

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

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



Course Study Notes

Module 2: Understanding the Foundations of Health

Recorded Tele-conference with Dr. Will Tuttle

Let's begin our time together in this second week to take a moment to be quiet and turn our attention within and remember the millions of animals -- the individual animals because they are all individuals -- and remember them in our consciousness. I would also like to remember all those that are suffering or hungry on this earth.

Thanks, and thanks again for joining us on this adventure of understanding. Together we are creating a force-field of our consciousness which will effect not just our family, but future generations in the future.

OK, let's begin. There's a lot I would like to cover this week, starting with a listing of resources that you have all received in your membership site. These are online resources because they are easy to share, and I would ask that you might want to also share links in the forums and that way we can all share with each other.

Overview of PDF Resources Sheet:

- 1) Norman Scrimshaw of New Hampshire gifted this very good PowerPoint presentation that you can download and edit and use in your presentations. I'm hoping that Norman and his spouse Cynthia will talk with us in the next few weeks about their startup animal compassionate project.
- 2) WPD ebook.
- 3) Facilitators overview of WPD.
- 4) Study Questions for WPD.
- 5) Download of audio summary of Living in Harmony With All Life.
- 6) Vegan recipes

7) Four Viharas Guided Meditation -- This is an ancient Buddhist meditation practice that goes back 2500 years. Actually, it's not totally Buddhist; it's universal but came from India. Vihara means home, and our true home is love, compassion, joy and peace. And I lead you through this with piano music.

8) Circle of Compassion prayer circle for animals

9) A recent 45-minute interview when we were in Hawaii that explains the main principles of the WPD.

10) VegInspiration of the Day -- a daily inspiring quote that many people find inspiring.

11) WPD homepage -- just wanted to include this because it also has our tour schedule, videos, how to request us to come lecture in your area, and volume book discounts for classes.

12) Amazon.com page -- I wanted to include this because there are many reviews and an author page and these are good resources.

13-16 WPD Facebook pages -- Our old group page hit the Facebook 5,000 limit, so we created a new page that can have unlimited numbers.

17) Dr. Tuttle's Monthly Blog on One Green Planet

18) Dr. Tuttle's YouTube Channel

19) Twitter

20) Prayer Circle for Animals FaceBook Group

21) Flyer of Veg quotes by Unity founder Charles Fillmore -- Vegan affirming quotes useful in connecting to progressive Christians - I researched all this at the Unity headquarters in Kansas City.

Next, we are going to move into our the information part of this module, and then get into questions. The chapter that I'd like to emphasize briefly right now is chapter 2.

Sir Francis Bacon is famous for this three word sentence, "Knowledge is power." This sentence has been used and abused since then.

I prefer this sentence: "Understanding is empowerment." Moving from knowledge to understanding (wisdom) and power to empowerment and compassion. When we have understanding, we have real empowerment and a knowing that we can trust. Rationality is very helpful, but I want to emphasize the idea that a lot of what veganism is about is the interconnectedness of all life.

Did anyone see the Oprah Winfrey Vegan for a Week clips? They showed how much corn was fed to cows to make them gain up to three pounds a day. They didn't show any killing, though; twenty slaughter houses refused to let cameras inside!

I think we are at the tipping point of a huge change. We are trying to bring about a necessary

transformation of our culture.

The basic idea of chapter 2 is that about 10,000 years ago humans began to own animals to use as food. This change took thousands of years to get to today, and incorporates the seven points I mentioned last week.

Egalitarianism, war, slavery, domination of women all arose because of this behavior. Men began to see women as breeders, the same as they did their animals. Once we began to own other beings, we ultimately reduce the value of not only others, but ourselves.

The thing to understand here is that this is relatively new. In the big picture of things, 10,000 years is actually a short time. Anthropologists think humans have been around for about 300,000 years, but of course no one can really be sure.

This culture spread mostly from the Mediterranean and central Europe. If you read the writings of only a hundred years ago, most people in the world were vegetarians or vegans. Most people ate very little meat or eggs because they were expensive, or dairy since their bodies didn't tolerate it.

In Africa, we are seeing a lot of talk about Veganism as the way of the future.

Quote from Donald Watson of England, who coined the term Veganism in 1944:

"Veganism denotes a philosophy and way of living which seeks to exclude—as far as is possible and practical—all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals, and the environment." -- Donald Watson.

Watson also noted that Lacto-vegetarianism is a, "half-way house," and we should try to get to full vegetarianism in our lifetime, meaning we should try and get out of this prison of eating foods that are full of suffering.

Veganism is the core of every great religion as an attitude and practice of non-violence.

OK, now on to Chapter 3 and Chapter 4.

Chapter 3: The Nature of Food Intelligence

Chapter 4: Inheriting our Food Choices

These two chapters are the bedrock of the real understanding of what's going on in our culture. If we understand these, we will be liberated from the indoctrinated way of thinking that has been injected into us on a very deep level.

It's important to recognize that all of us who are eating animal foods are doing so because we have been forced into doing so. But with the power of community, we can change ourselves and create new communities that will provide a matrix of support for people to question the indoctrination injected into them.

I don't think we can make real change unless we can build these communities at the grassroots level.

Let's hit on the high-points of these chapters and then get into questions:

Chapter 3:

We are encouraged to be omnivores. We are told that we can eat any old thing, meat, vegetables, secretions of other animals. We are told this, even to the point that it's the "will of God."

For us to liberate ourselves and our children from being omnivores, we have to recognize that we have a place on this earth and endeavor to leave a small footprint of violence due to our actions.

Veganism is essentially about questioning our consumerism -- that our happiness and worth and meaning come from our consumption. I believe our consumerism is a direct result of our eating animals. We are so disconnected by consuming the flesh and secretions of animals and we cover that up and project it through rampant consumption of other products.

I think what Oprah did recently is pull back the curtain ever so slightly and reveal the problems that we are having in our culture. In religion, even if the leaders preach certain ideas, they will often be changed (modified) if they conflict with the underlying beliefs and practices of the culture.

What we do by eating animals foods is destroy our individual and cultural intelligence. If we block the feedback, we destroy our intelligence. For example, instead of saying what a great idea veganism is, we are conditioned to dismiss it.

Finally, in Chapter 3 is the sub-section, "As We Sow, So Shall We Reap." Whatever we do to animals, we eventually do to ourselves. People noticed that we are forcing obesity on animals, and we get fat. We get diseases, and we find animals have the same diseases. They live in toxic environments, and so are our environments. We drug animals, and we find our populations are increasingly drugged. And we force animals to have broken families and the same happens to us. It's such a fundamental thought and seems clearly obvious, but no one seems to be making this connection.

The way to correct this is to treat these animals with kindness and respect and then we will be worthy of this ourselves. These are not abstract ideas, but are essential to our survival - we are living with corporations and systems that are tightening their grip around us. We must stop enslaving others and we ourselves will not be enslaved.

Chapter 4:

Starts with a wonderful quote by Ralph Waldo Emerson, which might be one of my favorite quotes of anyone of anytime:

"People wish to be settled. Only as far as they are unsettled is there any hope for them," -- Emerson.

Our job is to make people uncomfortable, which is a challenge because we all want to fit in, and be part of a group. So we have to find a way to use our intuition to get the message across and be convincing.

In some of our later classes we will talk about practices and how to start a day off that will help to connect us to our own inner-centeredness of peace and love. We should be living our life on track and every day fill a purpose on this earth.

Three main powers why people are eating animal foods: Power of Infant Indoctrination, Power of Social Pressure, and the Power of Taste.

I can't stress enough how powerful infant indoctrination really is. We have every force around us urging and telling us that we need to eat animal foods. We are forced to do this with all those around us. It's amazing to me that anyone is able to go vegan, actually. I was able to go to vegan communities and that gave me a wonderful new reference point, and enabled me to learn how to be vegan. This is such an important idea - the power of community to spread the vegan message.

I was thinking the other day that this way of eating meat is not just like a prison, but living in an insane asylum and going vegan is a way to get out of this situation.

Next week, we will go into Chapter 5: The Intelligence of Human Physiology

Plus, we will have Dr. Janice Stanger from San Diego who is a author, nutritionist and vegan. She'll talk about the ins-and-outs of vegan nutrition.

It's really wonderful to know that we are designed to eat a plant-based diet, and we'll get into the nutrition of veganism to show how we can get enough protein in our diet.

Questions and Answers:

"How do we convey the message of Veganism to children?"

A lot of people think we can transform our culture if we can just transform our children. What I think is really helpful is a dual process: it is important to bring the message to children, they naturally love animals and would be saddened and hurt to learn what happens to them. But the second process is key, how do we get the message to their parents? We are all connected, we can't just focus on the children, we need to talk with the parents as well. Children imitate and model their parents!

It's also very important to talk to young people going into college because it's a time when these kids are outside their parents control for the first time and they can make their own decisions without influence of their parents.

"How do we respond to animal abuse by cultures and sub-cultures different than ours?"

It's very easy to point the finger at people of other cultures that are doing unkind things to animals. That is true, but one thing we need to do right now is first address the people in our culture. We need to do this first because otherwise we will look very hypocritical -- pointing the finger to people in other countries when so much is happening right here. Of course, if you think you can make a change in another country, then I support you.

"What are the ethics of right livelihood?"

In certain traditions, like Buddhism, one of the vows is to not harm animals. If you think about this in terms of daily jobs, which also extends to not working in a butcher shop, for example, and I would extend that to working in a shop that sells dairy. As we move to a more vegan culture, there will be more jobs for people spreading this message. Think about what our strengths are and we can create a community around vegan jobs.

Inspiring statement by participant who is donating books and giving away a free house-cleaning to those that read WPD. Suggests that people who have passion and a service might do the same.

Let's start wrapping this up to respect everyone's time.

I wanted to let you know that the WPD just had a huge print run in Chinese, and we're working on other languages. I want to ask if you have any connections to translations in these languages or publishers in other countries to speak up and help spread the message. Thank you.

Another question just came in about people who become vegan often lose their friends. This is true, and many friendships are built around food. We must be honest and true to ourselves and respect people who are not vegans, but keep pushing the envelope to encourage people to give up animal foods. I think in the long run our friends get more and more fabulous. At least in our experience over 30 years.

Thanks again, and we'll be back next week and on the forums.

There's no more noble and rewarding work than bringing a message of compassion and love to our culture.