

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
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The Question of Anger

Question: When I see people eating animal foods and hear them saying they don't care about cows, chickens, fish, pigs, and other animals, or about starving people, I get very angry with them. What can I do about this?

Addressing this question –

We have to remember that anger, whether it's expressed or repressed, tends to be toxic not only to ourselves but to others and to our relationships. Anger causes acidification and contraction, physiologically, and can lead to a variety of physical and psychological complications. It is exclusionary, (though not as exclusionary as indifference) and veganism is the path of expansion and inclusion.

For me, a wonderful way to understand and deal with the anger that tends to arise in these types of situations is to contemplate and remember the Taoist teaching of Chuang-tzu, who offered a metaphorical teaching about a boat. If you're laying down in a boat on a lake, quietly resting, and suddenly another boat just whams into you without any warning, you'd probably get immediately irritated and angry and leap up, ready to yell at the thoughtless pilot of this other boat. Yet, if upon doing so, you suddenly see that the other boat is actually empty, and it just drifted into your boat, propelled by the winds of karma, you immediately see how foolish it is to be angry in this situation, and all anger dissipates. You even burst out laughing.

This is the same with us. The people we get angry with are empty boats. There is a karmic wind propelling them, and their words and actions, and it is essentially the programming of our culture. Why yell at or be angry with someone who is propelled by the cultural program? Is it wise to yell at and be angry with a program? With the wind? They are asleep – sleep walking and sleep talking. In many ways, it's pretend sleep walking and sleep talking. We get frustrated and angry because they are causing harm to others and we want them to wake up. Our task is to discover what works best to do this.

Creating communities that encourage awakening is an important part of this – the essential ingredient in cultural and personal transformation is relationship and communication and interaction with others. Building vegan community, both where we are and in cyberspace, is essential to the awakening of our world. Everything we do to channel our energy of caring from anger to constructive community building is a healing gift that blesses us and everyone in our world.