The Prem Rawat Foundation 2018 Annual Report

laying the groundwork for hope . . .
My whole premise for the Peace Education Program is to shed light on the simple fact that you are alive, and that every day you are alive is the most incredible hope, the most incredible possibility there is.

You have a heart and you have a mind. The mind says, “Revenge.” The heart says, “Understand. Let it go!” What is forgiveness? A lot of people think forgiveness is saying, “It’s okay,” when somebody does a bad thing to you. That’s not forgiveness. It’s very difficult to let go of that.

Forgiveness is when you decide to cut the cord and say, “I’m not going to be controlled by you anymore. I want to be free.” That’s the day you have truly forgiven and can move on in your life, because you need to. You don’t have to be a victim. You can be the victor within. You can be free, not on the outside, but free within. Everybody is imprisoned by something, everybody!

You want freedom? Then you will have to turn within. You are the source of that freedom. You are your worst enemy and your best friend. Who have you kept company with? Your enemy or your friend? Find that friend within, and you will find yourself; find yourself, and you will find that friend.

When you’re locked in your cell, guess who’s there with you? Your anger is there; your fear, your doubt, your sorrow. Do you know who else is there? Your joy, your clarity, your understanding.

Darkness and light are two sides of the same coin. How long does it take for the darkness to be removed when the light is turned on? Both are in you. Joy is in you; sadness is in you. When you are sad next time, think about the immeasurable joy that is also within you.

Learn to collect what is good. That’s your strength. You need strength, but you don’t need the strength of revenge. You need the strength that comes from within you, for you.

Prem Rawat speaking to inmates at Twin Towers Prison
Each day I am encouraged by the good news coming from the work of this Foundation that is laying the groundwork for world peace beginning with personal peace.

People from so many countries are getting a new lease on life, finding their inner strength and ability to find peace inside through the Peace Education Program. Embraced by both individuals and large institutions, this program grew by 26% in 2018. The governments of Sri Lanka and Colombia have integrated the program into reconciliation efforts to help build lasting cultures of peace. Veterans, prison inmates, cancer patients, at-risk youth, and people recovering from substance abuse have similar responses to this program. It gives them hope, even in the most challenging of situations, a sense of new possibilities, inner strength, and courage. (see pp. 4-5)

Children are going to school regularly, feeling healthy, and moving on to higher education because of the Food for People (FFP) program. In 2018 alone, FFP kitchens served over 479,221 meals to children and ailing adults, and provided computer labs in five schools in Nepal, so students could prepare for higher education. (see pp. 6-7)

Yearly complimentary eye clinics are improving the eyesight of thousands so they can see to work and enjoy life. Just under 6,000 impoverished people from 69 rural villages in India received complimentary eyecare, eye glasses, eye drops, and cataract referrals.

TPRF also sponsored live forums with Prem Rawat to ensure that diverse audiences have access to his unique message of peace, as well as the opportunity to follow up on the themes covered in the Peace Education Program workshops. (see pp. 8-9)

In a world of turbulence, I am especially moved by the thousands of volunteers in over 36 countries who apply time, energy, expertise, and enthusiasm to these programs, literally making them possible. Joining them in the support of The Prem Rawat Foundation are the thousands of donors who make this work financially feasible. My personal thanks goes out to each one.

– Daya Rawat
TPRF’s Peace Education Program continued to flourish in 2018, bringing Prem Rawat’s message of peace to people across the world whose common denominator is simply their humanity. Each of the four courses of the program touches a welcome chord in the hearts of participants, whether students, veterans, ex-combatants, business people, inmates, homeless people, or correctional officials, to name a few.

In 2018, over 1,000 courses were completed by 15,328 people in over 30 countries, reflecting a growth of 26%. The goal of the program as described by Prem Rawat is simple: “to put you in touch with you.”

Ecuador  The former members of the Bloods gang in Ibarra, who turned their efforts toward peace four years ago, are now speaking to teenagers in schools and facilitating Peace Education Programs for Bloods members in prisons. For the UN International Day of Peace, they created a fast-paced rap music video celebrating peace, reaching over 5.5 million viewers on social media.

Colombia  As part of the government’s effort to bring Peace Education to public schools, 85 teachers have been trained to facilitate the program in 70 schools in Antioquia and five have been trained in the Atlántico region, where over 2,000 students have already participated in the program.

South Africa  A total of 2,351 people completed a Peace Education course. The program was also officially adopted by the Development and Care area of the Department of Correctional Services for all corrections facilities.
comments from participants in the Peace Education Program

“PEP has helped me during my chemo and recovery. It helped me to find the joy within myself, peace, acceptance, and appreciation of imperfection.”

Patient, Cancer Support Center, Westlake Village, California

“Now, knowing what I am, it’s so easy. Recently, a guy wanted to take me on. Before, I’d not hesitate to get my knife. But since PEP, I went inside myself and then said, ‘What’s up man? You need a hug or something?’ He was shocked. Problem diffused.”

Inmate Everglades Correctional Institution (Creole)

“Here, in rehab, they are reminded every day that they are thieves, addicts, and so on. PEP makes them see themselves as valuable human beings, and they discover themselves. They change their way of thinking and doing things.”

Staff member, Life Esidimeni Centre for drug and alcohol rehabilitation, South Africa

“Before I went through PEP, I thought that peace was something that we had to find outside. Now I realize that peace is from within the heart. PEP has changed my view on life. The miracle is me. If I can live that, I can certainly live without substance abuse.”

Client, James A. Casey House, a halfway house Wilkes-Barre, PA

“Before I went through PEP, I thought that peace was something that we had to find outside. Now I realize that peace is from within the heart. PEP has changed my view on life. The miracle is me. If I can live that, I can certainly live without substance abuse.”

Mr. Premananda Appadoo, Commissioner of Prisons, Mauritius

“PEP is the best course we have! The prison guards say, ‘The truth is, the change is noticeable. After watching videos, the inmates are calm.’ This course is very good for the inmates and the guards that deal with them.”

Lieutenant, Modelo Jail, Barranquilla, Colombia

“PEP gets to the root of the problem. We can reduce the rate of recidivism when we help inmates find peace of mind, help them know themselves, and find peace within themselves.”

Mr. Premananda Appadoo, Commissioner of Prisons, Mauritius

“PEP has helped me during my chemo and recovery. It helped me to find the joy within myself, peace, acceptance, and appreciation of imperfection.”

Patient, Cancer Support Center, Westlake Village, California

“Now, knowing what I am, it’s so easy. Recently, a guy wanted to take me on. Before, I’d not hesitate to get my knife. But since PEP, I went inside myself and then said, ‘What’s up man? You need a hug or something?’ He was shocked. Problem diffused.”

Inmate Everglades Correctional Institution (Creole)

“Here, in rehab, they are reminded every day that they are thieves, addicts, and so on. PEP makes them see themselves as valuable human beings, and they discover themselves. They change their way of thinking and doing things.”

Staff member, Life Esidimeni Centre for drug and alcohol rehabilitation, South Africa

“Before I went through PEP, I thought that peace was something that we had to find outside. Now I realize that peace is from within the heart. PEP has changed my view on life. The miracle is me. If I can live that, I can certainly live without substance abuse.”

Client, James A. Casey House, a halfway house Wilkes-Barre, PA

“Before I went through PEP, I thought that peace was something that we had to find outside. Now I realize that peace is from within the heart. PEP has changed my view on life. The miracle is me. If I can live that, I can certainly live without substance abuse.”

Mr. Premananda Appadoo, Commissioner of Prisons, Mauritius

“PEP gets to the root of the problem. We can reduce the rate of recidivism when we help inmates find peace of mind, help them know themselves, and find peace within themselves.”

Mr. Premananda Appadoo, Commissioner of Prisons, Mauritius
2018 highlights
the power of a meal

In 2006, Prem Rawat landed a helicopter in a field near the town of Bantoli, India, where thousands were gathering to hear him speak. As the dust settled, he noticed a group of scraggly children drawn by the sight of a huge and noisy “bird” dropping from the sky. Despite being obviously malnourished, these children met this phenomenon with undaunted curiosity and smiling faces.

This was the beginning of the Food for People (FFP) concept: provide one essential ingredient for life and it will spark the recipients to make the changes needed to escape unrelenting poverty. Meals and hygiene education lead to improved health and children going to school, able to concentrate. Community health begins to improve and, along with that, the seeds of economic growth are sewn and nurtured.

In 2018, Food for People facilities continued to thrive in India, Nepal, and Ghana, cumulatively serving 479,221 meals in 2018, a 12% increase over 2017.
India  The India FFP facility in Bantoli has added space for children to learn computer skills and English. Our latest report indicates that malnourishment in the area has decreased from 30% to 2%. Successful completion of secondary school (grades 11-12) and then training for a professional skill or graduating from college or university have prepared many of the village’s young people for jobs never dreamed of before. As education of the younger generation expands, the local economy expands as well.

Nepal  In the high mountains above Kathmandu, FFP Nepal is thriving, serving 69,553 meals in the facility and delivering 158,013 more to five more distant local schools. Computer labs, now being funded in 5 schools, are providing essential preparation to students for higher education. In 2018, 164 graduates of 10th grade passed state exams. Goat stock has improved, allowing villagers to earn a good income from selling their goat milk and offspring. Boutique mushroom farming continues to provide income to families with a product easy to carry to market.

Ghana  A growing population in Otinibi, Ghana is attributed to the presence of Food for People. As families move into the community, employment for masons, carpenters, plumbers, and the like increases. Parents report healthier children who are eager to go to school every day. Dropout rates have decreased, and the school has now reached its capacity, even after the earlier addition of three new classrooms. Students from the Otinibi Basic School qualified to compete at the highest level of elementary school sports in the country for the first time ever. Their coach attributes their success to the strength gained from meals at FFP.

all these achievements continue to confirm the validity of the Food for People model.
TPRF supported innovative live forums across the world, opening possibilities for diverse audiences to see Prem Rawat in person, ask follow-up questions about what they learned in the Peace Education Program workshops, and deepen their understanding of peace. This year’s highlights included events with inmates in the U.S., a meeting with ex-combatants in Sri Lanka, a forum with artists and leaders who are working to stem violence in London, and a keynote address at a conference on humanitarian business practices in Malaysia.

United Kingdom In response to a violent crime epidemic in London, Prem joined leaders at Lambeth Community College to announce an expansion of the Peace Education Program as part of the solution. The rippling effects of knife crime on a community are devastating. “With the Peace Education Program, we hope to turn that pain into power: healing communities that are blighted by youth violence and inspiring the next generation with messages of peace and positivity,” said Pastor Lorraine Jones as she introduced Prem. He also collaborated with renowned street artist Ben Eine to make a powerful statement that “Peace is Possible” with a stunning mural along a highly visited section of Ebor Street.
Malaysia Prem gave the keynote address at KIND Malaysia, a conference aiming to inspire responsible businesses to do more for the improvement of life in the societies they operate in. He also conducted media interviews at the Peace Education Program booth in the exhibit hall, encouraging business leaders to take a more holistic approach to their lives and practices:

“There are a lot of business people here.... They want to make money. I don’t blame you. And yet, do you realize that one day, you’re not going to be able to take a cent of it with you? So, what is truly yours is compassion, clarity, understanding, the light you carry in your heart. Do things that will enrich you in those qualities, and I guarantee you, you will begin to feel very rich. From that richness will spring a desire to give, and you can give no better gift than compassion.”

Sri Lanka For more than 25 years, the small South Asian island of Sri Lanka was devastated by civil war, leaving an estimated 80,000 to 100,000 people dead and millions of survivors traumatized. Since 2009, the nation has embarked on a challenging process of reconciliation. And in recent years, that process has included the Peace Education Program, embraced by the Bureau of Rehabilitation to help former fighters and civilians alike heal and build a culture of peace. Prem Rawat was invited by government officials to meet with ex-combatants and rehabilitation officers. “Had I participated in the Peace Education Program before I got involved in the war, I never would’ve been involved,” one of the former fighters told Prem.

United States Invited by correctional officials who are impressed by how the Peace Education Program is helping rehabilitate inmates and improve behavior, Prem spoke to inmates at prisons in California and Florida. “Your message resonates in my heart. I am discovering my power, my love, my nature, my peace, my joy, my artistry,” said one inmate at Metro-West Detention Center in Miami. “Your message saved my life, future, and identity. It has given me a firm grasp on peace,” said another.
The Prem Rawat Foundation (TPRF) was created in 2001 and is a California not-for-profit public benefit corporation with a tax exempt 501(c)(3) status granted by the U.S. Internal Revenue Service. The accompanying Statements of Activities and Annual Measure of Financial Activity were prepared using generally accepted accounting principles. Audited financial statements and more detailed information are available at www.tprf.org along with the Organization’s annual IRS FORM 990.

More information about TPRF’s financial activity is available in the Audit Report issued by independent auditors, available on the website.
The Prem Rawat Foundation (TPRF) addresses the fundamental human needs of food, water, and peace so that people can live with dignity, peace, and prosperity.

Inspired by Prem Rawat’s vision that peace is both an inner resource and an innate right and that world peace must be built upon personal peace, TPRF co-sponsors forums introducing his message to community and civic leaders. The Foundation has also developed a Peace Education Program (PEP) that provides people with materials to explore inner peace in group settings or individually.

The Foundation’s Food for People program has been successful in helping to reverse the downward cycle of poverty for villages near Bantoli, India; Tasarpu, Nepal; and Otinibi, Ghana. The aim is to give people a second chance in life while respecting their dignity and their local culture.

PO Box 24-1498  Los Angeles, CA  90024
Telephone 1-310-392-5700
www.tprf.org
follow us on

TPRF is a California 501(C)(3) not-for-profit charity based in Los Angeles.
In response to rising knife crime in London, acclaimed UK street artist Ben Eine partnered with Prem Rawat to make a powerful statement that “Peace is Possible” with a mural along a highly visited section of Ebor Street.

The graffiti design represents the strength of people responding to the tragedy of gang violence by coming together to find solutions to its root causes.