealth of inspiration and information, including updates about my events, global Knowledge initiatives, videos, audios, podcasts, news stories, and ways to participate.
- When you get the opportunity, listen to what is being said. If you do, you will be profoundly amazed.

Here are the websites we currently have, with more local and regional ones to come.

[i4joy](#) (learn more about ever-expanding global resources to connect with my message).

[PremRawat.com](#) (a destination for anyone who wants to learn more about Self-Knowledge and the impact my work is having worldwide).

[TimelessToday®](#) (the website of my multi-media company. Lots of videos and podcasts).

[TPRF.org](#) (learn about the Peace Education Program, Food for People and my other humanitarian initiatives).

[WOPG.org](#) (updates and registration info about my events around the world).

[Intelligent Existence®](#) (updates about "Understanding More"™ Focus Sessions and other trainings).

[My Official YouTube Channel](#) (includes more than 447 videos and 514,000 subscribers).

[GrowWithKnowledge](#) (a place for encouragement, inspiration, and clarification).

[HearYourselfBook](#) (learn more about my bestselling book and how to order it).

A Lit Candle Can Light an Unlit Candle

- The basic premise in this new era of participation is this: A lit candle can light an unlit candle. This is a law of nature. If you take an unlit candle and put it next to a lit candle, it'll transfer the light. It won't go the other way, where the unlit candle will put out a lit candle.
- This is the premise of propagation. If that rule did not exist, you could not do propagation.
- Help light an unlit candle. This will be the norm.
- As people are finishing PEAK, now that they have Knowledge, what do they do? Of course, practice. And if they are lit candles, they can help light unlit candles.
- If we want a better world, be a lit candle. Be conscious. Be aware of what you are all about, your real potential.

A Look Ahead

- Propagation is growing. There's a huge amount of effort being made, and people are becoming aware of what this gift is.
- A new phase of propagation is coming in. The future of Knowledge is bright.
- I also know there is a new, young generation chomping at the bit to be let in. They really want to plug in.
- I want all of us to be ready for that new generation.
- I don't know how old you are, but if I were you, I'd begin making some sweet memories.
- You know the efforts being made to roll out the [Peace Education Program](#) and [PEAK](#)? I want communities to make these efforts regardless of whether I come or not.
- Whatever you have learned from the Understanding More™ sessions, make it happen for yourself because you have the choice.
- Enjoy this life. You have this wonderful gift of Knowledge. You're "On"! *You are "On"*. Be on! Stay on!
- There's no limit to *how* much you can enjoy Knowledge. There's no *limit* to how much you can feel gratitude. There's no limit to how much you can feel the Divine. These things are limitless. The more fine-tuned you get, the more you can dive deeper.
- You can write to me on [PremRawat.com](#).



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