

THE WORLD PEACE DIET Facilitator Training Program



“Imagine the world we can create...”

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



Module One, Week One

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

Created and Offered by Dr. Will Tuttle

Self-paced 8-Week Course of Study Based on *The World Peace Diet*

This course is presented on a pass-fail basis, based on two writing assignments—in the middle (Module 5) and at the end (Module 8)—as well as participation in forums and World Peace Diet Circle sessions.

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 course is **self-paced**. You can go at your own speed. However, you will not be able to go more quickly than one module per week, because each of the modules will be released to you every seven days. You will get an email with the link for the following week. Use the time each week to study the chapters in *The World Peace Diet* as well as the Supplemental Readings for the module and other readings and to listen to the audio mp3 recording of Dr. Tuttle’s presentation of the material. In addition, there is a large archive of fascinating vegan material in the World Peace Diet Circle audio archives of prior months’ tele-seminars going back to spring, 2011.

The mp3 audio recordings you will be listening to each week were originally recorded during the first online presentation of the online World Peace Diet Facilitator Training, January-March, 2011. It was hosted by Steve Prussack and features both exposition of the primary ideas by Dr. Tuttle, as well as presentations by guest speakers and Q & A with the course participants, making for a rich learning experience. For the first week/module, there are two mp3 audio files you can listen to: the Preview call, as well as the main module 1 recording.

The goal is to provide you with not only the tools to thrive as a vegan and to be an effective vegan advocate in a not-yet vegan world, but also to facilitate WPD study groups and to contribute in other ways to the positive transformation of our culture. Simultaneously we hope you will be able to learn ways to support yourself doing this work.

We have done our best to give you the best possible understanding of the material in *The World Peace Diet*, and this is done through audio recordings of weekly lectures by Dr. Tuttle that will be supplemented with a variety of exercises and supplemental readings and resources, as well as participation in the Community Forums and monthly World Peace Diet Circle tele-gatherings.

Thanks so much for joining us on this adventure of learning, empowerment, and deeper insight and understanding of the roots of health, abundance, and positive social transformation. May you find this material helpful on every level in your life, and through you, a blessing to others as well!

Bonus Video for all World Peace Diet Facilitator Training participants – This is a 50-minute interview done recently in Hawaii – about 190 mb.
<http://worldpeacediet.org/video.htm>

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 Seven Mentalities engendered by our culture's meals – (reductionism, elitism, exclusion, predation, desensitization, disconnectedness, domination)
 4. The I-Thou vs. I-It sense of self, and the role of meal rituals
 5. Our culture as essentially a herding culture, and the significance of this.
 6. What is veganism, exactly? What are its roots and its implications?
 7. The Pythagorean Principle and its relationship to spiritual awakening and positive cultural change.
 8. **Why do we eat the foods we are eating?**

With these tofu decoys we'll be miles away before they even notice we're gone!



PAT DUN
PIKARO 8-15-02

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