## Who am I?

## What brings me peace?

## What do I value in my life?

The Peace Education Program helps you discover your own answers to these important questions. This empowering exploration features innovative videos, thoughtful conversation and reflection to help you connect more deeply with yourself and make the most of life.

**Peace Education Program**
The Prem Rawat Foundation

## Workshop Themes:

Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment.

## Discover ways to:

- Better understand yourself
- Cultivate hope & contentment
- Develop resilience & inner strength
- See life's challenges with greater clarity

## What students around the world are saying about the program:

*"It's helping me to cherish life."*
*-Student in New Zealand*

*"I just realized that peace is not connected to the world but to yourself."*
*-Student in United Kingdom*

*"The key takeaway from this program for me is that I am so happy to be alive, to be breathing, to be existing."*
*-Student in Canadá*

tprf.org

https://www.youtube.com/watch?v=YL87EOaPZXQ