

Lockdown: A Series of Messages from Prem Rawat



***“Offer each other kindness and
understanding. This is the time for empathy,
clear thinking, and courage.”***

— Prem Rawat

TPRF Founder Prem Rawat is sending a series of personal messages to you to address these trying times. A trailer version of his first video is below. [Watch his full new messages as he posts them at premrawat.com](#)

We hope that you and your loved ones are safe and healthy and that you continue to take care during the COVID-19 pandemic. Please see the latest update on how the disease is impacting [TPRF activities here](#), and stay tuned to tprf.org for further updates.