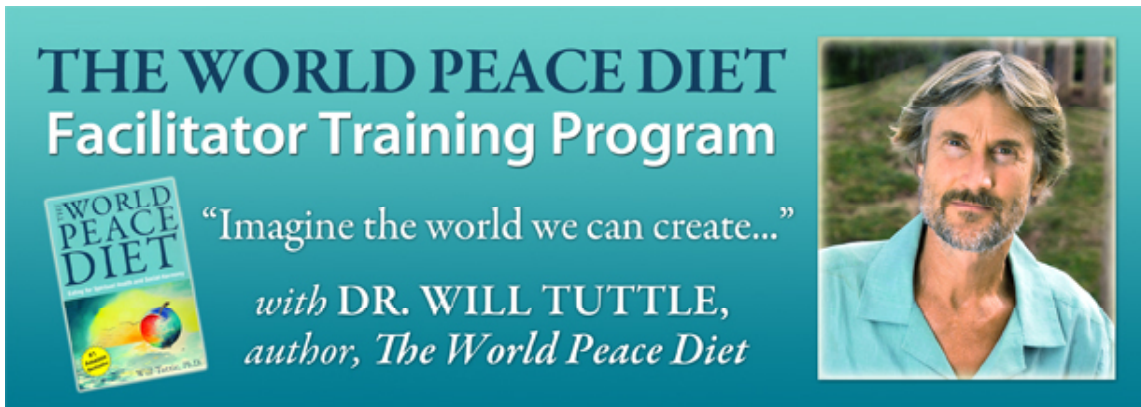




Course Curriculum

Eight-week Teleseminar Leading to certification as a World Peace Diet Facilitator

Created and Presented by Dr. Will Tuttle

The goal is to provide the best possible understanding of the material in **The World Peace Diet** through weekly lectures by Dr. Tuttle that will be supplemented with a variety of exercises and supplemental readings and plenty of opportunity for interactive questioning and discussion time. During the week, there will be further opportunity for discussion and contemplation through the ongoing online community forums.

The focus is on cultivating a deep and living understanding of the roots of our culture's dilemmas, and how we can not only attain health, inner peace, and spiritual clarity for ourselves, but also contribute to the positive transformation of our communities.

The audio lectures were originally presented January 27 – March 24, 2011.

Course Curriculum

Week One – Foundations of Inner and Outer Peace

Chapters One and Two: Food's Power; Our Culture's Roots

- Gaining an empowering understanding of the roots of our culture's multiple crises.
 - Realizing our unique individual potential to contribute to the healing of our world and thus to tap undiscovered reserves of creativity, joy, freedom, and meaning.
 - Illuminating both the history and future of our species through the lens of our relationship with animals, and how the quality of these relationships is reflected in our relationships with each other.
1. Food as cultural force and psycho-spiritual metaphor.
 2. Eating and the culture of denial
 3. The I-Thou vs. I-It sense of self, and the role of meal rituals
 4. Our culture as essentially a herding culture, and the significance of this.
 5. What is veganism, exactly? What are its roots and its implications?
 6. The Pythagorean Principle and its relationship to spiritual awakening and positive cultural change.

7. Why do we eat the foods we are eating?

Week 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.
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.

Week Three – Theory and Practice of Plant-based nutrition

Chapter Five: The Intelligence of Human Physiology

- Deep questioning of the cultural assumptions about our basic physiology
 - Discovering the foundations of optimal nutrition of body and mind
1. Comparative anatomy of humans with other animals
 2. The gift of our physiology and psychology
 3. Toxins, disease, and industry profitability and control
 4. Fat, protein, and nutrients
 5. The placebo effect and its positive significance
 6. Our body, our friend

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
 - Connecting with the power of Sophia—the sacred feminine—to transform our behavior and consciousness
1. The consequences of aquaculture and of fishing operations
 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 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.
 5. Positive alternatives to animal-based foods, and partnering with Sophia within to spread the message to others

Week Five – Transcending Materialism: Upgrading Science, Religion, and Work to Heal our World

Chapters Eight, Nine, and Ten – The Metaphysics of Food; Reductionist Science and Religion; The Dilemma of Work

- Investigating the vibratory nature of reality and its significance
 - Exploring the roles of science and religion to both enslave and liberate people, animals, and culture
 - Understanding the consequences of our culture's core orientation toward work
1. The connections between eating animal-sourced foods and violence toward others, as well as shame and low self-esteem
 2. How we can enter the flow of love, joy, prosperity, radiant health, freedom, and creative self-expression
 3. Reductionist science and religion as the twin sons of the herding culture: bickering brothers, and their mortal hatred of Sophia
 4. Understanding the myth of evil, and undoing its power to control and dominate us.
 5. Examining the core work in our culture, and the mentality it requires.
 6. How we can co-create employment opportunities based on celebrating and protecting life, and the power of communities to bring healing to our world.

Week Six – Ecological impacts of omnivorism, and effective advocacy for animals, people, and the Earth.

Chapters Eleven and Twelve: Profiting From Destruction; Some Objections Answered

- Examining the consequences of industrializing food and farms
 - Understanding the role of transnational corporations and financial institutions in promoting animal foods
 - Questioning the erroneous rationalizations that enslave and diminish us and others
1. The environmentally devastating consequences of animal agriculture, and the further implications of this for all of us
 2. The relationship between the medical-pharmaceutical-media complex and the military-industrial-meat complex
 3. The stories we've been told by our culture and how to liberate ourselves and others from their damaging effects
 4. The significance of paradigms, and how they are changed and transcended
 5. How transforming food choices can transform our culture and individual lives

Week Seven – Spiritual Health and the Interconnectedness of All Life

Chapters Thirteen and Fourteen: Evolve or Dissolve; Journey of Transformation

- Shedding light on the hidden cycles of violence
 - Awakening spiritually to love as the ultimate (and only) force and reality
 - Opening the inner gateways of intuition to live authentically and with integrity and purpose
1. The shadow archetype and its power to wound and separate
 2. The intuitive imperative and our evolution
 3. The mutual interdependence of *shojin* and *samadhi*: outer kindness and inner peace
 4. The vegan imperative and living its message of liberation for all beings
 5. Our individual journeys and our precious interconnectedness as teachers, healers, mentors, advisors, co-creators, and pioneers of a new world.

Week Eight – The Transformation of Humanity and Living Our Role In It

Chapter Fifteen: Living the Revolution

- Celebrating the power of community to educate, lead, and inspire
 - Giving birth to higher visions and new ways of relating based on kindness and respect for all
 - Being the change we'd like to see in the world
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1. Building our bodies and lives, one brick (thought, word, act) at a time
 2. Effectively sharing the World Peace Diet vision of a new future
 3. Responding to the pushback: local, humane, free-range, permaculture, aquaculture, primal, etc.
 4. Practical tips for facilitating WPD book study groups
 5. Effective and enjoyable ways to promote vegan study groups, cooking classes, mentoring, and veg community building wherever you happen to be.
 6. Opportunities for further collaboration with like-minded people to bring peace, healing, freedom, and abundance to our world.