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Book Review

Hear Yourself: How to Find Peace in a Noisy World
Prem Rawat, Harper Collins Publisher, 195 Broadway,
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ABSTRACT

Prem Rawat teaches us how to “hear ourselves” – to listen to the gentle symphony of peace that sings within each of us. Hear Yourself is a book that introduces readers to an ancient line of practical wisdom that teaches us how to listen in a simple way. The author have repeated the message that peace is always present within us and is attainable for good reason throughout this entire book. And this insight’s simplicity is crucial, but our restless mind can obscure and complicate it, separating us from the clarity of inner peace. There are many changeable things that demand our attention every day – one moment they make us feel happy, the next they bring us problems – but inner peace is constant.

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Prem Rawat, who was born in India in 1957, has over 50 years of experience from his incredible life path. Prem has offered amazing clarity, inspiration, and deep life learning to millions of people, from boy prodigy to 70s adolescent icon to worldwide peace ambassador. Prem Rawat, who is now based in the United States and is the founder of The Prem Rawat Foundation, works with people from all areas of life to teach them how to find peace inside themselves. His global effort reaches over 100 countries, delivering a practical message of hope, happiness, and peace to everyone one at a time. He is also a pilot with over 14,500 hours of experience, a photographer, a classic automobile restorer, and the father of four children and grandfather of four.

In this charming, insightful book, Prem Rawat teaches us how to “hear ourselves” – to listen to the gentle symphony of peace that sings within each of us. By asking one simple but powerful question: “Am I aware of where I am today and what I want to experience in this world?” he helps us focus – to be present.

Hear Yourself is a book that introduces readers to an ancient line of practical wisdom that teaches us how to listen in a simple way.

This book is divided into 12 chapters:

- The author described in the first chapter (**Get Past the Noise Between Your Ears**) that every day, we are given the wonderful gift of life. The important goal is to live life to the fullest and enjoy every moment of it. And the lotus blossom can provide us with inspiration when we are facing difficulties. Even when its roots are submerged in filthy water, it may thrive. The flower is always gorgeous, no matter how nasty its surroundings are.
- In the second chapter (**Discover Your Inner Rhythm**) the author clarified that for billions of years, there has been a force that has flowed across the universe. It existed before us and will continue to exist after we are gone.
- In the third chapter (Ground Yourself in Infinite Peace) author indicated that Perfection is a real experience of being able to just feel right now, not merely a memory of a childhood time and peace within us has nothing to do with anything else. Peace encompasses all other blessings, but nothing encompasses peace itself. This active mind of ours is perpetually prepared to intrude and interpret everything in its own way.
- In the fourth chapter (**Learn the Difference between Knowing and Believing**) the author talked about how we think profoundly influences, how we live. By utilizing our intelligence, we are able to comprehend both the challenges and opportunities we face, which enables us to make better decisions.
- In the fifth chapter (**Start with you**) the author highlighted that we should limit the burdens we carry, or perhaps it teaches us that much of life consists of simply doing what is necessary, and we should avoid wasting time on distractions. Each individual is responsible for his or her own happiness, but you make their happiness dependent on the souls and egos of others and in our world, everyone is concerned with changing humanity, but nobody is concerned with changing himself.
- In the sixth chapter (**Choose Gratitude**) the author talked about that what are you most thankful for in life? My family, my friends, my home, and my job are all wonderful blessings, but I sometimes feel that people only express gratitude for what they believe they should be thankful for. Always heard is “We must live for today!”.
- In the seventh chapter (Unburden for Rough Times) the author described when experiencing the pain of life, everything can seem like a source of suffering. Adversity casts a negative light on the world around you. As we navigate life’s challenges, two realities coexist: the bad that is constantly running through our minds and the good that will always reside in our hearts.
- In the eight chapter (**Free Yourself through Forgiveness**), the author refers to “Imagine a world where all people live in harmony”. The author emphasized on “**Learning to Choose**” where there is both conflict and peace within us, as well as clarity and confusion. We can only make the best decision if we comprehend ourselves.

In the next ninth chapter (Love in the Moment), the theme of the Chapter is very close to the author's heart. When he was born, given a name Prem means "love" – "A pure, unreserved form of love offered without expectation". Love comes in a variety of forms and greatly influences our lives. It takes some of us to the peaks and depths of experience, touching all of our emotions. But there are ways to think and feel about love that can help make it glorious and constant in our lives, as opposed to an occasional storm of pleasure and pain.

In the tenth chapter (Cultivate the Divine) the author mentioned the divine inside: First and foremost, we are human beings. The divine is extremely significant to us – it has shaped every aspect of our lives – but we do not consider ourselves religious. If you are spiritual, you should have the right to believe whatever you choose. When we live consciously in each moment, we experience heaven on Earth, and we accomplish this by being aware that we are blessed with existence.

In the eleventh chapter (Become the Universal Self through Kindness) the author put on light that the human form is one passing expression of that ever flowing cycle of life. Ultimately, we are all at one with each other, with the Universe

and with the divine. Our minds constantly work to shape the world around us, but existence is beautifully simple. The Divine spark of Universal power lies within us.

In the last chapter (Practice, Practice, Practice) The author recognises that the path from distraction and discontent to inner peace and a fulfilling life is not always straightforward. Sometimes we feel as though our story is being buried by the world's din. his chapter discusses the obstacles we face on the path to inner peace and what we can do to overcome them.

In the last we have discussed how the bustle of modern life generates noise all around us, but it is the noise within our own heads that has the greatest impact on our way of life. The author have repeated the message that peace is always present within us and is attainable for good reason throughout this entire book. And this insight's simplicity is crucial, but our restless mind can obscure and complicate it, separating us from the clarity of inner peace. There are many changeable things that demand our attention every day – one moment they make us feel happy, the next they bring us problems – but inner peace is constant.

- Ms. Sumedha Trivedi