

Can The "Knowledge" Only Be Revealed by Prem Rawat [Guru Maharaji]?

As [Prem Rawat's father](#) and [previous Perfect Master](#) stated unequivocally, only an empowered [Perfect Master](#) in the [bona fide lineage](#) can reveal the [Knowledge](#).

"The Holy Name should be received from one who himself received it from his Perfect Master, and who is presently Perfect Master in a correct spiritual succession. From ancient times the Perfect Master has channelised His spiritual power to His disciples. Since the Name comes from the same spiritual tradition, it has become very powerful. He who teaches this Name is called the Guru, and he who receives it is called the disciple." [1](#)



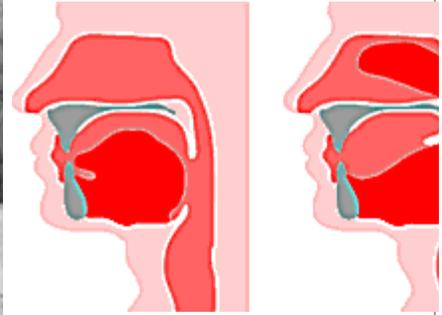
He was quite definite that it would be useless if revealed by someone else when he spoke in June, 1961, at [Prem Nagar, India](#)

"Sublime devotion, however, comes from implicit faith and confidence in the Satguru of the time, and it must be clearly understood that only He who can bestow God-vision instantaneously within oneself is the Satguru of the time, and no one else. In reality, He is God incarnate." [2](#)

Shri Hans used the language and culture of India when he spoke and though Prem Rawat now speaks in the universal language of English within the popular culture of the USA he has never said anything that contradicts the teachings of his father and previous Satguru. How could he?

The reason the techniques must only be revealed by the current Perfect Master can be best explained by giving a brief run-down on the Knowledge techniques themselves. Remember, according to Prem Rawat and his followers, reading this will not help you one bit unless you obey the authorised process. but [you can click here to learn the techniques from a video and make a choice.](#)

Learning the techniques will, undoubtedly, convince you that these methods could not possibly bring you to an incredible experience of joy and inner peace unless there actually are Divinely Incarnated Perfect Masters because they certainly couldn't work otherwise and his followers claim that "Knowledge works!"



In the first technique, or Divine Light as it was formerly known, place your hands thus: the thumb and middle finger of your dominant hand stroke across each eyeball from outer corner to inner, coming to rest with a

In the second technique, or Heavenly Music, place your hands thus: each thumb is placed in the ear and each hand is twisted upwards so that the four fingers of each

The third technique, or Holy Name, or the Word, involves following your breath. Many meditation traditions involve watching the breath in some way. In the early 1970's you were instructed to

The fourth technique, or Nectar, involves the tongue. The method was specific, and was the [yoga technique of Kechari Mudra](#), where you curl your tongue up to the roof of your mouth and into your nasal passage. In the 1970's premies were told to stretch their tongue back so that it went behind the uvula (that skin flap hanging down at the back of

<p>light but firm touch on the upper inner corner of each eyeball. Your forefinger rests in the middle of your forehead, just above the eyebrow line (your 'third eye'). In the early 70's the mahatmas who gave people Knowledge on Maharaji's behalf, and who performed this technique</p>	<p>hand rest on the top of your head, with each thumbtip lightly but firmly in each earhole, sealed with the twisting action.</p> <p>For the first sixteen or so years that Prem Rawat was teaching in the West, it was common</p>	<p>imagine, or in fact actually hear, the sound of the in and out breath as 'so-hung' (soham): 'so' on the in-breath, 'hung' on the out-breath. This changed in the mid-1970's to an instruction to just 'follow the breath'.</p>	<p>your mouth at the entrance to your throat) and then up into your nasal cavity. The ultimate aim was to connect the tip of your tongue to the base of your brain and become enlightened! In the 1987 Rejoice meetings, Rawat changed the technique to an easier version, where you simply rested the tip of your tongue on the roof of the mouth, and curled it back as far as was comfortable. All references to the</p>
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<p>on them, often used to press the eyeballs hard, in their enthusiasm. Certainly if you do press your eyeballs hard you see swirling colors, and premies used to think this was the Divine Light, rather than the neural entopic phenomenon that any child discovers when they squeeze their eyes. Later</p>	<p>for meditators to use a 'beragon', which was an arm rest shaped like a letter 'T' about 2 feet high - the bottom of the stem of the 'T' rested on the floor or cushion you were sitting on, and each elbow rested on the</p>		<p>uvula and nasal cavity were dropped.</p>
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<p>Maharaji gave direction to give Knowledge the 'gentle way', emphasizing that it was not the pressure on the eyeballs that counted, and the point of touching the eyeballs with the thumb and middle finger was simply to steady them to allow you to focus better.</p>	<p>crosspiece of the T. In the mid-eighties, Prem Rawat forbid the use of beragons, or any form of arm rest, and the meditator was required to hold their arms up without support.</p>		
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Until the mid-1980's everyone had to repeat the following vows, out loud, before they were initiated

- Oh my Guru Maharaji, I dedicate myself to your lotus feet. I am weak and ignorant and am filled with the impurities of this world
- Oh Guru Maharaji, please take my mind and purge me of the impurities I possess. Reveal to me the knowledge of all knowledge
- Strengthen me, uplift me and reveal the kingdom of heaven within inside of me
- Bring me from hate to love, from darkness to light, death to immortality
- I will OBEY you implicitly and will never reveal this knowledge to anyone for any reason
- I will keep in contact with you through my DEVOTIONAL LOVE, satsang, meditation and service
- Thank you my LORD for everything

During those early periods when Divine Light Mission was reasonably well-organised the initiatee was given [a Knowledge Kit](#) after "Knowledge was revealed". This kit include [the five commandments](#):

- Do not put off until tomorrow what you can do today
- Constantly meditate and remember Holy Name
- Leave no room for doubt in your mind

- Always have faith in God
- Never delay in attending Satsang

In 1973 a 24-year-old informant in an interview with [the Fifth Estate magazine](#) (a 1970's "counter-culture" publication), gave details of the four techniques:

Divine Light: "It involves pressing on your eyes. The retinas in your eyes are sensitive to light and they're also sensitive to pressure. And when you apply pressure to the outer areas of your eyes, it causes the nerve cells in your eyes to fire and stimulate your occipital cortex (visual area of the brain.) You get the sensation that your head is flooded with light."

Divine Music: "The mahatma directs you to sit with your thumbs in your ears and your elbows propped up on a wooden board called a braggan. They tell you to concentrate on one of your ears. You begin to hear sounds. Your body makes subtle little noises, your heart and your blood swishing around-it makes noise and that's what you hear. You have to do it in a really quiet room. Your powers of concentration increase with practice of the techniques. It's really a trip; your body's out-of-sight, it makes all these far-out noises and you can really get into it. They tell you it's Holy Noise, but it's just your body."

Divine Word: "That's the best one of all. It's basically a Zen

Buddhist technique where you concentrate on your breathing-you just follow it in and out. Normally, your mind just wanders about and thinks about a lot of stuff-sometimes you can't relax if you're worrying. If you can discipline your mind into an hypnotic-like routine like expansions and contractions of your lungs it can allow you to relax. So the Divine Word is the sound your breath makes. They say that what you hear is the Word of God within you.. They have this interpretation from the Bible which says in Genesis that "In the beginning was the word. And the word was 'God.' The exercise can mellow you out."

Divine Nectar: "It's really gross. In the back of your mouth there's a little piece of tissue that hangs down from the roof-it's called the uvula. When your nasal passages drain, mucus drips down from the back of your nose and sometimes it collects on that. The technique is to curl back your tongue against the roof of your mouth and get the tip to touch the uvula. They tell you that what you taste is Divine Nectar."

Fifth Estate: "In other words, Divine Nectar is nothing more than post-nasal drip."

Informant: "Right. But to do it effectively you have to stretch the tendon that connects the tongue to the bottom mouth. It takes about a year of practice to really get it."

Anyone wishing to investigate the mechanics of the techniques of Knowledge to fully understand why Rawat claims they require the grace of a living Perfect Master can see a fuller exposition of the techniques which is available at prem-rawat-maharaji.info or at ex-Initiator and ex-Instructor [Mike Finch's site](#) or use the video instructions at [the Key](#) which were revealed in the documentary "[Lord of the Universe](#)".

Prem Rawat says that [those people with doubts should search everywhere and go to all gurus](#) to try to quench their inner thirst [and to keep Maharaji in reserve](#). Finally when they understand that true experience can only be found through Prem Rawat, the Perfect Master [they can come to him](#). So should you wish to continue searching, other places that teach the same techniques include:

- Maharaji's eldest brother the so-called 'apostate' [Satpal Ji Maharaj](#) who [replaced Prem as Satguru](#).
- The [Self Realization Fellowship](#) of Parahansa Yogananda, the famous author of '[Autobiography of a Yogi](#)' ([available online](#))
- [Michio Kushi](#) the Macrobiotic Master [teaches the techniques in this book](#) but that's not the same as through [the Keys by DVD](#).

- Other [followers of Shri Swarupanand](#) teach the meditation techniques
- The [Radha Soami Satsang Beas](#) group teach similar meditation techniques.
- The [Siddha Yoga](#) group teach the meditation techniques as a minor part of their path.
- There are a significant number of former followers of Maharaji now trying to make a living by selling these techniques and training sessions based upon them. Needless to say you should avoid these people like the plague.
- The techniques are also a minor part of the system of Hatha Yoga and have been described in [Gheranda Samhita](#), the [Hatha Yoga Pradipika](#), the [Shiva Samhita](#) and can be taught by experienced Yoga teachers in your area. Click here [for further information](#).

However:

["If you want to wander and roam,](#) Go on, go on, Till you're tired
and you want to come home, Come home, come home, back to
Maharaji,

Maharaji holds the key" - these are lines from Prem Rawat's

Number One most used song: ["Teach Me Devotion"](#)

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1. Shri Hans Ji Maharaj, [*Hans Yog Prakash*](#). Divine Light Mission, Delhi, India, late 1960s
 2. Shri Hans Ji Maharaj, [*Who Is Guru Maharaji?*](#).

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