The Impact of Peace Education Program around the World
A Program Designed and Implemented By

The Prem Rawat Foundation

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1) Introduction
The Prem Rawat Foundation (TPRF) is a U.S. based public non-profit charity funded by donors from over 50 countries and staffed mainly by volunteers. The foundation describes its mission as: “to address the fundamental human needs of food, water and peace so that people can live with dignity, peace and prosperity.” Since its founding in 2001, the Foundation has participated in a wide range of assistance projects related to food, water and peace in over 30 countries.

TPRF’s primary activities are channeled through three signature programs:

- Message of Peace
- Peace Education Program (PEP)
- Food for People

The focus of this research report is the PEP. In 2007, volunteers from TPRF began bringing videos of Prem Rawat’s international talks on peace to inmates around the world. At the request of prison officials, in 2012 TPRF developed a structured curriculum called the Peace Education Program (PEP), which held its first pilot program in June 2012 at an international business college in Brisbane, Australia.

Since 2013, PEP has been made available to a variety of groups and organizations worldwide. PEP purports to help people discover their inner resources such as strength, choice, and hope, and to explore the possibility of personal peace. The program is now being presented to civic and government groups; colleges, universities, and adult education programs; community groups; hospital and hospice staffs; seniors and retiree centers; parolee and prison rehabilitation programs; and special groups, such as veterans programs.

The curriculum consists of 10 hours of workshop media material focused on a selection of a number of core themes. Each workshop includes several video segments from Prem Rawat’s international addresses and other materials such as animated and video short films. The program provides written materials to support and strengthen the learning outcome of the participants. In each session, time is allotted for reflections and expressions of participants.

The main message of the program is that, while every person has a source of inner peace, many may never explore this innate ability and thus never find it. The Peace Education Program strives to set its participants on a journey to discover this possibility within themselves.
2) Elements of Peace Education Programs

Eight program target groups have been established and operating since 2013. They include the following:

2.1) Civic and Government Groups

PEP has been presented to civic organizations including the following: the Silverton Grange in Oregon; a homeless organization in Porto, Portugal; and civic centers throughout Sao Paulo, Brazil, in coordination with the Secretary of Justice, who also presented PEP for her staff, and the mayor’s office in city hall.
2.2) Community Programs

In 2013 PEP was offered through a variety of community education venues around the world. This includes an educational, library-style cultural facility in Subotica, Serbia; an international community center in Basel, Switzerland; several community centers in the Southern California area, as well as in many other countries. Since then, it has grown to include communities worldwide as diverse as a community center in Liverpool, England; the JCC in Providence, RI; and a library in Malibu, California.

2.3) Correctional Facilities
The Peace Education Program has been integrated into rehabilitation programs in correctional facilities and transitional pre-release centers across six continents. At the invitation of a number of these correctional facilities and PEP students, Prem Rawat has visited prisons and addressed inmates in India, Argentina, United States, and South Africa.

2.4) Education: College, University and Adult Education Programs

The PEP program is available to students around the world. It has been presented as a course within a business program in a college in Australia. As of 2013 courses have been offered in a college in Saskatchewan, Canada; in California State University Northridge (CSUN); and Cozumel University in Mexico. It is also in adult education settings such as AOF, one of largest adult education providers in Denmark; and SCOLA, an Adult Education Center in London, UK.
2.5) Health & Wellness

In 2013, the PEP program was launched for staff and volunteers at Evergreen Hospice in the Seattle, Washington area, then later at the Evergreen Hospital Center. In South Africa, the program was offered at Talisman, a halfway house for the mentally ill. In Adelaide, Australia, PEP programs were offered at Western Hospital and in Panangaa, a community mental health center.
2.6) Parolee Programs

PEP is available for parolees in several locations in Southern California, including Oxnard and Santa Barbara. PEP volunteers are regularly invited to introduce the program at PACT (Parolee and Correctional Teams) meetings in Oxnard and Ventura.

2.7) Seniors & Retirement Communities

There is a growing interest in PEP among senior centers and retirement communities around the world. PEP has been offered to seniors in such varied settings as Sun City, Arizona; Toronto, Canada; Guayaquil, Ecuador; Sydney, Australia, and others.
2.8) Veteran Programs

A PEP pilot program was offered to veterans in early 2013 in Weaverville, North Carolina. Outreach to other veterans associations is in progress.

PEP is seeing rapid global growth.

PEP has been translated into 10 languages: Danish, German, Italian, Norwegian, Portuguese (Brazilian and European), Spanish (Latin American and European), Serbian, and Swedish.

Ten more translations are in process: Bosnian, Chinese (Simplified & Traditional), Creole (for Mauritius), Dutch, French, Greek, Japanese, Slovene, and Tamil.

PEP has been presented on all seven continents now, including Antarctica. A TPRF volunteer who works at a science research lab in Antarctica is presenting PEP to his colleagues.

The Correctional Education Association (CEA) is adding some PEP videos to its pilot program offering tablet-based courses for inmates. If interested, the prisons will contact PEP to receive the complete program.
3) Survey of PEP Participants and Its Outcome

TPRF believes that peace education has a place in everyone’s life, and that it is especially important to help people who are incarcerated to explore their inner resources, rehabilitate successfully, and return to society as more productive citizens. The Foundation expects the program to bring the following impacts:

- Positive impact on one’s relationships with others
- Development of social skills
- Realizing the choices each person has in life
- Discovery of one’s inner strength
- Becoming hopeful
- The ability to feel contentment regardless of change in living conditions and circumstances

Participants are asked to complete a survey questionnaire featuring both structured and unstructured responses. This report presents the findings of this survey.

3.1) Principal Elements of Program Evaluation

Over the last few years many testimonials and personal letters have been sent to TPRF expressing the views of people who have gone through the Peace Education Program. Several organization officials who hosted the delivery of PEP have reported seeing positive changes in participants. This research study was done to evaluate the feedback from a broad spectrum of participants to represent the whole.

A questionnaire was designed and data has been collected since 2012 from the graduates of the program from various groups and locations around the world. The questionnaire was translated into several of the languages in which the program has been offered, and responses were gathered from people on several continents from January 2013 until the end of April of 2014. Below is a detailed list of locations and regions where surveys were completed:

Surveys Conducted in Various Regions of the World

- **South Africa**
  - Cullinan, S. Africa – Zonderwater Prison Med B (2 PEPs)
  - Johannesburg, S. Africa – JHB Correctional Med B (2 PEPs)
  - Johannesburg, S. Africa – JHB Correctional Female (2 PEPs)
  - Cape Town, S. Africa – Pollsmoor Correctional
  - Johannesburg, S. Africa – Talisman house (mentally ill)
  - Johannesburg, S. Africa – JHB Correctional C
  - Cullinan, S. Africa – Zonderwater Med A
- **Europe**
  - Basel, Switzerland – International community
  - Vila Real, Portugal – Vila Real Prison
  - Liverpool, UK – The Florrie community center
  - London, UK – SCOLA Adult Ed
  - Odemira, Portugal – Odemira Prison

- **Latin America**
  - Sao Paulo, Brazil – Civic Center

- **North America**
  - **Canada**
    - Toronto, Ontario – North York Senior Center (2 PEPs)
  - **United States:**
    - Oxnard, CA – Parolee program
    - Evergreen, WA – Hospice staff
    - Providence, Rhode Island – ACI (men’s prison) (2 PEPs)
    - Atlanta, GA – Men’s Transitional Center (2 PEPs)
    - Sun City, AZ – Retirement community
    - Gainesville, FL – Lowell Institute (women’s prison) (3 PEPs)
    - St. Lucie, FL – St. Lucie County Jail
    - Clarksburg, MD – MCCF (jail)
    - Weaverville, NC – Veterans program
    - Evergreen, WA – Hospital
    - Silverton, OR – Silverton Grange (civic org.)
    - Malibu, CA – Library program
    - Phoenix, AZ – Lifeprint Retirement Center
    - Santa Cruz, CA – Rountree Jail
    - Thousand Oaks, CA – Hillcrest Center
    - Oxnard, CA – Community center
    - Unidentified city, US – Women’s Jail
    - Providence, RI – JCC Community center
    - Asheville, NC – NC Detention Facility

- **Pacifica**
  - **Australia**
    - Adelaide, Australia – Western Hospital
    - Sydney, Australia – Marrickville Library
    - Sydney, Australia – White Dog Community Ctr.
    - Adelaide, Australia – Western Hospital
    - Adelaide, Australia – Association for the mentally ill
    - Sydney, Australia – Retirement village
    - Sydney, Australia – Retirement center
  - **New Zealand**
This report is based on 365 completed surveys from the above-listed locations, representing a participant population of approximately 1,400 people.

The surveys were gathered from eight types of organizations within the regions presented above.

**Surveys by Program Type**

**Civic & Government organizations:**
- Silverton, OR – Silverton Grange (civic org.)
- Sao Paulo, Brazil – Civic Center

**Community programs:**
- Basel, Switzerland – International community
- Sydney, Australia – Marrickville Library
- Malibu, CA – Library program
- Liverpool, UK – The Florrie community center
- Thousand Oaks, CA – Hillcrest Center
- Oxnard, CA – Community center
- Providence, RI – JCC Community center

**Correctional facilities:**
- Providence, Rhode Island – ACI (men’s prison) (2 PEPs)
- Atlanta, GA – Men’s Transitional Center
- Cullinan, S. Africa – Zonderwater Med B
- Spring Hill, NZ – Spring Hill prison (4 PEPs)
- Gainesville, FL – Lowell Institute (women) (3 PEPs)
- Johannesburg, S. Africa – JHB Correctional Med B (2 PEPs)
- Johannesburg, S. Africa – JHB Correctional Female (2 PEPs)
- Cape Town, S. Africa – Pollsmoor Correctional
- Johannesburg, S. Africa – JHB Correctional C
- St. Lucie, FL – St. Lucie County Jail
- Clarksburg, MD – MCCF (jail)
- Cullinan, S. Africa – Zonderwater Prison Med A
- Cullinan, S. Africa – Zonderwater Prison Med B
- Vila Real, Portugal – Vila Real Prison
- Hawkes Bay, NZ – prison
- Santa Cruz, CA – Rountree Jail
• Unidentified city, US – Women’s Jail
• Asheville, NC – NC Detention Facility
• Odemira, Portugal – Odemira Prison

Educational:
• Dannevirke, New Zealand – Adult Ed Center
• London, UK – SCOLA Adult Ed

Health & Wellness:
• Evergreen, WA – Hospice staff
• Adelaide, Australia – Western Hospital
• Johannesburg, S. Africa – Talisman house (mentally ill)
• Evergreen, WA – Hospital
• Adelaide, Australia – Western Hospital
• Adelaide, Australia – Association for the mentally ill

Parolee Programs:
• Oxnard, CA – Parolee program

Seniors & Retirement Centers:
• Sun City, AZ – Retirement community
• Toronto, Canada – North York Senior Center (2 PEPs)
• Phoenix, AZ – Lifeprint Retirement Center
• Sydney, Australia – Retirement village
• Sydney, Australia – Retirement center

Special Groups:
• Weaverville, NC – Veterans program

PEP has spread more widely among the correctional facilities across the world.

83% of the surveys processed (302 out 365) were gathered in 2013 and the remaining 17% were collected in 2014 through April.

3.2) Summary of the Findings
As mentioned earlier, the program is expected to bring the following impacts:

• Positive impact on one’s relationships with others
• Development of social skills
• Realizing the choices each person has in life
• Discovery of one’s inner strength
• Becoming hopeful
• The ability to feel contentment regardless of change in living conditions and circumstances
The premise of the program is that, within a set number of weeks, program participants attend a number of classes on a regular basis. During these sessions, they listen to and watch educational videos, express themselves, and develop a sense of where they are going in their lives and where they want to be in the future.

Based on the research, the overall impact of the program is to offer motivation for participants in determining positive ways of seeing themselves in the present and future.

Upon completion of the program, the participants were asked to look back into their experience and answer a series of questions that were directly based on the curriculum of PEP. Two responses are requested for each question: before PEP and after PEP. Their 365 responses are summarized below.

### 3.2.1) Comparing Impressions from Before the Start of the Program and After Its Completion

![Graph showing comparison between before and after the program.]

The above chart shows a tremendous improvement over the course of the education with regard to believing that reaching and feeling peace is a possibility in the lives of the respondents. In the beginning less than 42% believed that feeling peace was a possibility for them. After the program was over, almost 100% believed that it was a possibility. Indeed, three quarters of them (74.3%) strongly feel that peace is a possibility in their lives.
The above question asked the participants to look more deeply into the inner resource of appreciation. The outcome shows a tremendous improvement from a total of less than 50% who agreed or strongly agreed with the statement before the PEP to more than 98% upon completion of the program. The greatest improvement occurred in those who strongly agreed with the statement from a mere 5.8% in the onset of the program to almost 70% upon completion of the program.

Being aware of one’s inner strength is one of the principal objectives of the program. The above chart shows that upon completion of the program almost every participant (98.9%) said that they were aware that they have the inner strength, which they can draw from when they need the help in their lives.
Being more consciously self-aware is another important objective of the PEP. Almost everyone who participated in the program (98.6%) said that by knowing their inner strength and resources they can become more self-aware and live their lives more consciously. The improvement in this area was impressive and showed a surge from a total 46.7% in the start of the program. Upon completion of the program, more than three quarters (75.7%) said that they strongly agreed with the statement as opposed to a mere 7.5% in the beginning of the program.

The above question asks the participants to assess their ability to reach clarity as one of their inner resources and assess the impact of reaching this state of mind in dealing with their day-to-day life. The response of the participants shows that this was one of the most challenging aspects for many when they started the Peace Education Program. Only 2.2% said that they strongly agreed with this statement. Another 28.7% said that they agreed with the statement. Putting these groups together the total percentage of the respondents who agreed with having such awareness before the PEP was about 30.9%, less than a
third of the participants. Upon completion, the total percentage of those who either strongly agreed or just agreed reached 94.8%, showing a significant improvement. In fact, 66.9% said that they strongly agree with the statement.

The above chart shows that many respondents were challenged to distinguish between belief and knowledge before their PEP experience. Only 11.1% said that they strongly agreed with this statement when they started the program. Another 35.5% said that they agreed with the statement in the onset of their educational program. Upon completion the level of those who strongly agreed reached 63.1%, a six-fold increase. In total upon completion of the program, some 96.4% of the respondents said that they understood the difference between believing and knowing something from their own experience.

PEP aims to convey that appreciating simply being alive, regardless of one’s circumstances, is a valuable inner resource. Only 9.7% of the respondents stated that they could strongly agree with the statement when they began the program. Upon completion,
67.9% (more than two thirds of the participants) strongly agreed that they could recognize that there is an innate dignity in being alive regardless of their own circumstances. Indeed almost all (97.6%) either agreed or strongly agreed with the statement upon completion of their peace education.

PEP aims to increase awareness of the individual power and the freedom to make one’s own choices and thus influence one’s wellbeing. This understanding reflects one’s individual responsibility for peace and contentment. Only a small percentage of the respondents (17.4%) strongly agreed that they recognized this when they started this program. This ratio increased to almost 80% of the participants upon conclusion of the program (four out of five). Overall almost all (96.7%) of the participants stated that they agreed or strongly agree with this statement at the end of the program.

PEP aims to increase awareness of the individual power and the freedom to make one’s own choices and thus influence one’s wellbeing. This understanding reflects one’s individual responsibility for peace and contentment. Only a small percentage of the respondents (17.4%) strongly agreed that they recognized this when they started this program. This ratio increased to almost 80% of the participants upon conclusion of the program (four out of five). Overall almost all (96.7%) of the participants stated that they agreed or strongly agree with this statement at the end of the program.
said that they were in strong agreement with the statement and understood that they have 
a power of hope within themselves. Upon completion of the program, the rank of 
participants with a strong level of understanding increased to three quarters of all who 
participated and responded to the questionnaire. In fact, upon completion of the program, 
97.5% of the respondents said that they either agreed or strongly agreed with the 
statement that they understand that hope is an inner resource that they can draw on to 
help them live through challenging times in their lives.

PEP aims to increase its participants’ ability to experience contentment even in difficult 
times. Only 4.7% of respondents said that they strongly agreed with this statement in the 
beginning of the program and 29.6% said they agreed. Upon conclusion of the program 
the total percentage of those who either strongly agreed or just agreed with this statement 
reached 93.7%, out of whom 66.9% (two out of three respondents) strongly agreed with 
the statement.

The positive change between before and after in the distribution of responses presented 
above is obviously very significant. Further analysis tracks these changes by respondent. 
For each respondent, the average before response and average after response were 
calculated. The following is a cross tabulation of these averages.
We see that some respondents reported before scores that were Low (1 – 1.99), some in the Mid-Range (2 – 3.99), and some High (4 – 5). 95% of all ended High. 29% started at less than 3. No one ended less than 3. To have an average score of 5, the respondent must answer 5 to all 10 questions. No respondent had a before average of 5 but 30% had an after average of 5.

The difference between the before average and after average for a respondent indicates the program impact for that person. However, since respondents began at different places, the numerical value of the change may be misleading as an indicator. A change from 2 to 5 and a change from 3 to 5 are both very significant. To normalize these values for statistical purposes, a PEP Impact Index (PII) was calculated for each respondent as the change divided by the headroom. In other words:

$$\text{PII} = \frac{\text{After avg} - \text{Before avg}}{5 - \text{Before avg}}$$

PII measures, as a percent, how much of the potential improvement was achieved. Thus, a change from 2 to 5 and a change from 3 to 5 both have the same PII, namely 100%. If a respondent started at 1, and ended at 4.2, the PII is 80% (3.2 / 4). A respondent who started at 3 and ended at 4.6 also has a PII of 80% (1.6 / 2).

The following chart shows the frequency distribution of the PII scores for all respondents vs. a hypothetical normal distribution of the same scores.

Any variance from the Normal Distribution is "interesting" statistically speaking. Here the variance is very interesting indeed.
TPRF might have been pleased with the Normal Distribution result as shown here – an average PII of 50%, with higher and lower scores distributed as one might expect. That would be a very good thing on the issues measured here, and especially for a population that includes many correctional inmates, a situation that is obviously challenging for the topics being measured here.

However, the actual distribution is dramatically better than Normal. The mean (average) is 80%. The median (middle point) is over 80%. The mode (most frequent result) is 100%. This chart is perhaps the clearest indication that the impact of PEP is felt by its participants as deeply and powerfully positive on the survey form topics.

### 3.2.2) Demographic Findings

The following charts show some of the most salient demographic information about those who participated in the program. No significant variations in the before/after results were observed across demographic differences.

#### Employment Status of Respondents

<table>
<thead>
<tr>
<th>Employment Status</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business Owner</td>
<td>3.95</td>
</tr>
<tr>
<td>Full-time Employed</td>
<td>18.42</td>
</tr>
<tr>
<td>Part-time Employed</td>
<td>14.14</td>
</tr>
<tr>
<td>Self-employed</td>
<td>10.86</td>
</tr>
<tr>
<td>Student</td>
<td>10.20</td>
</tr>
<tr>
<td>Unemployed</td>
<td>42.43</td>
</tr>
</tbody>
</table>

The above chart shows that a large number of the respondents were unemployed during the course of the program. This should not come as a surprise as a significant number of the respondents were in prison.
By comparison there were more males than females who took the program and participated in the program evaluation.

It is interesting to note that 13.70% of the respondents had a college degree and indeed 9.06% of the total had a postgraduate qualification. More than a quarter of the respondents did not graduate from high school.
The largest proportion of the respondents, 50% of the total, were 26 to 45 years of age. There was a noticeable proportion of people over the age of 56 (19.1%). On the other hand, more than 15% were in the youngest age bracket of 19 to 25.

### 3.2.3) Take Away from Open-Ended Questions

The questionnaire had three open-ended questions. They were: What participants liked most about the program; what they would like to see improved; and any additional comments they wished to make.

Responding to open-ended questions usually indicates the level of importance that survey respondents place on a specific survey. It is interesting to note that there were hundreds of open-ended responses. We have taken each segment and placed them in the appendix of this report. They are in their verbatim form and may contain spelling or grammatical errors. The statements are, however, very rich in content and clearly convey the messages of their writers.

**Summary of “What did you like most about Peace Education Program?”**

- Opening a new vision and a new way to look into their lives
- Finding new ways to be happy and reach contentment in life
- Finding new dimensions and reaching a better understanding about themselves
- Finding that one has a choice on how to lead his/her life
- Discovering the inner peace in one’s life
- Finding the meaning of peace and forgiving others who have done wrong in one’s life
- One can be in peace regardless of the existing circumstances (being in prison or other places)
- Being hopeful about life and realizing one’s own power
• The conduct of the classes, speakers, music and the overall atmosphere

Summary of “Is there anything about the Peace Education Program that could be improved?”

• A large segment of the respondents like PEP as it is and do not see a need for any change
• Some changes in the format and occasional audio problems in certain places
• Language problems—need for translation into some local languages (Africa)
• More time to discuss
• More speakers
• Shorter breaks
• Easier access for people who want to take this course (probably mostly coming from inmates)

Summary of “Any other comments that you wish to make?”

• The largest group of respondents thanked the organizers for the program and the opportunity given to them
• Having the opportunity to take this course and learn its contents
• Wishing that this program could reach more people
• Very unique program in many ways
• Giving the participants what they need in their lives
• Wishing they could have been exposed to it earlier in their lives
• Helping them with what they need in their lives and work
4) Conclusion and Ideas for the Near Future
The survey results suggest that the program is succeeds in delivering a message of peace and in having a positive impact on the state of mind of the program participants. No significant variations in these findings were observed across demographic differences. In sum, the following conclusions can be reached:

- Participants found the program helpful in discovering inner resources that most had not been aware of.
- Participants understood that they have the choice to be successful and to live in peace, regardless of their existing life circumstances.
- Participants discovered the power of hope and of being hopeful in life.
- Participants realized the gift of being alive and the dignity of life, regardless of circumstances.
- Participants discovered the difference between believing and knowing something in life.
- Many participants expressed that their lives would have been different if they had benefited from this education earlier in their lives.
- Many want the program to be extended to many other places to reach a much larger number of people in other organizations, places and locations.
- Most respondents were grateful for the program and did not express a need for program changes.
- Proposed changes included making PEP accessible to people who speak different languages.
- Many believed that their lives will be better and that what they learned can help them in their lives and work.

Suggestions:
- For the most part, the program seems to be optimal for a variety of audiences.
- There is great potential to expand the program and offer it in many more places of different types.
- The program seems to have a positive impact, regardless of the existing socio-economic or demographic conditions of the program participants.
- There are good ideas and suggestions in the comments of the respondents. Paying close attention to them can be valuable to the organizers and to future PEP participants.
Verbatim Comments and Open-Ended Responses

Q2: What did you like most about Peace Education Program?

- A new found energy for life
- A seremidade. I empenho dos representantes
- A very personal journey, having to look within gives a feeling that peace/happiness is possible at any time.
- About what I like with this programme is to understand where I from, who I am, has human been respect others
- Acquisition of sustainable knowledge about myself, empowerment, re-affirmation of successful alternative living
- Advices and being merchod as a person knowing yourself better than before.
- Animated segments. The teacher’s imput, his experience.
- Appreciation – I want to appreciate my life. In that appreciation I can admire the beauty of this life. This isn’t about teaching somebody how to play violin, this is about appreciating what already is playing within you.
- Before I came to prison I have been working hard to satisfy my need and happiness. Now I realise its within me.
- Before I started I had no peace. I learnt peace is inside
- Being allowed to just “be with” content of presentation
- Being gently reminded of simple truths that I have forgotten - smile
- Booklets
- Brought a new way of thinking. Different reality. A new clarity - hope
- Cartoons
- Cartoons!
- Changes peoples views & thoughts. Everybody to find peace within him/ herself. Live in joy & happiness.
- Choice. Clarity. Appreciation
- Clarity. Inner peace. Learning that peace is already in me.
- Clarity. The hill of clarity in a field of statues of our emotions.
- Clarity. Understanding. Practice and Inner Strength
- Comments about life. Helped me to be able to help others, to feel valid and no to loose faith.
- Concepts of peace, contentment, etc. Discussions on reflections in classroom. Review of what I believed in already, & making it stronger
- Contentment. Clarity. The inspiring understanding advice
- Discover my inner strength. Share your expression/say how you feel. Understanding
- Discovering the inner peace and the importance of existance.
- Dit her ang of myself in moor duycluk gomoak. Dat door keep ur my is. Ek het sonker leve on ek dit meet aangrp
- Easily understood so can be incorporated into thought processes.
- Easy to understand, full of meaning to me and my life. Also a great tool in my role as a counsellor in the AOD sector.
- Easy to understand, listen to. That the information is for everyone
- Enlightening. Enabling. Inspiring. Life enhancing, consoling. The program attended to “the meaning of life”
- Everything I saw was good for me.
-Everything about it, it’s best to know and love peace, and I never knew it was within me.
-Expressing your opinion about each topic. You feel free to talk cause no one is wrong or right.
The time you spend, you benefit a lot and you don’t forget
-Feeling connected in each section
-Finding out about program & Prem Rawat. Information
-Finding peace inside myself. Learning about my strengths. That we all have hope
-First the discovery of peace, understanding my inner strength, that all that I need is within me.
-Focusing on topics, incredible insights, and the course helped me to see he is a mirror — a good one!
-Gentle, kind environment & knowledge gained. Prem has a beautiful spirit. Delivery
-Getting inner peace. Understanding any emotions better
-Give me extra knowledge about what I didn’t know before – peace, this great filment. I believe peace it is inside everyone.
-Gives me something to think about. Gives me knowledge to understand my self
-Gratitude. Prem Rawat’s metaphoric lessons
-Great speaker – timely. This is a message probably as old as time, but one we need to hear over & over as we always learn something new from hearing it, as well as being encouraged
-How it built on itself over the course of 10 weeks. Very positive – made you feel you could do this. Other participants & their comments / discussion.
-How it made me feel! Very inspirational! Impressive content and delivery.
-How it made me think about what was being said
-How its teaching us about humility and how to handle any situation that come across.
-How my way of thinking changed after watching the DVDs. The sympathy of the volunteers
-How simple ideas such as clarity and hope can help shape your life. Every time I discover something new about my self
-How strongly Prem Rawat is about the program.
-I can feel contentment, happiness & joy, and is possible. I am alive because I have a great gift of all gifts. Peace is inside me. It has to be felt within.
-I could keep in my own reality without going to other people’s reality to be content.
-I did not know that I can feel peace. I was like the world need peace. This program open my eyes, now I know there is a possibility for me to feel peace
-I discovered the most important thing, which is peace that is within me.
-I discovered the most important thing, which is peace that resides within me.
-I enjoy the whole programme, the way Prem Rawat guide me to find the inner strength.
-I enjoyed listening to all parts of the program. Something stayed inside me, with peace and tranquility
-I enjoyed the getting together, the sincerity and the good sense of the people.
-I felt the Peace Programme reinforced what I had been trying to achieve. It has been a great experience.
-I forgave those who hurt me so I can be with peace in my heart.
-I got to know the real meaning of peace and how important it is in life.
-I have always looked for the good in everyone & everything. This program has added to this.
-I have enjoyed all of the classes, but probably the first “Peace” had the biggest impact.
-I have realized a lot of how my self is the one!
-I know what peace is about. I had peace in my life but this class find myself
-I learn that peace is inside. Thank god at every day in the morning because peace is you need
-I learned to discover my inner self. I realised what the purpose of life is.
-I learnt to inspect my inner self. I discovered qualities I did not know about. I also discovered my inner peace.
-I learnt the ability to forgive. Patience and perseverance in everything I do.
- I like Appreciation. To understand about peace. Knowing about my Inner Strength
- I like it all because I learn something in my life. Worse part of prison I respect that with pleasure.
- I like most that it teaches me that there is something within me, that is peace. And I learn that what I’m looking for is within me.
- I like the fact that Prem Rawat is so knowledgable about peace and clarity and contentment, but yet, so down to earth to break it down to simple-minded human beings such as myself.
- I like the messages he puts out. I like the little videos. I like hearing about different people’s perspectives on peace.
- I like the peace education because the course develop me.
- I like the relaxing music. The fact that I can find peace within me. The short stories that give a good understanding to life.
- I like the way Prem Rawat he says. Prem Rawat he tells us true because more I know how to control my life.
- I like this word Peace because peace is inside to everyone and word Fulfillment, Appreciation Clarity and Dignity.
- I like to know what the real peace means. I like to know how to appreciating. I like to know what understanding is about what.
- I liked about salt ants & sugar ants, they showed me that you need to learn different things till you find where you fit.
- I liked Contentment, Dignity, Appreciation
- I liked everything, also the storys on paper that were given to us at the end of the class.
- I liked everything that was given on the classes and also the storys
- I liked how Mr. Rawat speak to people, the phrases and words he uses.
- I liked how they teach us peace is within. Even though we are in prison you can still be free.
- I liked the fact that it helped me to realise that I have to accept who I am, what I have and the situation I’m in.
- I liked the fact that it taught me about accepting myself and the things I have, even to forgive other peoples.
- I liked the points he made. I liked the educational part of it. Most of all. I enjoyed the different parts to the program.
- I liked these course. It made me realize how important myself is worth.
- I liked the whole programme. But Peace and Hope DVD’s was the most interesting for me.
- I love that we do have it inside but never know it was there cause we thought of other things made us happy
- I really enjoy the conviction and commitment in Prem Rawat’s lessons. Also the cartoon. They are great
- I really enjoyed and appreciated you guys and how you presented the programme. The relaxing and easy feeling in which we learnt the valuable messages.
- I really enjoyed the Clarity video. I still can’t fanthom that amazin “light bulb” clicking on
- I really enjoyed the “Inner Strength” topic and the storys
- I realy change my life the way know I behavior.
- I required the ability to forgive, patience and perseverance in everything I do
- I think that the classes were good and helped us feel better with ourselves, and the teachers were rather nice.
- It was thought provoking, helped me to slow down and enjoy my present condition.
- I learned that what I was always searching for in/ at all kinds of placeses is/ has always been within me…
- If you don’t understand, you’re allowed to ask. You learn more about yourself. No one is wrong or right
-Inner Strength
-Instead of watching it all once its spaced out. It makes me wonder. How calm he spoke.
-Instructors volunteered & were friendly. The booklets were cool & insightful. Prem Rawat is smart.
-Is understanding the words. Being in my senses. I need this programme every morning for my daily joy.
-It brought me a better understanding of peace. It was clear and made a lot of sense. It provided easy steps to apply peace in my life.
-It brought me back on track and made me realise life and my own self
-It teach us about self control and to control your self like anger and be more forecast in live.
-It gave me a different look at life. How some people go about there everyday life not caring just joying life at hand.
-It has provided me with the understanding of the word “peace” and what it’s capabilitys are, find that it’s a real problem solver.
-It helped me come to terms with my sentence, find some light in prison and have hope for the future
-It helped me to have peace within myself.
-It helped open my eyes to my inner man
-It helps me alot to find my self in peace and to know the real man in me
-It is about the self respect, where Mr Prem Rawat says that Peace begins with you not someone else.
-It is not based on any religious foundation. That anyone regardless of status, race, creed, ect. can embark on this journey. There is one instructor – Prem Rawat – allows you to come to your own understanding.
-It taught me the essential things in life, learnt to focus. I now know all the answers are in me.
-It made me aware of my inner peace. It gave me clarity and inner strength. It gave me the understanding I had.
-It made me aware of my inner strengths, hope, understanding, peace, contentment
-It made me realise my ability. It brought a spark of hope. It gave me fulfillment.
-It made me realise who I am and my self worth.
-It opened my eyes to a new way of thinking. The multi-media kept it fresh. The round-table discussions were fun and insightful
-It opened my mind to what I am capable of.
-It remind me about things that I know. It help me to understand myself who I am. To make a right choice before I take any decision.
-It remind us about our real identity. It helps us to come to our senses. It also helps us to recognise what real life is.
-It showed Peace
-It showed that we are all unique with very special gifts & that we should focus on the positives in life and appreciate our own humanity & uniqueness.
-It taught me many things about myself. It told me what I needed to focus on.
-It taught me to understand things that I did not understand well before.
-It teaches a lot about love and peace. My life is change through this programme. My family hate me because I was violent
-It teaches us about forgiveness that if you have inner strength, self-awareness, clarity, dignity, understanding, appreciation, with peace you can do everything in life.
-It teaches us that we were given most precious gifts but we don’t accept what God has given to us.
-It truly helped me to realize that no matter what society attempts to influence in thought, action & or responses, the true gift of clarity lies within me.
- It was a good reminder of things I know but need to apply to my life.
- It was not base in any religious group or somethings like that, but what makes me happy is God is always there.
- It was very knowledgeable. I knew I had a concions. It has made me more aware about myself and the things I do and don’t do.
- Its a time for reflection and self talk. Its a very relaxing experience
- It’s help me get peace for me and peace on the out.
- Its simplicity - easy to view shorter clips. Its inclusiveness - all are welcome, no pressure.
- Weekly listening to Prem Rawat.
- It’s that it made me realize the peace in me and enables me to conduct and interact with other people in a positive manner.
- Its understanding most important to notice about my inner strength that I can do anything about it as long as I believe.
- Its very open & embracing. Nice environment to be part of
- I’ve like the way it has regerated my morality. It has learn me that every human being has peace inside him/her.
- Just being able to attend and listen to what was said each week, never too old to learn something new
- Just being and to find myself, to find that I can have peace, love & joy anywhere I’m at
- Knowledge. Integritiy. Peace
- Learn how to find my inner peace. The reflections/ sharing. Clarity
- Learning about my inner strengths. That it helped me gain clarity about inner peace. The cartoons
- Learning about peice and how to tap in to it, and how to use it in times of tribulations
- Learning more about myself. Treating my fellow human being with respect, love, hope, contentment, joy and peace.
- Learning more then bad vibe in life. There’s a better life other then that dark road people take.
- Learning that we all have what it takes within us. It’s okay if people around me are different. It does not matter what worldly things we have as long as we have Peace & Contentment.
- Learning what peace was. Clarity. Appreciating life
- Listening to his words of wisdom. Every session I learned something new.
- Listening to Prem Rawat’s soothing voice. The cartoons
- Lots of ideas both old & new. Plenty of opportunity to reflect. An active open eye meditation.
- Meeting other people, the talk after the films
- Meeting the people who did the class with me. Learning about myself!
- Meeting weekly. The positive messages
- Most I like about this Peace E/P is that since I’ve started to attend it I can feel differences in my life and I’m always happy.
- Most of the programes were encouragement.
- Mostly I like is that I discover peace in me. The peace that I was looking for it for many years, the real peace that I feel in the middle of the battlefield
- No comments
- One hour long – written info to reinforce the video - videos were entertaining & thought provoking
- Open discussions during the video. Folders and worksheets
- Opportunity the think from a different perspective than comes naturally to me.
- Peace and happiness and ever lasting love
- Peace, Appreciation, Contentment — these I like the most.
- Peace, Appreciation, Self–Awareness, Clarity, Understanding, Dignity, Choice, Hope and Contentment
-Peace Education – I like it because it talks about reality and things that we do in our lives to feel good and the best.
-Peace Education Programme assisted me a lot. I now know how to use my inner strength.
-Peace Education Programme gave me something that I had but did not use it.
-Peace Education Programme helped me to understand the problems in life and be happy all the times.
-Peace Education Programme: It has teach me more of my self, give me clarity, understanding, appreciation, inner strength.
-Peace is something that change my feel and my life, teach me good life.
-Peace is within me. Contentment is about fullness inside.
-Peace programme helps me to find myself and know what I want on earth.
-Peace talks
-Presented in an accessible way to reach people of any spiritual/religious beliefs & understanding.
Social element - allowing participants to share their feelings either to the group or informally over coffee.
-Positiveness towards life.
-Possibility of what my life can be like. Learning about peace.
-Pram Rawat is smart. The booklets are insightful.
-Prem Rawat. How it was taught. Educational
-Prem Rawats talks, and how they opened my eyes.
-Prem Rowat’s manner & his convictions/ knowing, and his genuine caring. Our “instructors”.
Time set aside to reflect & the music. Really liked the music! I really like seeing Prem’s personality & sense of humor unfold.
-Prem’s talks
-Prem’s conversations, listening to participants
-Presentations & films. Opportunity to share thoughts about presentations with other in the class.
-Reflection time and write down what I learned. Discussion. The story senes at the end of each workshop.
-Reflection time. Sharing wot we were thinking.
-Reminding you about your abilies
-Return the same idea each lesson, each time a different way. Cartoons. Simple examples from daily life.
-Self aware of peace inside me. An ability to do everything good. Contentment regardless of the circumstance.
-Self-awareness. Inner Strength. Clarity and Contentment
-Self-awareness, Appreciation, Peace
-Sharing. Learning. Helping
-Short and sharp weekly breakdown of the elements of the programme. The message is easily absorbed!
-Simplicity of presentation, community spirit
-Simplicity of the message & delivery
-Sue & Andrew are just beautiful people to be with & for the Western Hospital & Kathy Wagle the CEO, for allowing us to have the talks here.
-Taught me to look at myself. To find contentment within myself. To always have peace within with my decision.
-Teach me how to interact with people in a appropriate way and to respect other people.
-That happiness comes from within. Everything starts with YOU. Peace is possible.
-That I got to hear what the others thought about it. It made me really think about my life & the changes I need to make for myself
-That I has been reminded that peace is important for me and it has always been within me
That I wasn’t being sold anything. I learnt to take control of my life, less blame on others. I agree with these philosophies of being the best human being you can be. Good things come from good. That it made me realize that I already have a good life out there, just needed to see it in a diff way.

That it helped me look inside myself & realize I can be content and happy from within.

That it really made me stop and think about what peace, hope, contentment, and hope really is.

That my strength is greatness. That life is a miracle. We are here in this earth to enjoy life.

That peace is intrinsic. That this life is a gift. That each breath is precious.

That Prem explains things to where they are understandable. The stories he tells to understand and relate to.

The 2nd workshop Appreciation was an eye opener. Inner Strength & Choice

The ability to understand myself. My inner strength and weakness. Power to make choices

The ability to meet Andrew, Sue & Mark and the other participants. Such a feeling of goodwill and security

The awareness that comes about. Tools to help self analysis. Improved ability to reflect on our blessings

The calm it induced in me. It sends a much needed message. It offers hope

The calm, peaceful, simple way life & living was affirmed

The challenge of staying out of trouble, and learning how to use my inner resources.

The comrade for Peace to exist – here & everywhere.

The commitment of the facilitators, the level of teaching of Mr Prem, the transformation that I started to see in myself since I started attending this programme.

The energy

The enlightenment of knowledge. The presentation. The staff is great…

The fact as to how clear Prem is about peace. The power of the words & his speechess. I liked everything about PEP.

The expanding feeling you had while watching it

The fact that before attending this course I just lived my life as it comes. I never thought I have the powers to make myself happy but someone else does.

The fact that it refered me to me. The fact that everything was on point. The fact that its possible to be fulfilled

The fact that it talks mostly about humanity. The fact that because u are alive everything is possible. Self awareness and how to control your temper.

The fact that the course helped me to find out things about myself that I never thought I had or knew about myself

The fact that u can cause sensation like peace, contentment, etc. from within you without any external stimulus.

The fact that we were not given a definition of peace but were told that we must find it ourselves.

The feeling of contentment. The simple tranquil explanations. The belief I have always had for something special inside all.

The fellowship and respect for fellow participants

The harmony/the message. Morality/freedom of speech (arguing). Subjective/objective approach/externalization

The honesty, no pressure, enlightenment

The information that was provided. That it was easy to understand.

The inspiration 2 change the thought pattern.

The knowledge imparted in me. And the discovery of self-being and values within.

The learning experience. How I learned about inner peace. I liked the cartoons

The manner in which each session was presented. The way each video was also presented.
speaker was very clear and precise on each subject.
- The manner in which Prem Rawat is talking about the PEP. Reaching out to all kinds races.
- The massage that it brought
- The message in the video
- The message is definitely something that can help someone in a place like this on a daily basis!
- The messages are very accessible, and I feel fantastic in myself after every session.
- The messages that Prem Rawat transmitted
- The most I like was finding me. Something inside of me is greater than all my goods and bads.
- The motivation that Mr Prem gave us no matter what’s taking place in our lives. Peace, contentment, appreciation, and love is possible.
- The new way of thinking re the resources within me.
- The opportunity to open my mind and heart to new thoughts and perspectives
- The Peace Education Programme has taught me to behave in a well manner and always have discipline.
- The peace I experience when listening to Prem Rawat’s presentation; and return to what’s already there within.
- The peace, the happiness, reality
- The people who presented the program. Prem Rawat and the way he clarify things
- The points Prem Rawat always said, like the choices we made in our lives are more vital and that “Peace lies in the inner you.”
- The presentation (films) and reflections. Have time-out for myself.
- The presentation of all the subject from the begging to the end.
- The printed notes to take after every course. Background music when Mr Prem talks.
- The program has enlightened me. It has helped me live at peace with myself. Now I know that I have peace inside me.
- The program is great for inmates all around
- The program was rather didactic, thematic and educational
- The programme teach us about humanity, self control and to respect one another and appreciate your Self the way you are.
- The re-affirming of my Christian walk with God. In finding clarity of my being, who I am and what inner strengths I have inside.
- The relation to some DVD’s & the knowledge of peace
- The sharing within the group. The friendliness of the organizers and openmindedness of the workshop participants. Nice discussions.
- The simple examples & analogies to relate to. Reminding that we are all able to make our experiences good or bad depending on how we think.
- The simple yet practical messages throughout
- The simplicity and the storys that make it so clear! The almost hypnotic atmosphere in the way Prem Rawat speaks.
- The simplicity of it. The simple things in life is all you need, & it reassured me low lucky I am to be me & what I do have.
- The story at the end of the video (the small video)
- The story of the lion and the sheep. Self-awareness (choosing what is real.) The choice we made, hope, understanding.
- The story of the lion tells us even if u can live with the other culture, but don’t forget who u are.
- The storys. The small videos at the end. The theme “Capacity to choose”
- The storys. To listen to the words of Prem Rawat
- The sermons should have is strong. What is peace – is it something innat?
- The structure of the program with 10 topics. They are all important inner resources. I specialy like “Self-Awareness” and “Clarity”
- The structured presentations. To focus on things you do not normally think about. It makes me positive about myself.
- The support group structure. I learnt a lot about myself, on a personal basis. It changed my mindset.
- The take home books—to reiterate the session’s information. The stories/examples help to remind me of the information.
- The talks. The reading materials. Interaction with peers.
- The thing he says. The examples.
- The thing that I like most with the Peace Programme is Prem Rawat, about his message is helpful. It change people’s lives and mine. This programme is the best.
- The thing that I liked most about this program is that the videos that we watched broke down peace in different ways.
- The topics/themes are very concrete ones. Attending the course gives one a chance to take the time to meditate about important matters in one’s life that often we don’t have the time to think about.
- The true stories Prem told. He taught me to make peace with myself.
- The understanding of how Clarity is realistically infused by the Hope of Peace is so real until I am at peace today.
- The values it taught me. Giving me realisation of how precious each day is. The amazing vision it has given me about today.
- The videos.
- The videos. I was amazed by the clarity of his logic.
- The videos. The messages in the video.
- The way he speaks from the heart and the way he made me understand peace.
- The role of Clarity in our lives.
- The way how the importance of life was shown. The getting together and the human relationship. The clarity that was given to us throughout the programme.
- The way it was taught. The videos. Handouts.
- The way Mr Prem Rawat explained peace. The facilitators were very good to us. The stories from the books were influential.
- The way Prem Rawat talks about feelings and the way he expresses himself.
- The way that Prem makes associations. Being able to have a free heart despite all the negativity in the world. The energy after attending each programme.
- The way the class gives you a chance to get in touch with self.
- The workbook was a good additional resource. The facilitators were enthusiastic and well informed.
- This program did learn me more about myself, that I can control everything with peace.
- This programme help me & understanding & opening my thoughts from other programmes I have done.
- This programme is very effective and I like it. I learnt a lot from this programme and I wish I could do it in my community cause it will help.
- This programme motivated me as from the start. Despite all my problems there are some things that are really good. Everyday is a gift. The sun rises and shines for everyone.
- This shows me what I have already. This ties into spiritual studies I have done giving me inner peace.
- Time for each session was just right. Enjoyed segments at end of each session.
- Time out to think about positive areas. It gave me a look at an optimistic outlook.
- To appreciate life (gift) as a gift and be content. I have also discovered that I had and have everything I have been looking for inside me.
- To be reminded of being in the present. To awaken each morning, look out the window, and say “thank you” out loud for being alive.
-To discover the real me than myself. To understand my inner person. To have peace within me
-To find peace upon my life. To know how peace does it help to a person. To know how can I do get peace.
-To know who I am. To be under control of my emotions. To be at peace with my self
-To me it was the most enlightning, truthful, and factual course I’ve ever done.
-This programme I went the word Choice. Sometimes in life we don’t know what we want as human beings
-Topics covered, people that attended
-Trying to explain in details of who we are. What’s the purpose as human beings in this world.
-Fullfill & made me understand that we have everything in us.
-Understanding, Clarity, Conntentment
-Understanding. Prem Rawat inspired me. It’s a program to learn everyday.
-Understanding that I don’t have to look elsewhere – it’s all inside me.
-Unity as human beings regardless of our background. Illustrated article series. The entire workshop in general and the variety of themes covered.
-Use of examples; stories. Moved slowly to make a point. Interaction / ‘open mic’ time
-Very intelligent & created more of an awarness for me. Thank you
-Very positive & motivated
-Veterans coming together, and hearing, and feeling something that can be shared with solders coming home
-Video. Reflection. Intimate small group.
-Videos were all outstanding, the facilitators, the comments from participants
-Watching the documentaryies
-Weekly reminders of the blessing of breath – even if its all that we have
-Whatever happens know that God is with you. I have come to understand myself more.
-Everything in life should be enjoyed with peace
-What I enjoyed about the whole program was the way how Prem Rawat guided me to finding the inner strenght within myself
-What I’ve liked most about Peace educating Programme is I never known what Peace means within myself.
-What I like most about the Peace Education programme is the fact that Prem Rawat makes you realise simple steps to happiness begins simply within.
-What I liked about this programme is everything that Prem said was absolutly spot on & I could practice thoughts, things he spoke about.
-What I liked the most was the sincerity of all the programs and the attention that was given to us
-When I come to this course I feel a lot of peace around me.
-With everything that is happening around – we can still have peace in our lifes.
-Words of hope, real truth and positivity
-Workshop 10 and all the other workshops to, but Workshop 10 Contentment and who I am, finding myself

Q3: Is there anything about the Peace Education Program that could be improved?
-10 weeks of videos were a bit too much. Maybe some breaks of interactive sessions, btw weeks would have been better. Real life situations for coping mechanisms.
-A bit of variety in format. Start class with short discussion of the reading.
-A debrief/ share thoughts at end of workshop or 10 min. of start.
-A short break halfway through the session will be productive
-A summary of main points for each topic? A little more detailed than in the workbook.
- Add a little more spirituality (Christianity, Buddism, etc.)
- Add one more person who knows multi-languages so we can help those who doesn’t understand English.
- All inmates to undergo this programme. Easy access to the programme for any one willing to participate.
- Allow for more time for discussion, maybe in small groups, as I felt many in the class had experienced painful times that they might have benefitted from sharing.
- An earlier time
- An interpreter for one of local languages. Shooting photos to can show people for their interest. More people must be selected for the spread of this peace message.
- An interpreter for one of local languages, shooting photos to show people those who interested.
- At the present time I feel that there is no need for improvements at this stage.
- At this time I can’t see how to improve upon the programme as it stands
- Basically, there is nothing that could be improved. The programme is very educational and has changed me somehow.
- Be taught in schools. Hold seminars – engage adults. Hold rallies about “Peace”
- Because the programme is about your individual self-discovery, something that is unique for each person, at the conclusion of the programme you will be asked to share observations about what you learned, what you enjoyed
- Better interaction between facilitators & students.
- Bilingual
- Broadcast live on SABC. School for Peace Education Program. Eleven official languages.
- Can die duds is for lank an I mons se konsenfrask kan nie althyd solark hanic
- Can’t think of anything
- Contentment
- Continued growth & development
- Could be more examples and questions from audience
- Cuppa milo and biscuits
- Don’t know
- Encouraging personal conversations between participants
- Entirely satisfactory
- Everything is just fine about the P.E.P.
- Everything can be bettered, in order to enjoy it more. I enjoyed very much this course.
- Everything is perfect
- Everything is so perfect. A more advanced class would be great. We all need to remember to tap in our innselfer for worth, peace.
- Extra time to injoy food for soul from Prem Rawat. Take this programme to the townships and more in young people.
- For me I think there is nothing that could be improved cause I like just the way it is operated and manage.
- For me there is nothing at all. I like the program as have change my life.
- For my own opinion there is nothing to improve
- From my perspective, no.
- Give directions & ideas how to get “there”
- Give more thanks and credit to God for providing us with all the things that Prem Rawat reminds us that we have (peace, love, understanding, hope ect.)
- Good already
- Good as gold.
- Have on different times & dates. Have combined/condenced lessons
- Have two short documentary clips per session. Refreshes the format.
-Having more time to discuss each issue.
-Having Prem Rawat speaking to me or us in person. Having them same understandace as he does
-Hearing more of other people’s thoughts on his message (Prem Rawat) & speeches from
  different prisons.
-Honestly, there is nothing that I can say must be improve; but to thanks to provide me with knew
  infor and to influence the change into my life.
-Hot drinks and snacks.
-How I can take this to help someone close to me that need to know peace…
-I am a more tranquil person after this whole program
-I am satisfied. I am a motivational speaker. I would like the Peace Education Program to employ
  me when I live prisen.
-I am very happy the way the run the program. I don’t think there is anything to improved.
-I can’t think of any
-I don’t believe so.
-I don’t know. Really!
-I don’t think that the program need improvement
-I don’t think there’s any improvement that can be. Only one thing can be added is to put one
  more day so it can be twice a week.
-I have improved a lot the life I was living before, is not the same that I living now. I benefit
  something to this programme.
-I improved a lot cus once I started realising, that’s when I accepted growth in peace.
-I just wish it never ended!
-I like the new structure where participants write their thoughts down in a structured manner.
Keep it as it is now.
-I loved the programme. Thank you.
-I really believe he touchs on the most critical parts of life.
-I think an 1-hour program is good but a longer program would be more beneficial for discussion.
-I think enough is enough
-I think every thing is very complet
-I think is good and nothing more to add.
-I think it is fine the way it is. It teaches us about being at peace with yourself and the whole
  world.
-I think it is OK!
-I think it is ok as it is.
-I think it is ok as it is. It would be nice if everybody could understand the messages
-I think it is perfect the way it is. Prem Rawat must reach more to the masses.
-I think it was excellent and I thank you for bringing it into this place. No improvement needed!
-I think the program is very well done
-I think they do well and there is nothing that need to be improved.
-I was pretty satified with how the program was taught and held.
-I will look forward to improved in my life and challenges and what is enjoyed (self discovery).
-I wish the Peace Education Programme should reach all the corners of the universe.
-I would like to see less video time and more group discussions. Would like to see more
  community involvement
-I am not sure, because all the videos are very interesting and important to know about it.
-If it help me I am sure it’s help somebody too.
-If it is I don’t know
-If some of the attendees have the opportunity to stay in the room after the presentation to discuss
  the information in more detail, please announce this either before or during the sessions if this is
  allowed. Thank you.
- If they are going to show this in jail, then there should be more talk about how inmates live their life and get a real understanding of what we go through in here.
- If they can go out and learn other people who are still lost and don’t have peace.
- Improve an aspiration in my heart and I wish I can learn more about this Programme with pleasure it help me.
- Improve music quality or remove -- often cannot hear Prem
- It motivate me a lot, and I want to teach others about what is peace.
- It need to get out there. I will help in any way.
- It should then by every inmate in this prison so that there will be peace in all places, even outside there.
- It would be great where such programme could be taught in local community where the young people get involved in gangsterism and drugs.
- Its teach us that everybody born with kindness and everybody needs to be smart.
- Just give it time to learn inner peace & inner strength & self awareness
- Karakia conducted prior and after programme.
- Keep it up. More of the same.
- Maybe communication to those who don’t really understand English.
- Maybe more interaction. More people worldwide need this programme. Provide souvenirs
- Maybe more sharing of personal thought. Also talk about ways to apply the lessons Prem is teaching.
- Maybe some more reading material but this is awesome. Thank you
- Maybe it also be presented in one or two African languages. May the record be kept for those who attended for future. May those who volunteer e.g. outside be given support to let this message of peace spread globally.
- Maybe a slight discussion after each DVD to clarify content, optional.
- Maybe could be a weekend workshop or 2 hrs for 5 wks
- Maybe for the facilitators to speak-out a bit more. Support and encouragement.
- Maybe there could be a second set of 10 studies, a phase 2 if you will
- Maybe if this Peace E/P could be twice a week. And for now everything is OK especially about our leaders.
- More cartoons
- More discussion – group
- More examples – relating to our daily lives so that there was more understanding & clarity for guys like me.
- More feedback. More interaction with us
- More input from the instructor may cause a more positive response from the class!
- More input from the teachers of there views and opinions of the videos.
- More papers to be answered each session. Innervation of other languages. More paper work
- More peaceful room, less noisier class next door.
- More responses from group
- More sharing with participants to make it more concrete (with life experiences & examples).
    Only listening to the video can sometimes be boring and lacks interactivity.
- More talking between video’s about subject topic.
- More time to discuss his ideas
- More videos & class time. Computer access for inmates
- No
- No
- No
- No
-Not that I know of
-Nothing.
-Nothing at all.
-Nothing. I just wish the was more study material.
-Nothing its great
-Nothing. I was satisfied because it taught me alot and wish to see it continuing to change me and other peoples lives.
-Nothing it’s great
-Nothing. Just if we could have more courses.
-Nothing needs to be changed, just may be follow up at a latter stage.
-Nothing
-Nothing that I can currently think of…it was a great class
-Nothing that I can think of.
-Nothing needs to be changed, just may be follow up at a latter stage.
-Nothing
-Nothing that I can currently think of…it was a great class
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-Nothing needs to be changed, just may be follow up at a latter stage.
-Nothing
-Nothing that I can currently think of…it was a great class
-Nothing that I can think of.
-Nothing needs to be changed, just may be follow up at a latter stage.
-Nothing
-Nothing that I can currently think of…it was a great class
-Nothing that I can think of.
- The people interviewed. Better examples.
- The presentation: some topics of the 10 are not well presented (in my opinion). I am not sure anymore which one could be “Understanding” and “Dignity.” The sections within both topics are not well sequenced, connected.
- The program is wonderful. Hope more people get to participate in it, students including.
- The program should be spread to other areas of life - prisons - schools - workplace - retirement villages
- The programme was facilitated very well. So for me nothing to improve
- The talk on Hope. I still don’t know what hope is.
- The things that we are passionate about and use it as a skill. Development and train ourselves of how to be self-employed. Empowered out it and the community as a whole. Parenthood if you are in prison.
- The translation must be done in other languages, not only in Zulu. It also need more animated stories.
- The way it is, is best, nothing to improve.
- The way it is. Its well done, nothing to be improved. Peace Education Programme help me alot.
- There are place is poor communitys that will also benefit from this program.
- There could be more conversation & be less dependant on DVDs
- There is not enough emphasis/focus on how to access my resources.
- There needed to be more talking from the group and instructors
- There should be a continuity of the program. There should be more sessions during the program
- There should be only the translation voice.
- There were a lot of disruptions during the course. Planning with the Social Worker must be done properly to avoid them.
- There’s no anything about the Peace Education Programme that could be improved.
- Things are better on the big screen – DVD to be viewed by overhead. Before and after every workshop open up a Q/A session or to comment. Feedback on the first assignment – facilitator/social work to do one on one counselling.
- This is a program of excellence
- This programe is very improved how is basics for us. I wont change nothing.
- This programme should be advertised through media and social network & television at least for 30 minutes every morning
- This question shouldn’t be here!!!
- Thoughts. Love. Kindness
- Time to be shortened maybe two weeks, as in prison there are so many random involvement. The course content was perfect
- To allow participants to speak about their experiences in life and how they overcome their difficulties.
- To be improved I think is time because once a week is not enough to learn more about it. My life it complete change now.
- To do more promotional advertising
- To get the information out in the world. Because of hospice, we were blessed.
- To include God the Creator.
- To let anyone to read what they wrote after reflections. It will help take out the shyness of some.
- To me its fine the way it is.
- To my concern everything is OK. In addition I suggest you must make copies for CD’s for learners.
- To my side Peace Education Programme it does need any improvement, is already good.
- To Prem Rawat: shorter talks, less repetition, work on a “peaceful” voice, adapt the examples; quite many repetitions, kind of boring. More interaction, more dialogue.
-To reach the homeland. To enterprete. To establish a team that can reach the rural area
-To speak about peace is like speaking about equality. Freedom “to be well with myself and others”. There should be more time for workshops about peace.
-To the knowledge I got from the programme, I think this programme is fine but it would be nice to see Mr Prem Rawat in our own eyes in this facility.
-Translation in Spanish (subtitles).
-Understanding – peace - hope - every day matters - choice - knowing and believing
-Videos could be a little more interactive. Lecture style speaking could be softened. Familiar with most concepts, but found it a bit repetitive at times
-We could bring in more students to learn this program. We could also create more awareness of this program. Appoint some more inmates to assist in the facilitation of the program.
-Well for me the Peace Education Programme has everything one should have in his/her life. Know need to be improved
-Where to go from here - you are turning on a light in people’s lives, they need support & encouragement to keep it going. Perhaps encourage social element to continue after the program? Point out different directions for exploration.
-Would be good to understand more on how to achieve these desirables.
-Yes
-Yes because my life about peace programme. I have improved many things. Has I realized the ability to be in peace and back my dignity
-Yes because Peace Education Programme is a good programme. Now my life was changed. I have peace, joy, self-control, respect.
-Yes can u find a teacher that can speak all languages because there are prisoners that can only speak there mother language.
-Yes, I become better inside my heart. I feel peace & love. I improved to appreciating the gift of God. Also I improved the quality of humane being.
-Yes. I think the external environment as an impact in Peace and Self-Regard - versus Self-desregard and Self-Regard versus Self-desception
-Yes I think this programme should be introduced especially in schools where the future community will pass it to others.
-Yes. I will just say we must involve or talks about abuse of women and children in our topics.
-Yes, if I’m allowed to join in the process of furthering its message!
-Yes! Is like to teach people that what is peace and to teach them what is peace in life and what it means
-Yes, it will reduce crimes in our areas and help us to be together as one. Believe me I have changed compleetly.
-Yes: more inmates must be teach about it. It must be in all correctional services so that people in prison must be impowered through it.
-Yes, more of it.
-Yes, more time if we could attend the course for more weeks, I think we can learn a lot more from Prim
-Yes more videos and more volunteers to get the program to more people
-Yes never to attack peoples spiritual convictions and faith. But to stay unique in bringing out the inner-qualitys in persons hearts, don’t judge or fight spiritual convictions. Cause Prem Rawat has been bless by God with a unique gift in explaining the supernatural.
-Yes. Really has improved my feeling and knowledge, Dignity, Self-Awareness in my life.
-Yes. Testimonys
-Yes. The dangers of hasty decision. Social justice. Divine teachings or guidance.
-Yes: the engagement between the facilitators and student. There must be a lot of communication.
-Yes, to always encourage other peoples the important of peace in our life
- Yes: who created this. People must know the creator. African language must be for more understanding.
- You are doing a great job!
- You can keep on teaching many people in other place – school, church, etc. Keep on doing good job.
- You improve peace, you improve happiness and joy, love and clarity

Q8: Any other comments that you wish to make?
- A prez I o que mos leva a entender a prida I o que ela mos oferecere
- A wonderful reminder for a hospice worker that it is all about the process – between the bookends of life & death
- After the actual realization of knowing that we possess the power or the answer to our questions, we must map out the steps to reach our peaceful destination. That may be difficult
- All I can say is that keep up the good work and keep enlightening the masses. I’ve really enjoyed this programme.
- All the times that the touts have given to help me, without getting paid really means alot to me!!! I don’t know if you’ll know how much this course has done for me mentally! Thanks to you and Prem Rawat. God Bless
- And another thing which is very simple to spread the message of peace, it’s to use Social Network cellphone and radios
- Appreciate Becky’s & Alan’s willingness to give their time & offer this course to us.
- As I am part-time employed, I’m also studying engineering (boiler making). I’m intending to open a registered FET College to can equipe our society, also to reduce the rate of unemployment and crime.
- As I’m learning about my wrong choices, I’m now intending to be a good example to the society.
- Beautiful, Visual (expansion). The films alter my perspective from worrying about this or that, to a more global perspective & at the same time I come back to my self in the world.
- Can die bequ u/d laursus was ek skepties moor ek meet dankie se wate cut het woblile my love aangeraak
- Congratulations to the people that came and share with us. Much appreciated
- Continue with similar programs in order to help establish coping skills. Loneliness is a big issue with people and this type of program offers meeting & sharing with others. Thank you for providing this great program.
- Eliminate cartoons. Loved the PEP
- Enjoy
- Enjoyable & insightful
- Enjoyed the program and came up with some conclusions that hopefully can be applied in the day to day life.
- Enough is better than too much.
- Everyone should have access to this “Peace” thinking process. I heartily endorse PDFs so we can share with our families.
- Everything you learn is about basic living, to understand yourself and the ability to choices that you can make in life
- Excellent - keep up the greatest work of promoting peace. May God bless you all volunteers.
- God bless Prem Rawat! I know now that all the things that we do in our lives to feel good, peace makes us feel best.
- Great class & great material to learn from & gain knowledge, without computer access.
Great material and class facilitator
- He is a very inspirational man who has opened my eyes to finding what is within me.
- Healthy mind is like flowing water. God bless you.
- Help others and share with others.
- How did this program affect my work with hospice? It gave me the clarity to work with the visitors. Made me more peaceful & content.
- I agree with most of the content, but I miss the dialogue with his audience. Many thanks for the well organized workshop.
- I also wish to work with the team who teach about Peace Education Programme. It has empowered me and change the way I was thinking and doing things. It has change me and it can to you my brothers or sisters.
- I am an aging female (coming up 80 years) and was happy to make friendships.
- I am really greatful about this course, because I was always confused before it, but am now confident about life.
- I am so greatfull and thankful for this course. It has done oneders for me.
- I am soon to be released and would like to become involved. Where and how can I do this?
- I am thankful to the administration, Monica and Alfredo for this program.
- I am very grateful that I was able to work & meet with the peace program. Thanks.
- I appreciate you guys and all you do. It’s a great message you deliver. Thank you.
- I appreciate you taking your time to inform us and share Prem Rawats lessons with us.
- I appreciated so much that our facilitators took the time to enlighten us on this course. I have taken in so much information. Thank you for making the difference in our lives.
- I appreciated the volunteers taking time to do this for us.
- I believe it reinforces your belief in yourself.
- I can say this peace education have learned me many things.
- I commend that this programme is a gift. I have got peace inside me
- I comment that this programme is a gift because he teaches me a dignity and that I have got peace inside me
- I did learning about what is wrong and what is right. I want to be a good man to society.
- I didn’t know what peace means in my life. I wish that one day I will be the one who is teaching the others when I come out to prison.
- I don’t have any comments about this course.
- I enjoy every session of this programme and the peer educators were frienly and dedicated to help us and I appreciate every effit they put in.
- I enjoyed sitting through this program and have learned alot about myself and how to enjoy true happiness and have true peace in my life.
- I enjoyed the course. Please keep changing other prisoner’s lives. Everything that I want is inside of me already.
- I enjoyed the program and look forward to more classes if offered.
- If ever the programme of peace be taught in our communities, a lot of improvement would be achieved in South Africa.
- I found the Peace Education Programme very good. It made me appreciate life, and it is up to me to find that inner strength.
- I have a lot more things now to think about and a lot more clarity on how to deal with life’s situations…
- I have enjoyed and looked forward to attending each workshop/lesson! How wonderful if this was taught in schools at an early age as it could help a lot of people cope in their later years.
- I have found the entire peace programme very interesting, and there is an old saying “a person learns something every day in their lives.”
- I have learned a lot about Peace Programe. And it will make a progress in my life.
-I have no comments
- I have not progress at school because I was raised by single parent (my mommy)
- I have peace within myself thanks to the Peace Education Programme.
- I haven’t missed a class
- I hope other people get to do this peace programme - because you can learn more about yourself.
- I just want to say may mighty God bless you for every good job you’re doing for us. Thanks a lots.
- I just want to thank you for coming and showing me the steps to having peace…
- I just wanted to formally express my gratitude for all the support that we were given throughout the program
- I just wish the was more material
- I like this class
- I like to thank our visitors. Being here to find our peace in our inner self
- I liked the whole program and hope that they can do another different type of one next time. I appreciate the volunteers that brought the peace program out to the St. Lucie County Jail to us. It really help me get a better picture for how to conduct my life this time around.
- I love your program
- I need to have a job so that I can maintain my family (my wife and childrens)
- I really appreciated the commitment from facilitators to be present and available.
- I really enjoyed. I felt that I was listening to a little voice at the end of the tunnel
- I really enjoyed my self
- I felt lucky every time I watch the peace education program videos.
- I thank all the volunteers who participated in this program
- I thank Monica and her availability to facilitate the program. Thank you
- I thank Monica for the colaboration to give us this course
- I thank the foundation and Prem Rawat for educating me about the fundamentals of my being
- I thank this peace educational program and the effort made by the PEP volunteers. Many thanks.
- I think that the facilitators were well
- I think this class should be offered in every institution
- I want to be a famous businessman. I want to give peace to my family. To make a project and help the poor.
- I want to thanks each and every member.
- I was happy with the Peace Education Program
- I will just say peace be upon you guys. This is a great job u are doing and I learn a lot. God bless
- I will like to say keep it up, don’t give about. This programme is change my life.
- I will wish to Prem Rawat to do more, to teach more people. Now I have clarity & understanding.
- I wish I can go outside and complete my life because since I am doing Peace E. P. I feel like I am born again.
- I wish I can learn more about my life and come out with something new in the commitee outside.
- I wish I could be continue this program to learn more about the word of peace. Of all the things that we do in our lives to feel good, peace makes us feel the best.
- I wish I was taught this program at an early age, and is a good cause. I think it deserve to be taught at school.
- I wish if all inmates can attend the peace program education.
- I wish that the programme holders can offer us some novels from Prem Rawat that we can read after the course so that we can stay alert.
- I wish that this course must be attended to all the inmates and not only in JHB but to all DCs.
- I wish that this Peace Programme must go further & educate other people, not only inmates, but community & the country at large.
- I wish that this programme can be taken to the young people from the townships especially age of 14 years old because its where the problem starts.
- I wish the course to bring more ofenders to learn about the word of peace.
- I wish the Peace Education Programme help me make a better living and understand my choice and hope for the for rest of my life.
- I wish this programme can be tought the whole world.
- I wish this programme should reach the end of the world.
- I wish to spread the words, knowledge I acquired
- I wish to thank the Peace Education Program for the provision of this peace program. It has helped me a lot and changed my life in many ways. I thank you all, thank you all very very much.
- I wish we could play the video in the morning here at jail
- I wish you the best in this train. Will you continue teach also others about Peace Education Program
- I would just like if the programme can be given to people outside too because I would love my family also to go thru the programme.
- I would just like to thank each and every member for their time and dedication and would love to learn more about peace
- I would like to be part of the Prem Riwat team when I get out of prison. Is it possible
- I would like to learn alot more from this program. I will be released on 3/20/14. My email is debramaddox78@gmail.com. I would like more information please. Thank you!
- I would like to mention that I have attended many motivational courses. But none have a patch on Prem.
- I would like to say that you should continue bringing people to light.
- I would like to thank all the facilitators for the fantastic job and all the effort they put into this class.
- I would like to thank all the facilitators for there efforts.
- I would like to thank everyone involved in the programme, their kindness & friendship and the way they all conducted themselves. Thank you.
- I would like to thank P.E.P. It tought me lot in life and understanding life as it is.
- I would like to thank Prem Rawat for this Peace Education Program. It has changed my life.
- I would like to thank the pioneers of this programme for helping me realise my potential.

Continue doing what you’re doing. God bless you!
- I would like to thank you for the lesson you teach, and I pray that may God forgive me and everyone I’ve wronged.
- I would love the soundtrack. I found the music relaxing. Thank you
- I would really, from the bottem of my heart, like to thank you and TPRF for bringing the PEP to us… May God bless all of you and your families
- I would really want to thank you and the TPRF for bring the PEP to us.
- I would recommend this programme to commence throughout all jails. It gives us all clarity regarding peace. I appreciated the time and effort the volunteers have put in during this programme.
- I’d like to take this time to thank you all for this wonderful and fulfilling experience! Thank you and continue to be blessed.
- If ever the peace programme be taught in our communities, it could really help the people of South Africa
- If people are taught what this course teaches from an early age, this world would be a much better place to be in, one person at a time.
- I’m so pleased to attend this programme and wish I can go on through the year. I sad that we are already finish so quickly.
- I’m very grateful that I was able to work & meet with the peace program. Thanks!
In working for hospice, I feel I now have tools to help me cope with the stresses that come with the job and more likely to do self-care thinking rather than letting external situations take over.

Initially I was skeptically curious of whether I could progress from this class and thank God I allowed myself the chance to experience this learning discovery process. Thank you. Michael L. Martin, Atlanta, Georgia 5/2/13

-I say thank you for bringing this programme to us.
-Issues related to clarity, peace, contentment, appreciation and dignity were clearly defined and that changed our way of understanding life in general.
-It has been good to be reminded of these principles at another of life’s crossroads. The program has reassured me of my inner strength & resources and helped me to find the next step on my path. Thank you.
-It is a great pleasure to have this change of being a student to this class. It has improve my life for better.
-It is very good program because this change you mind and thinking, I like to understand more about the Peace Education Programme. Daniel Manda
-Its just a good program & there really no improvement that need to be needed. Thanks
-Just for those that English is their second language should be good if one of the volunteers can briefly re-explain each theme to everyone.
-Keep on doing the grade job, is best for the country. Change for everybody, when we have peace.
-Keep on helping more soul out there. Even here in prison that where peace education programme is needed more.
-Keep on helping people too discover peace they have been looking for many many years, specially in prisons around the world
-Keep up the good work and do what you do best.
-Keep up the good work, and may God bless you and give you all peace.
-Keep up the good work…and the staff.
-Keep up the good work. It must not be only at Zonderwater. Take it out to others. They need your help.
-Looking for someone to love my peace, someone the I one love you
-Love the presenters. Very calming people
-Loved every minute of the Peace Education Programme.
-Loved the Programme and the material included. I believe I’m on my way to “Inner Peace.” Thank you!
-My wishes is to see myself one day be one of the Peace Education Programme coordinators.
-No
-No and yes. I really enjoyed this programme. I wish to get my own copies of all Prem Rawat.
-No comments
-No comments. All I can do is to thank you all for showing me the Peace Education Programme.
-No, its a shame there was no cake or shall we say kizake.
-No thanks, but thank you so much
-None
-None but its the best programme I have obtained here so far.
-Not that I can think of, thank you
-Nothing
-Nothing except the fact that this course helpt me a lot. Now I know how to deal with a lot of things that comes my way especialy in this place.
- On my spare time as long as I don’t do anything I’ll take time off from day to day and help people with the information that I have about the peace program.
- Overall, very good concepts, review for me as a social worker. Need more direction and structure on discussions & reflections.
- PEP has impacted my work & families of hospice by allowing me to reconnect with the awareness that peace & hope are always available & an inner resource to everyone. I can now reaffirm this in my life & by my life actions, perhaps demonstrate to others the possibility of peace & hope to others.
- Participation and time could be extended by 1 hrs to facilitate more debates and deliberations.
- Peace Education Program has turned out to be a blessing not only to me but to my friends as well.
- Peace Education Programme help me a lot in my life. I have peace and love in my daily life.
- Peace Education Programme is based on daily living or basic, and thus why I love to do this course in the future.
- Peace Education Programme serves as great therapy and allows us to reflect within and not only preach peace but embrace it.
- Peace Education Programme has the potential to be the best organisation in the world with time and exposure.
- Peace is a great programme to understand myself, being clear of what I have and the peace within me and it starts with me.
- Peace man
- Please run again
- Pls if this it was Part One we also need Part Two of this programme.
- Prem Rawat has changed my life. I am forever thankful to all who participated.
- Prem Rawat is blessed with the ability to help Gods creation to understand their uniqueness and inner strength. I love what he is doing, cause he has helped me a lot and re-affirms my spiritual convictions. Thank you Prem Rawat. Your encouragements gave me deeper understanding and make my whole being fell in love with the Lord Jesus Christ, all-over again. God bless you more! I grew in a much indescribable contentment to God first and me in my circumstances.
- Prem Rawat must have been born with clarity while the rest of us have to acquire it.
- Prem Rawat speaks of telling us that which we already know yet sometimes we forget.
- Prem Rawat to continue doing what he is doing because this brings clarity and understanding to us all.
- Realise that you were chosen and that you are more than what people see in you, love life and be content.
- Really enjoyed – Thanks!
- Sensational class. Thank you.
- So grateful to have had the opportunity to participate in PEP to learn to look within.
- Sometimes seemed too long - 10 weeks - although I can appreciate the value of time to f/u each week & build on each week. I could envision 2 topics in each week esp. in an urban location travel time takes almost as long as the class! (Esp. if very little discussion after each video). I enjoyed his stories, but some of the animation was a little primitive!
- Thank for adverse of life because you give me power of life, joy, happiness, and to tell me that I must not give up.
- Thank for programme. I don’t have an comment.
- Thank you!
- Thank you all. Made a difference to my life.
- Thank you and God bless. I love this program.
- Thank you for allowing us to enjoy this program! God Bless you!
- Thank you for being there, kind, loving, wonderful. Love & respect, Kurt.
-Thank you for bringing this here to us! Knowing that people on the outside do care makes a huge difference in allowing us to look within and care about ourselves!! More cartoons
-Thank you for changing my life and make it easier to deal with the problems in my life. I hope that more people will be exposed to Mr Rawat’s thoughts and program. I am going to look up his website to see if I can learn more. Thank you!
-Thank you for giving me the opportunity to attend the programme. It was great being here and have learned much about this great life.
-Thank you for hosting this learning. I am surprised how much I have integrated into my everyday life. I found myself quoting some “out of the blue” to my hair dresser and to a patient at work.
-Thank you for offering this course! It’s been interesting.
-Thank you for providing this excellent program (lecture series) at the library. I thoroughly enjoyed it. It has given me a fresh perspective on my life. Partly as a result of this program, I am now involved in doing some volunteer work at one of the hospitals in the Sun Cities area.
-Thank you for providing this opportunity. It’s been wonderful to be introduced to this program.
-Thank you for providing this personal program to self.
-Thank you for showing the video and facilitating the discussion. Excellent!
-Thank yous for taking our falles time in this to came to Spring Hill Prison.
-Thank you for teaching us the peace programme. We appreciate that. Keep up the good work.
My God bless you all. Thank you.
-Thank you for the class!
-Thank you for the PEP. It helped me to see myself differantly.
-Thank you for the programme.
-Thank you for this class. It really touched me
-Thank you for this opportunity
-Thank you for this program, it’s great
-Thank you for trying to help me.
-Thank you for your time and presenting this class to me. I’m sure that it has made a big difference in my life today.
-Thank you, Maureen Hill
-Thank you Prem Rawat!
-Thank you Prem Rawat for your time that you gave to us, your words has inspired me so much so it has really opened my eyes, mind and soul. Therefore thank you
-Thank you Prem Rawat. Love, Trusha
-Thank you so much for this opportunity, this has been wonderful.
-Thank you so much that I could be part of the programme.
-Thank you so much to Chantal and Rick for putting this classes together. May God bless you for your time!
-Thank you to our facilitators for their time and effort. You brought us tools to live a fulfilled life. Stay blessed.
-Thank you to Rama and Anne for facilitating this programme so well. Keep it up!!! John Lerumo
-Thank you very much for allowing me to attend this program. I really got a lot out of the program.
-Thank you very much for this opertunity and experience. It was awesome, positive and it left me feeling the words of peace and that’s it. So basic thats the best part of what I’ve learnt. So easy, so simple
-Thank you! Would welcome more of these types of series.
-Thank-you!!!
-Thank-you for allowing me too attend this promising program.
-Thank-you for the presenters time and effort.
Thank you very much for your time & commitment to the Peace Class. I really enjoyed it & will definitely be back in January.

Thanks

Thanks!

Thanks a lot u guys for your time and concern. It is greatly appreciated! God bless u & your family!!!

Thanks for everything. This program is amazing. God bless

Thanks for introducing these concepts to me. They will not go unnoticed. I will apply them in my life when its needed. Thanks.

Thanks for this program and I hope it comes again.

Thanks guys for your time & patience in showing us these highly educated lessons.

Thank you

Thank you!

Thank you for a beautiful few weeks to learn how to tap into the peace & contentment that we all have & did not know it - would love to do it again.

Thank you for bring the peace program to us.

Thank you for this program. It really has touched me and helped develop the new life I wish for myself.

Thank you Prem Rawat

Thankx to all the people who dedicated their time to make this programme a success in prisons.

The best hour of revisualizing a new hope for my life. Thank you

The class was very educational, wise, and knowledgable. Helped me understand life on a whole nother basis.

The facilitator must make the course vibrant by insisting on talking from down at us.

The program is an eye opening for me, so thank yous for the time

The volunteers were very nice and helpful, especially Mrs. Linda.

There are no comments that I wish to make, other than giving thanks to Mr. Prem Rawad.

This a good program to help people reflect with their lifes are at this point and what good things you have around you.

This class truly helped to reinforce a lot of philosophies that I already believed in

This has helped me feel more focus on being present and in the moment for my work with Evergreen hospice.

This has been a special opportunity.

This is a great time of year, as each new year can make us conscious of new beginnings & we can reaffirm who we are & set us anew on our journey once more

This is a wonderful class & tool. The more you focus on peace, the more it expands.

This is my first time coming here and watching these videos

This is one of the course/ programme that is very much important to our society, and all can live and enjoy life without any harm to anybody.

This peace education has been excellent but finding the inner peace to make it work will be my challenge.

This program changed my life.

This program has given us the opportunity to have fulfillment while we are still alive and since peace is immortal I believe that even when I am dead I will still possess this fulfillment. Peace unto you Peace Education Program!!

This program is very useful and I enjoyed every class.

This programme is right for all of us who where living in a negative ways.

This programme is the best of the best. I think that is good for all people.

This programme is very informative and makes a person look deeper at themselves.

To always attend word of peace programme all the time as part of our lives.
- To be included as examples in other facilitative programme how we developed after the session.
- To thank! Thank you!
- Very enjoyable
- Very enjoyable course, well presented
- Very good message. Very enjoyable and thought provoking. Thank you.
- Very interesting
- Very to the point & well delivered speeches. Also very helpful.
- What was one of the greatest things is how kind and humble the facilitators are
- When I leave this facility, are there any phone numbers I can call or someone specific I can talk to in order to join the foundation or even learn more about his teachings?
- Without the addition the class was interesting and the people who facilitate it were also act as an example to the class and their answers.
- Yes. I learn a lot from this programe and I wish in future to learn more and more.
- Yes I like to say thank you very much Peace Education Programme because now my life was changed. I’m always happy in my life.
- Yes, I like to say that I was someone who was like blind man. Now I can say I see little little. I believe that as I practise always the peace and love, also all the things that I had learned, I will become like a man who see far far!
- Yes. I would like to say thanks for this opportunity I’ve got here in prison to learn more about peace.
- You guys are so appreciated. Thank you so much for sharing this with all of us!