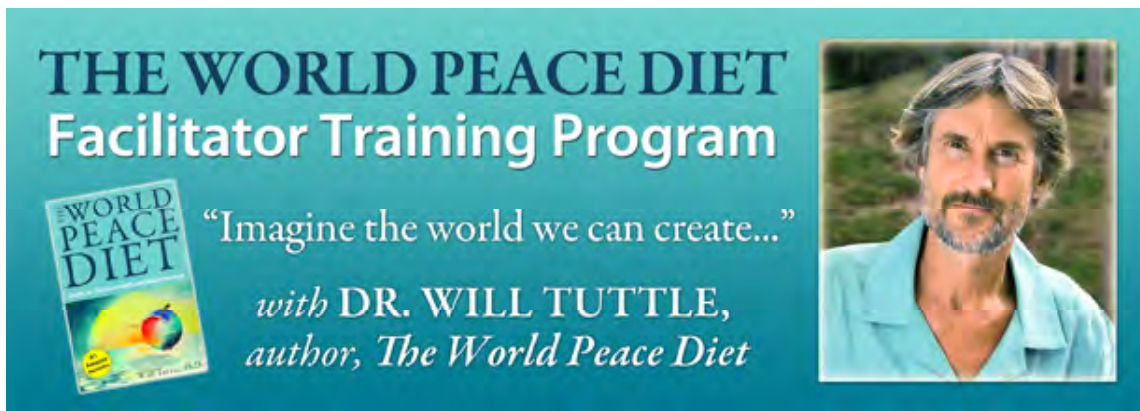




Module Four & Week Four

Fish, Dairy, Eggs, and the Mentality of Domination

Chapters Six and Seven: Hunting and Herding Sea Life; The Domination of the Feminine

- Understanding the mechanisms of fish, dairy, and egg production
 - Looking deeply into “free range” eggs, “organic” dairy, etc.
 - Connecting with the power of Sophia—the sacred feminine—to transform our behavior and consciousness
1. The consequences of aquaculture and of fishing operations – health, cultural, environmental. Whales, dolphins, seals, sea birds, turtles, bycatch, etc.
 2. The intelligence and sensitivity of aquatic animals and ocean ecosystems
 3. Cows and chickens as mothers and sisters, and the consequences of our routine cruelty toward them.
 4. The health and cultural consequences of dairy & egg production.
 5. The repression of Sophia by our culture’s food rituals, and ways we can break free of this and revive Sophia in ourselves and in our world.
 6. Positive alternatives to animal-based foods, and partnering with Sophia within to spread the message to others

Make your own raw nut milk with Madeleine: http://www.youtube.com/watch?v=0L3IL_eYvlw

Your Vegan Starter Kit: <http://www.oprah.com/packages/vegan-starter-kit.html>

“I went snorkeling and noticed how gently the fish welcomed us in their world, as compared to the violence with which we welcomed them into ours. I became a vegetarian.” Syndee Brinkman

By having reverence for life, we enter into a spiritual relation with the world." - Albert Schweitzer

“Estrus control will open the doors of factory hog production. Control of female cycles is the missing link to the assembly-line approach.” Earl Ainsworth, *Farm Journal*, 1976

