

Peace Education Program Reinvigorates Seniors



The Prem Rawat Foundation released a new video that highlights how the [Peace Education Program](#) helps older participants discover their own inner resources to live more fulfilling lives: “Paz y Amor: Ecuador Seniors.”

The Peace Education Program has changed the equation for a group of seniors in Quito, Ecuador, giving them a reinvigorated sense of dignity and hope as they face the challenges of aging.

They call themselves the “Paz y Amor” (Peace and Love) group, a testament to their newfound optimism. The multimedia peace education workshops explore the meaning of personal peace, helping participants discover their own inner resources to live more fulfilling lives. Many of the participants in Quito say that the sessions helped them overcome the anxieties and marginalization that people often experience as they age.



“Seniors like us often feel that because we are old, we don’t count or are worthless — no good anymore, set aside,” says Haydee Catalina Ulloa Alviar, one of the workshop participants. “The messages in this course were very deep and beautiful. They help you find yourself and have self-love. You come home after the sessions and you’re motivated. You feel strong. You see things differently — you see how you should never give up.”

Each workshop features video excerpts of [Prem Rawat's](#) talks on themes such as peace, appreciation and contentment. A renowned speaker and best-selling author, Rawat has reached hundreds of millions of people across the globe with an empowering message that peace is possible for all individuals.

“The message he gives us allows us to look inside ourselves and discover what's inside us. It awakens a huge will to live,” says Jorge García, a volunteer who facilitated the peace education sessions in Quito.

In addition to seniors, the Peace Education Program has been proven to benefit other diverse groups of people in 84 countries, including university students, at-risk youth, inmates and veterans. The Prem Rawat Foundation makes the course, which is non-religious and non-sectarian, available for individuals and organizations at no charge.

“The course reminds us that life is not only about material things. Life is not only about technology. Life is about something more important: our inner being,” says Angelita Otañez, another participant in the Quito group.

[Learn how you or your organization can start offering the Peace Education Program here.](#)

