

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

with DR. WILL TUTTLE,
author, The World Peace Diet



Module Two – Invisible Cultural Indoctrination and Freeing Ourselves From It

Chapters Three and Four: The Nature of Intelligence; Inheriting our Food Choices

- Understanding the power of community in shaping consciousness and behavior
- Illuminating the dark shadow of violence to animals and tracking the fascinating repercussions of this violence.
- How the power of cultural indoctrination is asserted, and how we can free ourselves and others from it.



1. Omnivorism as metaphor for our culture's basic orientation.
2. The nature of intelligence and purpose; ethical intelligence
3. As we sow, we reap: the amazing consequences of our violence toward animals for food
4. The three primary reasons we eat animal foods: indoctrination, social pressure, taste.
5. The significance and power of leaving home.

“In the upside-down world of America today, our culture’s dysfunctional message is that healthy people accept the world as it is. We are taught that problems are pervasive and insolvable, and that we are powerless. Also, we hear that only radical nuts or quixotic fuzzy-brains work for social and political change. Yet powerlessness produces despair in people and stagnation in cultures. Throughout history, it has been the strong people who have endeavored to make their communities better. Healthy people act.”

“In my opinion, true rebels are not anguished, angry individuals mired since adolescence in their own complaints and needs for individuation. True rebels act from a well-developed moral center.

They know who they are and what they stand for. Most likely, they are fighting for something that they have spent a lifetime learning to love.”

From Mary Pipher’s book, *Writing to Change the World*.

2 quotes by Albert Schweitzer:

"The quiet conscience is the invention of the devil. No one of us may permit any preventable pain to be inflicted even though the responsibility for that pain is not ours. No one may shut his eyes and think that the pain which is therefore not visible, is non-existent".

"Think occasionally of the suffering of which you spare yourself the sight."