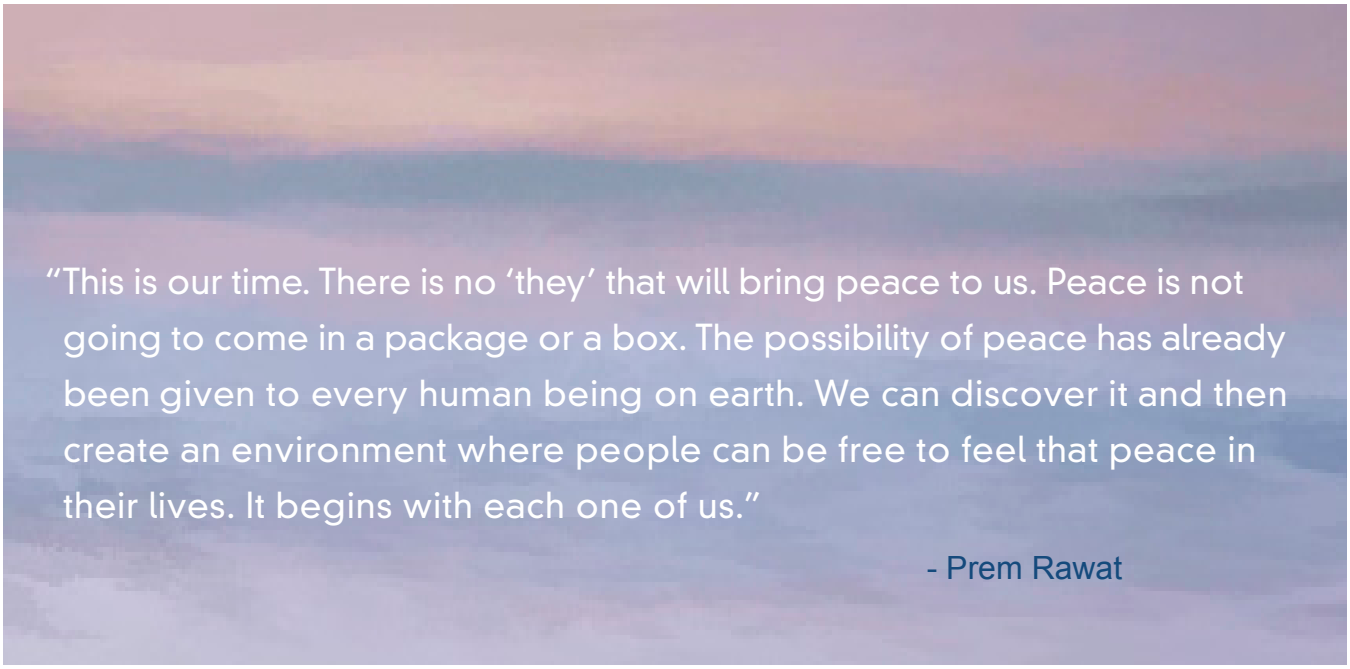
PEACE EDUCATION PROGRAM

PEP Curriculum

THE PREM RAWAT FOUNDATION
PEACE EDUCATION PROGRAM


"This is our time. There is no 'they' that will bring peace to us. Peace is not going to come in a package or a box. The possibility of peace has already been given to every human being on earth. We can discover it and then create an environment where people can be free to feel that peace in their lives. It begins with each one of us."
- Prem Rawat

The Peace Education Program

Introduction

The Peace Education Program (PEP) is a media-based educational program, created by The Prem Rawat Foundation. The purpose is to help participants to explore the possibility of personal peace and to discover inner resources — tools for living such as inner strength, choice, appreciation and hope.

The Peace Education Program consists of 10 hours of workshop material focused on a selection of core themes from Prem Rawat's international addresses. Each includes several video segments, times for reflection, and accompanying reading material. There is a workbook for each participant. There are no tests, as the program is about individual self-discovery — something that is unique for each person.

At the conclusion of the program, participants will be asked to share observations about what they learned, what they enjoyed, what challenged them and what could be improved about the program, using the form provided. Each participant will also be given a certificate of completion.

The Program

The program curriculum consists of a series of 10 themes, which correspond to the inner resources explored in the workshops. The workshops include short educational addresses on these themes by Prem Rawat. As a result of completing the Peace Education Program, participants should be able to:

- understand the possibility of personal peace
- discover inner resources such as hope, choice, and clarity
- see their innate value

The PEP curriculum includes:

- a manual for facilitators and a workbook for participants
- 10 DVDs and 10 illustrated articles on inner resource themes
- 6 supplemental videos

More information is available at www.tprf.org/en/programs/peace-education-program

1 Peace
PEACE EDUCATION PROGRAM

Workshop 1: Peace

Objective Participants will explore the possibility of personal peace.

Video

A Message of Peace (14 min.)

"There is one thing that has never changed on the face of this earth, and that is the true desire for peace that resides in the heart of every single human being."

A Message of Peace

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Peace Begins With You (12 min.)

"A baby knows how to cry, how to laugh. These are fundamental things nobody has to teach. The desire for peace is also fundamental. This is who we are."

Peace Begins With You

Life's Promise (21 min.)

"Despite all the problems, all the things that are wrong in this world, there are some things that are really, really good. That perfection, that beauty, is in you."

Life's Promise

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

A Possibility (2.5 min.)

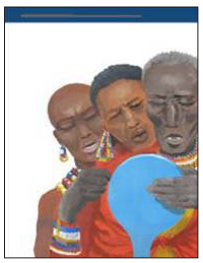
"This is a possibility that is being awakened, because that which you are looking for is already inside of you. This is introducing you to you."

A Possibility

Article

The Mirror on the Wall

"What is the face of peace? Peace does not belong to any nation, any society. Peace belongs to people like you and me. Within you lies the possibility of peace."



Workshop 2: Appreciation

Objective

Participants will explore appreciation as an inner resource that can help them enjoy what they have every day.

Video

Here to Enjoy (19 min.)

"You want to enjoy everything you do — and you *should* enjoy everything you do. What can your heart enjoy? This is the question."

Here to Enjoy

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

The Ant Story (4 min.)

"There were two ants. They met, and one ant said, 'I am from the sugar hill.' The other ant said, 'I am from the salt hill. What does your sugar taste like?' The ant from the sugar hill said, 'Come to my hill. You can taste it, and you will know.'"

The Ant Story

Look Within (25 min.)

"I don't refer you to a book. I don't refer you to a place. I don't refer you to some ideology. I refer you to *you*. This is the book — within you. It has all the answers you'll ever need."

Look Within

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Appreciation (4 min.)

"What does it really mean to appreciate? When appreciation is turned not to the things you *have* in this life but to life itself, the appreciation that comes is unique."

Appreciation

Article

The Businessman and the Magic Stone

A man appeared at the door of a businessman offering a stone that turns metal to gold. He said, "I'm just letting you use it for a while. One day I will come back to collect it."

3 Inner Strength
PEACE EDUCATION PROGRAM

Workshop 3: Inner Strength

Objective

Participants will explore the innate quality of inner strength and its value in life.

Video

Know Your Strength (12.5 min.)

In every human being, "there is a mind, and there is a heart. The heart in you will choose clarity over confusion, peace over turmoil; and the choices are ours."

Know Your Strength

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Strength That Lasts (16.5 min.)

"You judge yourself by all the scales the world puts in front of you, and this becomes the measure of your success. Forget about the scales. Know that your house is strong."

Strength That Lasts

Your Story (16 min.)

"Should your life be about suffering, pain, anger…or an interesting story? The biggest adventure that'll ever unfold in your life is you finding you."

Your Story

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Rhythm of Clarity (6 min.)

"This is your story. The story should have hope, and hope is tied to clarity. The rhythm of clarity — one breath at a time."

Rhythm of Clarity

Article

Journey of Life

In this journey of life, "you can think, see, admire, feel. You can be whatever you are. Can you be fulfilled? The answer is yes."

Workshop 4: Self-Awareness

Objective

Participants will explore inner strengths and resources that help them become more self-aware.

Video

The Questions We Ask (18 mins.)

"Sometimes, you look up at night, you see the stars, and you feel insignificant. However insignificant you may think you are, you can not forget the miracle that takes place when this breath comes and goes."

The Questions We Ask

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

The Lion and the Sheep (4.5 min.)

"A shepherd came across a helpless lion cub and put it in the barn with his sheep. As time passed, the cub got bigger, playing and grazing with the sheep. One day, in the field, a huge lion came and said to the scared little lion, 'Why are you pretending to be a sheep?'"

The Lion and the Sheep

Be Your Own Hero (22.5 min.)

"You should be your hero. There's only one way to be your hero. Do something spectacular. And I'll tell you what is spectacular — be fulfilled."

Be Your Own Hero

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

The Instrument (6 min.)

"Contentment, peace, joy — these are the notes of this instrument when you play it right."

The Instrument

Article

The Lion and the Sheep

"We are not what we think we are. We are more than that. Each of us is a precious gift."

5 Clarity
PEACE EDUCATION PROGRAM

Workshop 5: Clarity

Objective

Participants will explore clarity as an inner resource that can be developed to help in all aspects of life.

Video

Every Day Matters (22.5 min.)

"In this life, it matters what you understand and what you *don't* understand. It matters whether you feel contentment or do not feel contentment. Every day it matters."

Every Day Matters

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

The Queen's Necklace (4.5 min.)

"One day a crow saw the queen's necklace on a hook, picked it up and flew off. Landing on a tree, he dropped it on a low branch, where it dangled over a filthy river. A general, the king's minister, the king and more people jumped in the river, but it wasn't there…"

The Queen's Necklace

Knowing vs. Believing (20 min.)

"If you're looking for descriptions, explanations, rules, something to believe in, you won't find it here, because this is not about believing — that's not the realm of the heart. The realm of the heart is knowing."

Knowing vs Believing

Reflection

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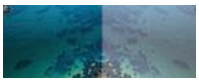


Video

Best Friend (6.5 min.)

"Think of life like this: it is your opportunity to spend time with the best friend you ever had, to be with the ultimate clarity."

Best Friend

Article

The Sugar Ant and the Salt Ant

"What I talk about is for you to be able to drink the water yourself — not for somebody else to drink the water and tell you how good it was."

Workshop 6: Understanding

Objective

Participants will explore the difference between believing and knowing.

Video

Compassion (15.5 min.)

"When you are touched with admiration, gratitude is not far behind. When you get gratitude, you get passion, then compassion, and then you have understanding."

Compassion

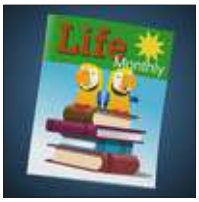
Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Two Parrots (3.5 min.)

"A person raised two very special parrots and taught them everything he could: formulas, Newton's laws of physics, great literature, but there was one thing they hadn't learned…"



Two Parrots

Life: A Limited Edition (28 min.)

"You have hate in you; you have love in you. You have clarity in you; you have confusion in you. You need a mirror to understand what is happening, to turn within and listen, not to words but to that feeling."

Life: A Limited Edition

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Miracle (5 min.)

"Life is a gift. I want to understand it as clearly as possible before I lose the ability to understand that this life is a gift."

Miracle

Article

The Archer and the Oil Merchant

"What do you practice? Whatever you practice you will become good at it. Practice the peace that lies in your heart, and you will become good at it."

7 Dignity
PEACE EDUCATION PROGRAM

Workshop 7: Dignity

Objective

Participants will recognize that there is an innate dignity in being alive, regardless of circumstances.

Video

Admiring Life (19.5 min.)

"Find out what you have, because what you have is unparalleled. It is the gift of all gifts, the wealth of all wealths, the beauty of all beauties."

Admiring Life

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

The Farmer and the Buried Treasure (3 min.)

"A man bought a piece of land, worked hard, became rich and buried the gold on his farm. Before he died, he called his children and told them that if they work the farm, they can have everything they want and more."

The Farmer and the Buried Treasure

Remembering Our Humanity (19.5 min.)

"Do you know that every human being on the face of this earth is original? No copy. No duplicates. Absolutely unique. Even identical twins are unique."

Remembering Our Humanity

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

The Journey (8 min.)

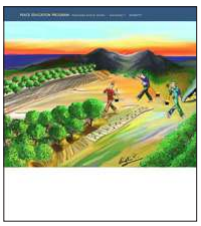
In this journey of life, "you have to walk. If you proceed in clarity, if you proceed with this heart, the journey will not only be successful, but very joyful."

The Journey

Article

Three Brothers Found Gold

"When three brothers found gold, they each did something different with it. One prayed to it, one wrote essays about it, and one sold it and bought a farm."



Workshop 8: Choice

Objective

Participants will recognize that they have freedom and power to make choices, and these daily choices affect well-being.

Video

The Seeds (21 min.)

"We are given seeds. There is the seed of anger, but there is also the seed of kindness. There is a seed of doubt, but there is also the seed of understanding. Whatever seed you have sown in your garden, you're going to sit under and rest."

The Seeds

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Choosing What's Real (25 min.)

"The choices that you made, from that baby you once were to the person you are now — were they conscious or unconscious choices? Did you come to each intersection and say, 'I'm going to go this way', or do you not actually know how you got there, but you're there?"

Choosing What's Real

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Today (6 min.)

"This is your time. This is your moment. Either embrace it or reject it. It will come, because it's a gift. It will come again and again, till it will come no more."

Today

Article

Trees in the Garden of Life

"Sow the seed of love, and you will be rewarded with love. Sow the seed of understanding, and you will be rewarded with understanding."

9 Hope
PEACE EDUCATION PROGRAM

Workshop 9: Hope

Objective

Participants will understand that hope is an inner resource available to everyone and that it can assist in moving through challenging times.

Video

Source of Hope (17 min.)

"You are the source of a tremendous amount of good. You are the source of a tremendous amount of hope and clarity. And yes, you are the source of a tremendous amount of peace."

Source of Hope

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Find Your Dream (24.5 min.)

"Maybe every single one of your dreams has not come true yet, but that doesn't mean it won't. Find the dream that is the most important to you, and you will find that that dream isn't to climb on top of the world. That dream is to be fulfilled."

Find Your Dream

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.

Video

Always Remember (9 min.)

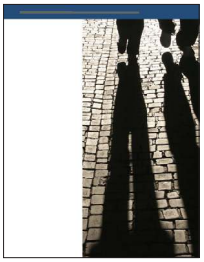
"It is not about the length of the night, but that the sun does rise and the morning does come. It's not about the lists of the failures, but about each success that took place."

Always Remember

Article

The Door to You

"All your life you have seen two doors: the door you came through the day you were born [is the first]. The door you'll go through when you leave is the second. But there is another door: the door to you."



10 Contentment
PEACE EDUCATION PROGRAM

Workshop 10: Contentment

Objective

Participants will explore the possibility that contentment can be felt, regardless of what happens in life.

Video

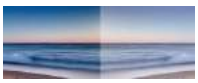
To Be Content (23.5 min.)

"We come; we go. This is going to happen, regardless. The opportunity that I talk about is the opportunity to have fulfillment while we are alive."

To Be Content

Reflection

This time is provided to think about what you've just heard, write about it in your workbook or share your reflections.



Video

Your Possibility (20.5 min.)

"This is about life — your life, my life — being here on this planet. It is about having this possibility to exist; it is about an aspiration in the heart of every human being to be fulfilled."

Your Possibility

Reflection

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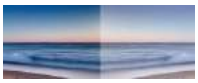

Video

Fulfillment (7 min.)

"You can feel contentment, joy, happiness. This is not speculation. This is possible. It is very, very possible."

Fulfillment

Article

The Bunny and the Lion

"When both the mind and the heart are complete, you have this feeling called *fulfillment*. You are not a person who is just trying to survive, but a person who is thriving."

Supplementary Videos

An Introduction to Prem Rawat – 5 min.
This video was created for the United Nations International Day of Peace.

Q & A with Prem Rawat and Mazara students - 23 min.
Prem Rawat answers questions from a group of high school students on the last day of the "Week of Peace and Solidarity" in Mazara, Italy.

Limitless Possibilities - 27 min.
Prem Rawat, speaking to an audience in Melbourne, Australia, says, "Inside of you there is the possibility of feeling pain, but there is a limitless possibility of feeling happiness. You have no limit for joy."

Unparalleled - 27 min.
This is a selection of excerpts from Prem Rawat's international speaking engagements. "The time for peace has come, and we have to do something. It's not about governments. It's about each one of us, everyone on the face of this earth."

Dignity, Peace, Prosperity - 21 min.
This video chronicles the work of The Prem Rawat Foundation, founded by Prem Rawat in 2001 to address fundamental human needs of food, water and peace.

Peace on the Inside - 24 min.
This is a documentary about the Peace Education Program at Dominguez State Jail, San Antonio, Texas.

About TPRF

The Prem Rawat Foundation (TPRF), created in 2001, addresses the fundamental human needs of food, water and peace.

Advancing Peace

For most of his life, Prem Rawat has been bringing a message of peace to people everywhere. His message has reached millions through personal appearances, video, television broadcasts and the Internet. Each year, TPRF sponsors forums introducing Prem Rawat's message of peace to community, civic and academic leaders. The Foundation has also developed this Peace Education Program (PEP) that provides a curriculum for exploring inner resources based on Prem Rawat's international addresses.

Providing Essential Aid

Based on Prem Rawat's vision, TPRF has developed a model program called *Food for People* that serves nutritious daily meals year-round to children and ailing adults at clean, modern facilities in Bantoli, India; Dhading District, Nepal; and Otinibi, Ghana. This successful program has provided health and education benefits for the children who attend, helping communities to break the cycle of poverty.

TPRF partners with reputable nonprofit organizations to provide food, water and eye care to people in need as well as to victims of disasters. This essential aid has helped countless people in urgent need of life-sustaining resources. Care is taken to ensure that aid reaches the intended recipients efficiently and rapidly.

About Prem Rawat

TPRF founder, Prem Rawat, is an international ambassador of peace. His message, that it is possible for each human being to find personal fulfillment, transcends all barriers of race, culture, religion and social status.

Prem Rawat has personally addressed more than 12 million people in over 50 countries, bringing a message of peace and hope to people from all walks of life — from simple villages to large metropolitan areas, from prisons to opera houses, from small gatherings to large arenas.

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