

**REAL PEACE**

The peace I am talking about is the peace without which we would lose the very fabric of who we are, the peace that dances in the heart of everyone. The reality. The beauty. The joy. The true peace - not an absence of something, but the very presence of something. That is what is alive. That is what is possible. Even in the middle of a war, a person can experience this peace. Some people think freedom is when you get away from your house for the weekend. To teenagers, freedom is when they leave their parents' house. Freedom to parents is when their teenagers actually leave, not just threaten to leave, but actually leave. Is that freedom?

Freedom from my troubles. Is that freedom? Freedom from my concerns. Is that freedom? Freedom from my responsibilities. Is that freedom? I talk about a freedom that can be felt even in a prison. That's the freedom that no one can take away from me. Peace that cannot be disturbed - that is real peace. Freedom that cannot be taken away - that is real freedom.

**TWO WAYS**

We create and define our systems. People are still trying to define what God is. One of the definitions is: "God is indefinable." So we say: "Let's define that." One person says: "Be free of those ideas and concepts." And the other one says: "No, I love my concepts. There's nothing wrong with them." It becomes very personal. People get so caught up in definitions, ideas, and concepts.

And then the world engages in a fight: "There's only one God. But my God is better than your God." Do you find that logical? We have two ways of taking in information. One is theoretical; the other is practical. And between the theory and the practical lies a big mountain called understanding. On one side of the mountain is theory - keep talking, keep defining. On the other side of the mountain lies this wonderful phenomenon of feeling. So what is the difference between the two?

Let's say you went into a restaurant, sat down, and ordered a sandwich. You waited and waited, and then the waiter brought you the bill. You said: "But where's my sandwich?" And he said: "I brought you the sandwich; you ate it." There are actually people who would pay the bill and walk away totally confused.

All day long they would keep thinking: "Did I eat the sandwich? I'm still hungry. Maybe it was a little sandwich. Did I really eat it?" They would go home, sit down with their wife, and say: "Honey, is it possible to eat a sandwich and not know it?" Then they would go to the library. "I think I had a sandwich, but I really didn't have a sandwich - do you have a book on that?" "No." "Okay, I'll go look at the self-help section." That'd be a great book: You Thought You Had a Sandwich, But Did You? It would be a big seller. People could relate to it.

You are the only one who can decide whether or not you are feeling peace. It is not dependent on somebody saying: "By the way, you're experiencing peace. So keep quiet." No. You have the last word. You have to feel that peace, that freedom, not just write: "I feel free" three hundred times.

**PEACE INSIDE**

Some people say: "I heard his speech; it was nice, but he didn't give us anything concrete." What can I give you when you already have all that you need within you? It's like, what could you possibly give to a beautiful woman? If she's really beautiful, you could give her a mirror and tell her: "See what I see every day." I think that would be a romantic compliment.

Maybe it is possible that the woman would take it the wrong way and ask you: "Why are you giving me a mirror? What's wrong with me?" It's funny, but that's why we look at ourselves in the mirror - to see the faults. "Is my tie crooked? Is something stuck in my teeth?"

People stand in front of the Mona Lisa, and they all gawk and say: "Beautiful." There should be a mirror! Because there is no one like you on the face of this earth. Not even if you have a twin. There's no one like you. And there will be no one like you after you're gone. This is your time to begin to understand. And here is the concrete thing: to start to realize that all you ever wanted, you have. You have that freedom and that peace inside of you.

Information provided by: Mclraith / The Prem Rawat Foundation

**TIDES**

Nov 1 We	2 Th	3 Fr	4 Sa	5 Su	6 Mo	7 Tu
0451 1.0 1044 1.8 1655 0.8 2319 2.0	0534 0.8 1142 1.9 1735 0.7 2357 2.2	0612 0.5 1232 2.0 1810 0.7 2381 2.1	0632 2.3 1316 2.1 1843 0.7	0107 2.5 0724 0.2 1359 2.2 1916 0.8	0143 2.5 0803 0.1 1441 2.1 1952 0.8	0219 2.6 0846 0.1 1523 2.1 2030 0.9
Nov 8 We	9 Th	10 Fr	11 Sa	12 Su	13 Mo	14 Tu
0257 2.5 0935 0.2 1610 2.0 2114 1.0	0337 2.4 1035 0.3 1704 1.9 2208 1.1	0422 2.2 1146 0.4 1812 1.8 2339 1.2	0520 2.0 1249 0.5 1923 1.8	0118 1.1 0647 1.8 1346 0.7 2028 1.9	0235 1.1 0820 1.7 1444 0.8 2127 1.9	0350 0.9 0946 1.7 1541 0.8 2220 2.0
Nov 15 We	16 Th	17 Fr	18 Sa	19 Su	20 Mo	21 Tu
0451 0.8 1104 1.7 1634 0.9 2306 2.1	0538 0.6 1205 1.8 1720 0.9 2346 2.2	0616 0.5 1255 1.8 1759 0.9	0622 2.2 1336 1.9 1836 1.0	0054 2.2 0725 0.3 1412 1.9 1910 1.0	0123 2.2 0758 0.8 1444 1.9 1943 1.0	0151 2.2 0831 0.3 1512 1.9 2015 1.1
Nov 22 We	23 Th	24 Fr	25 Sa	26 Su	27 Mo	28 Tu
0219 2.2 0904 0.4 1539 1.9 2047 1.1	0248 2.1 0940 0.5 1608 1.8 2122 1.1	0320 2.0 1020 0.5 1645 1.8 2205 1.2	0355 2.0 1109 0.6 1737 1.8 2305 1.2	0437 1.8 1206 0.7 1850 1.7	0040 1.2 0539 1.7 1305 0.7 1958 1.8	0201 1.2 0725 1.6 1404 0.8 2055 1.9
Nov 29 We	30 Th	Dec 1 Fr	2 Sa	3 Su	4 Mo	5 Tu
0315 1.0 0901 1.6 1504 0.8 2146 2.0	0420 0.8 1020 1.7 1602 0.9 2233 2.1	0510 0.6 1127 1.8 1652 0.9 2316 2.3	0552 0.4 1221 1.9 1735 0.9 2359 2.4	0631 0.2 1309 2.0 1814 0.9	0040 2.5 0710 0.1 1353 2.1 1852 0.9	0121 2.6 0750 0.1 1435 2.1 1932 0.9

**'Please Explain'**

**Einstein Failed School**

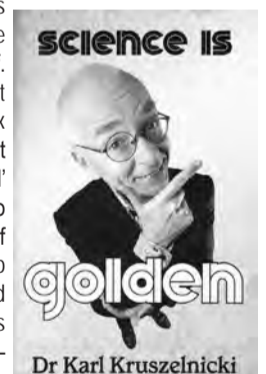
At the end of the 20th century, Time magazine voted Albert Einstein to be the Man of the Century. Albert was the guy who blew people's minds in the early 20th century with his Theory of Relativity (because Relativity was such a weird concept). Einstein was a genuine certified 'Mega-brain'. It is claimed that he even won the Nobel Prize for his work on Relativity. It is also claimed that Einstein failed at school. This has consoled generations of school children with poor school marks. But both of these claims – Nobel Prize in Physics for his work on Relativity. Part of the reason was that this theory, even in 1921, was still controversial. Let's back up a little. In 1905, Einstein had the biggest year of his life. He wrote, with the help of his wife, Mileva, five groundbreaking papers that, according to the Encyclopaedia Britannica, 'forever changed Man's view of the Universe'. Any scientist would have been proud to write even one of these magnificent papers but Albert published five of them in one year! One paper, of course, dealt with Relativity – what happens to objects as they move relative to other objects. Two papers proved that atoms and molecules had to exist, based on the fact that you could see tiny particles jiggling around when you looked at a drop of water through a microscope. A fourth paper looked at a storage property of light – the Photoelectric Effect, when they turn light into 700 billion tonnes of oxygen and organic matter. (And some people don't like plants!) His fifth paper was a mathematical footnote to his Special Theory of Relativity. It was called 'Does the Inertia of a Body Depend on its Energy Content'. This paper carries the famous E=mc<sup>2</sup> equation, where E is the energy, m is the 'mass', and c is the speed of light. If you convert a mass, m, entirely into energy, this equation tells you how much energy you get. My children and I were lucky enough to see this equation, written in Einstein's hand, when a Special Relativity manuscript came to Sydney as part of a worldwide tour. I felt an amazing sense of awe. The Theory of Relativity captured the public's consciousness. In the 1920s, there were claims that only five people in the whole world understood this theory. (Actually, these days a keen high school physics student could work through it). But it was the unglamorous Photoelectric Effect that won Einstein the Nobel Prize Committee informing him that he had been awarded the 1921 Noble Prize for Physics 'for your photoelectric law and your work in the field of theoretical physics'. There was absolutely no mention of Relativity. And now the second myth. Einstein definitely did not fail at high school. Einstein was born on 14 March 1879 in Ulm, Germany. The next year, his family moved to Munich, where he started school in 1886 at the age of seven. At the age of nine, he entered the Luitpold Gymnasium. By the age of 12 he was studying calculus – an advanced subject normally studied by 15-year-old students. He was very good at the sciences. But, because the 19th-century German education system was very harsh and regimented, it didn't really develop his non-mathematical skills (such as history, languages, music and geography). In fact, it was his mother, not the school, who encouraged him to study the violin – and he did quite well. In 1885, he sat the entrance examinations of the prestigious Federal Polytechnic School in Zurich, Switzerland. He was 16, two years younger than his fellow applicants. He did outstandingly well in physics and mathematics, but failed the non-science subjects, doing specially badly in French – he was not accepted. So he continued his studies at the canton school in Aargau, studied hard, and finally passed the entrance exams. In October 1896, he finally began his studies at the Federal Polytechnic (even though, at 17, he was still one year younger than most of his fellow students). Also in that year, he wrote a brilliant essay that led directly to his later work in Relativity. Einstein did not fail at high school, and was definitely not a poor student. So how did this myth start? Easy. In 1896 – Einstein's last year at the school in Aargau the school's system of marking was reversed. A grading of '6' previously the bottom mark, was now the top mark. (Einstein scored 4.91 out of 6 – quite a good mark.) A GRADING OF '1', previously the top mark, was now the bottom mark. Anybody looking up Einstein's grades would see that he had not scored any grades around '1' – which under the new marking scheme, meant a 'fail'. School children can't use this mythconception as a crutch any more – they'll just have to work harder...

**Special Relativity for Idiots**

Special Relativity is fairly easy to understand if you remember one thing – the only thing constant in the Universe is the speed of light. This is a slight oversimplification, but not too much. Light travels at about 300 000 km/sec, or 300 m every microsecond (or millionth of a second). Mass is not constant. As bodies travel faster, they get more massive. If they could reach the speed of light, their mass would be infinite (not just as massive as the entire Universe, but even bigger again – that is, infinite). Photons of light (which travel at the speed of light) get around this problem by having a mass of zero when they're not moving. When they are moving, they have a small mass. Length is not constant. As a body travels faster, its internal time slows down, until it reaches zero at the speed of light. The only thing that stays constant in all of this is the speed of light.

**Einstein's Brain**

Einstein's brain went 'missing' soon after he died in 1955. Thomas Harvey, a duty pathologist at Princeton Hospital, New Jersey, removed the brain within seven hours of Einstein's death and preserved it. It then became the subject of controversy, because the executor of Einstein's will, Otto Nathan, claimed that Harvey was a thief. Harvey left Princeton, and the brain 'vanished' until 1978, when the journalist Steven Levy found Harvey in Wichita, Kansas – and Einstein's brain in a box marked 'Costa Cider'. Harvey didn't really have small sections of it to expert neuroscientists. A brain has 'neurons' (so-called thinking cells) and 'glial' cells (which supposedly don't do any thinking, but just act as 'support' cell to the neurons). Einstein's brain looked average to the naked eye, and was of average weight. Under the microscope, it had a very high ratio of glial cells to neurons in the inferior parietal lobe – part of the brain that does spatial and mathematical reasoning. To the trained eye, the inferior parietal lobe was about 15% bigger than normal. Einstein's brain is finally back in Princeton – in a secret hiding place.



**ENTERTAINMENT**

**Rapper Nelly arrested over alleged tour bus rape** Rapper Nelly has been arrested after a woman accused him of raping her on his tour bus following a concert near Seattle. Police in Auburn said they arrested the artist after a woman called emergency services at 03:48 (10:48 GMT) to report a sex assault. The singer strongly denies the allegations and has now been released. "I have not been charged... therefore no bail was required," he tweeted. "I was released, pending further investigation." The singer tweeted that he was "beyond shocked that I have been targeted with this false allegation". "I am completely innocent," he said. "I am confident that once the facts are looked at, it will be very clear that I am the victim of a false allegation." Nelly, whose real name is Cornell Iral Haynes Jr, was taken into custody on a second degree rape charge, TMZ said. In a statement his lawyer also described the allegation as "completely fabricated". "Our initial investigation clearly establishes this allegation is devoid of credibility and is motivated by greed and vindictiveness," Scott Rosenblum said in a statement. Nelly is best known for his US number one hits "Hot in herre" and "Dilemma". He last released a studio album in 2013. In 2015 he was arrested on felony charges after police found drugs and guns on board his tour bus. The 42-year-old is currently on tour with the Backstreet Boys and Florida Georgia Line, and performed in Auburn on Friday night. The bus was parked near a local Walmart at the time of the alleged incident. A police statement said they were continuing to investigate. Nelly was due to perform on the Smooth Stadium Tour in Ridgefield near Portland on Saturday evening. *BBC*