There was "a tremendous improvement with regard to believing that feeling peace is a possibility. Before the program less than 42% believed that feeling peace was possible. After the program, almost 100% believed that it was. Three quarters (74.3%) strongly feel that peace is a possibility in their lives."

Some of the other reported results were:
- Participants understood 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 dignity of life regardless of circumstances.
- Participants discovered the difference between believing and knowing something in life.
- Most respondents were grateful for the program and did not express a need for changes.
- Many believed their lives will be better and that what they learned can help them.
- Many believed they would have benefited from this education earlier in their lives.
- Many want the program to be extended to reach a much larger number of people.

Please contact The Prem Rawat Foundation if you would like a copy of the entire evaluation study.