



**Subject: RE: PEP Program at Fairway Branch library - Sun City**

**Date:** February 27, 2013

Below is my recommendation of the PEP program – Gail

The Peace Educational Program (PEP) was brought to the Fairway Branch Library through an enthusiast of the Prem Rawat Foundation. PEP is a 10-week media-based workshop, facilitated by volunteers, that takes the individual on an intimate, thought-provoking and interactive journey to self. The theme-based programs focus on building self-awareness, inner strength with the ultimate goal of reaching personal peace. The program has shown me that in this often harried world of ours it is alright to “stop and smell the roses”.

I was fortunate to attend many of the workshops and came away with tools that I believe will help me to tap that resource of inner peace that I know is there and within reach. I highly recommend this non-denominational, enlightening program to anyone and everyone interested in wanting to go on a journey of self-discovery. The most important aspect that I learned was that perhaps one individual can't bring peace to the world but that one individual can bring personal peace to oneself.



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