



Subject: Recommendations for PEP

Date: June 24, 2014

I attended the first Peace Education Programme to be run in the UK at Sutton College of Learning for Adults, a college at which I teach several complementary therapies. As the weeks progressed, I could feel the jigsaw puzzle pieces of knowledge I had attained over the years falling into place and making a wonderful picture of peace and calm. For me personally, my work as a complementary therapist has taught me about the importance of balance in my life. To achieve balance, inner peace is essential. Just breathing is in itself a miracle. Every day of our lives is a gift. Now that I have completed the course, it has helped me to live in the NOW and appreciate the simpler things in life, as this enables me to cope when the more difficult things arise. Now I focus on what I have in my life – rather than what I don't. Others will make their own meaning from what they learn. This is what makes the course so unique - Prem's message reaches every person in the room, enabling each one of us to take our own meaning from his words and promoting true change from within.

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