

THE ULTIMATE EXPERIENCE - from a talk by Prem Rawat [Part 4 of 4]**AWAKEN THE THIRST**

Wherever I go, I say to people: "What you need is peace" and they understand. When I say life, people understand. When I say breath, people understand. The value for people to recognize and understand the preciousness of this gift, of this wealth, is the same—whether they're in Japan, in Africa, in India or in Australia.

There are some things that are innate to all of us. We may look different, but we're not. We may talk different, but we're not. I talk about the possibility of knowing. Knowing you. So that you can be you. Because without knowing you, you cannot be you and if you cannot be you, you cannot be happy like the cat and the crocodile and the cow. It's important for you to know yourself so that you can be as happy as you can be.

This is how simple it is. I know some of you probably wanted to hear the most sophisticated, mind-boggling thing there is. I'm sorry. It's simple. What you are looking for is within you. And that's not the issue. The issue is the thirst. The issue is the thirst. The issue is the hunger. The day you awaken that hunger inside you, you will find what you're looking for.

Maybe you pull into a gas station and ask the attendant: "Where is Rose Avenue?" If I was the attendant, I would ask you: "Where do you want to go?" You say: "No, no. Tell me where Rose Avenue is."

When you can experience that joy in your life, when you can understand the value of breath, you have truly begun to understand what life is. Right now, you understand your responsibilities, your chores, your duties. You don't understand life. And believe me, this world needs to understand what life is all about. So much energy is spent just to destroy. Destroy, destroy, destroy. There is so little that brings peace to people. I say: "No. Where do you want to go?"

And you say: "I want to go to the flower shop on Rose Avenue." And then I will tell you: "There is no flower shop on Rose Avenue. It's on Rose Street." Do you want to go to the flower shop? Or to Rose Avenue? This actually happened to me one time, in reverse. I went to a place where I was going to speak and there was an avenue and a street of the same name. The address on the invitation cards was the avenue and where they really wanted you to go was the street.

But regardless of that, where do you want to go? People tell me: "I'm looking for this and I'm looking for that." And I say: "Where do you want to go? I am familiar with this area—just tell me where you want to go and I'll give you very simple directions to get there." Too many people are caught up in the logistics of street names. They argue and fight with each other. "No, it's not Avenue. It's Boulevard."

Have they ever traversed those streets? Not a footprint. Nobody has walked on those boulevards since the day the cement was laid down. The arguments are about the street names. Somehow, the destination has been forgotten, and street names have become important.

In the world of the heart, in the world of this inner scape, destinations are important, not street names. Awaken in you, then, the thirst to be fulfilled. When the thirst to be fulfilled is awakened in you, you will find your destination. There is a saying: "Where there is a will, there is a way." The problem isn't the way; it's the will. Some people say: "I'm looking for God. I want to see God."

What God? With a beard? Eyes? Light? Void? A few particles? Planet? Palm tree? Mango tree? What? The god you're looking for is in all those things. And what does that which is in everything look like? Have you wondered? If you are clear about what you want, the best place to look for it is in you, not somewhere out there, because what you're looking for is within you.

YOU CAN KNOW

What is the way? Not the problem. Ignite the thirst. Ignite the hunger for knowledge, for understanding. Don't become a parrot: "Polly want a cracker. Polly want a cracker." Polly does not understand what Polly is and Polly doesn't have any idea what a cracker is.

Know. Do not repeat—know. Understand. That's your potential. That's one thing you can do. You can know. And you should know. You should be clear. This is your potential—to be clear.

Some people are going to say: "I've heard this before." Good. You obviously didn't pay attention. You're hearing it again. Other people will say: "I've never heard this before." Good! You finally heard it. So pay attention. And fulfil your possibility. Find out who you are so you can be who you are. Whenever, wherever, even in the darkest hours of pain and suffering, be who you are so you can be happy. So you can be content. So you can find peace in this life.

That is important. There are many, many important things that you have to do. Place this one at the top and then all that needs to fall into place will fall into place.

Information provided by: Mclraith / The Prem Rawat Foundation

From the "TRIVIA BOOK"

While known as a painter, sculptor, architect, and engineer, Leonardo da Vinci was the first to record that the number of rings in the cross section of a tree trunk reveals its age. He also discovered that the width between the rings indicates the annual moisture. He could write with one hand and draw with the other at the same time. Despite his great scientific and artistic achievement, he was proudest of his ability to bend iron with his bare hands.

From the "TRIVIA BOOK"

Mayonnaise is said to be the invention of the French chef of the Duke de Richelieu in 1756. While the Duke was defeating the British at Port Mahon, his chef was creating a victory feast that included a sauce made of cream and eggs. When the chef realized that there was no cream in the kitchen, he improvised, substituting olive oil for the cream. A new culinary masterpiece was born, and the chef named it 'Mahonnaise' in honor of the Duke's victory.

HEALTH**Drug shrinks ovarian tumours in early trial**

A new targeted treatment for ovarian cancer has shown "very promising" results in women in the advanced stages of the disease. It shrank tumours in about half of women who took part in a small trial. Researchers had only been testing the drug to see if it was safe for humans to take, but found it had an almost instant clinical effect. It is hoped the drug could help women who have stopped responding to all other currently available treatments. So far, it has only been tested in 15 women, and the researchers say it may not be safe to take

for more than a few months. However, ovarian cancer is a difficult disease to treat, and the prognosis in the advanced stages is very poor. Marianne Heath, 68, one of the patients who received the drug, said: "I had no other treatment choices, so I felt this was my only option. "I just want to keep going so I can keep the tumours at a level where I can enjoy my life. It isn't a cure, but it is life extension for me." Marianne had treatment over six months, and the drug shrank all three tumours in her body, taking away much of the pain she was experiencing. One tumour - in her back - has started growing again since she stopped the treatment in January, and she is undergoing radiotherapy for that, but the others are stable. The researchers, from the Institute of Cancer Research and the Royal Marsden NHS Foundation Trust in London, wanted to establish whether the drug, known in the study as ONX-0801, was safe, so they tested it on a small number of patients. But they found it significantly shrank tumours in seven of the 15 patients who took the drug - all seven carrying a particular molecule that the drug was specifically designed to target. ONX-0801 is the first in a new class of drugs which work by mimicking the ability of folic acid selectively to latch on to cancer cells, while leaving healthy tissue alone, thus reducing the side-effects often seen with traditional chemotherapy, such as infections, diarrhoea, nerve damage and hair loss. Once locked on to a cancer cell, the drug disrupts its chemistry by blocking the action of a key molecule, causing widespread DNA damage and cell death. The researchers, who hope to carry out bigger clinical trials as soon as possible, have also developed a test that can detect which women are most likely to benefit from the treatment. Study leader Dr Udai Banerji said: "The results we have seen in this trial are very promising. It is rare to see such clear evidence of reproducible responses in these early stages of drug development. "The beauty of this particular drug is that it is targeted to the cancer cell. This means there are fewer side-effects, making it a kinder treatment for ovarian cancer patients. "It's early days of course, but I'm keen to see this treatment assessed in later-stage clinical trials as soon as possible." Dr Catherine Pickworth, from Cancer Research UK, said: "It's encouraging to see this new drug is showing promise as a potential new treatment for ovarian cancer. "The next steps will be for researchers to test the drug in larger clinical trials to confirm it works and is safe, and to work out which women with ovarian cancer this drug could help." Prof Michel Coleman, of the London School of Hygiene & Tropical Medicine, urged caution. He said: "Shrinkage of tumours is important, but as the authors point out, that is not the same as producing the hoped-for extension of survival for women with ovarian cancer. "The excitement of the investigators is completely understandable, but one should be cautious about interpreting this result as a breakthrough for ovarian cancer patients until data on longer-term outcomes are available." The results of the trial were presented at the American Society of Clinical Oncology annual meeting in Chicago on Saturday.

Ovarian cancer:

The symptoms of ovarian cancer can be vague, and, as a result, the disease is not picked up until the latter stages in around six out of 10 women. In about one in five cases the disease isn't diagnosed until it is incurable. There were 7,378 new cases of ovarian cancer in the UK in 2014 and more than 4,000 women died from the disease. Symptoms can include pain in the abdomen or side, a bloated or full feeling and sometimes back pain, constipation or irregular bleeding. *BBC*

An egg a day appears to help young children grow taller

An egg a day might help undernourished young children grow to a healthy height, according to a six-month study in Ecuador. Whether soft or hard-boiled, fried or whisked into an omelette, eggs appeared to give infants a boost. It could be a cheap way to prevent stunting, say researchers in the journal *Pediatrics*. The first two years of life are critical for growth and development - any stunting is largely irreversible. **Too short for age** Poor nutrition is a major cause of stunting, along with childhood infections and illnesses. According to the World Health Organization, 155 million children under the age of five are stunted (too short for their age). Most live in low- and middle-income countries and health experts have been looking at ways to tackle the issue. Lora Iannotti and her colleagues set up a field experiment in the rural highlands of Ecuador and gave very young children (aged six to nine months) free eggs to eat to see if this might help. **Egg dinners** Only half of the 160 youngsters who took part in the randomised trial were fed an egg a day for six months - the others were monitored for comparison. The researchers visited the children's families every week to make sure they were sticking to the study plan and to check for any problems or side-effects, including **egg allergy**.



Stunting was far less common among the egg treatment group by the end of the study - the prevalence was 47% less than in the non-egg group, even though relatively more of these egg-fed infants were considered short for their age at the start of the study. Some of the children in the control group did eat eggs, but nowhere near as many as the treatment group. Lead researcher Ms Iannotti said: "We were surprised by just how effective this intervention proved to be. "And what's great is it's very affordable and accessible for populations that are especially vulnerable to hidden hunger or nutritional deficiency." She said eggs were great food for young children with small stomachs. "Eggs contain a combination of nutrients, which we think is important."

Balanced diet Prof Mary Fewtrell, nutrition lead at the Royal College of Paediatrics and Child Health, said: "In a way, it is surprising that more research has not been conducted using egg in this situation - although I know that in some cultures, parents do not necessarily find egg to be an acceptable early food mainly because of concerns about allergy. "Egg is a good nutritious complementary food that can be introduced as part of a varied diet once the mother decides to start complementary feeding - never before four months." She said eggs should always be well cooked to avoid any potential infection risk. The WHO recommends mothers worldwide to exclusively breastfeed infants for the child's first six months to achieve optimal growth, development and health. After the first six months, infants should be given nutritious complementary foods and continue breastfeeding up to the age of two years or beyond. The British Nutrition Foundation advised: "While eggs are a nutritious food to include, it's very important that young children have a variety of foods in their diets. Not only is this necessary to get all the vitamins and minerals they need, but also to allow them to become familiar with a wide range of tastes and textures. "A range of protein-rich foods should be provided when feeding young children, which can include eggs but can also feature beans, pulses, fish, especially oily fish, meat and dairy products." *BBC*