

# 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

### Facilitator Overview -- Study Questions

The following are suggestions to encourage discussion in WPD Study Groups –please free to add more of your own!

#### Chapter One: Food's Power

1. Please give examples of our use of the “language of denial.”
2. Explain the significance of the “I – thou” and “I – it” mentalities. How does the I-it sense of self compare with the I-thou sense of self?
3. What do you think is meant by “the power of food?” What is the source of this power?
4. What is compassion? How does the dictionary definition of compassion relate to our food choices?

#### Chapter Two: Our Culture's Roots

1. Name some words that we use today that have their roots in the history of our herding culture.
2. What is the core mentality of our culture, according to *The World Peace Diet*? How did this mentality arise and develop? What are its roots? How is it still reinforced today?
3. What is the relationship between herding animals, war, the domination of women, elitism/privilege and the establishment of the wealthy ruling class?
4. Describe veganism as a spiritual breakthrough. What are its roots? What is its defining motivation?

#### Chapter Three: The Nature of Intelligence

1. Discuss omnivore as a metaphor in the phrase “eating everything.” How might omnivorism be linked to consumerism?
2. Why are the “secrets” of dysfunctional families so damaging? How is this related to our treatment of animals for food?
3. “As you sow, so shall you reap.” Please give four or more examples from *The World Peace Diet* of how this statement plays out in the world.
4. How can we increase joy and peace in our lives?

#### Chapter Four: Inheriting Our Food Choices

1. Explain the concept and practice of “leaving home.” Why is it important do you think?
2. What are the three main reasons people eat animal derived foods, according to the book? Are there others?
3. Discuss some of the reasons a vegan diet is more enjoyable than a carnivorous diet.
4. What are some similarities between slavery in the south and factory farming?

#### Chapter Five: The Intelligence of Human Physiology

1. From a physiological point of view, what foods are we human animals meant to eat? What is the evidence for this?
2. Which foods contain the highest levels of toxins? What are some examples of these toxins?
3. What is the relationship between the proliferation of CAFO’s (factory farms) and the meat-medical complex?
4. Why do heart disease and cancer “run in the family?”

#### Chapter Six: Hunting and Herding Sea Life

1. What is “herding fish” and what are the effects of this practice on animals and the environment?
2. Can fish feel pain? Are they intelligent?
3. How are land animals and sea animals alike in their suffering?
4. Land animals consumed in the U.S. each year are measured in the billions. How are sea animals measured?

#### Chapter Seven: The Domination of Feminine

1. How is the dairy and egg industry in some ways more brutal than the industries that deal only with the flesh of animals?
2. What are some of the reasons cow’s milk is so toxic for humans? Is cow’s milk designed for humans?
3. What are the four pathways a calf born on a dairy might take?
4. Discuss the term “Sophia.” What is her significance for us today and her oppression by our culture’s food institutions?

#### Chapter Eight: The Metaphysics of Food

1. What are the links between violence on our plates and violence in entertainment (movies, music, art, media, etc.)?
2. What is the “Maharishi effect?”
3. Who wrote, “As long as we have slaughterhouses we will have battlefields,” and why?
4. Discuss how our thoughts and feelings can create a shared consciousness of fear and violence, or compassion and empathy.

#### Chapter Nine: Reductionist Science and Religion

1. What was the main form of worship in the old herding cultures? What is the myth of evil?

2. Discuss how, “man’s inhumanity to man” is rooted in our inhumanity to animals for food.
3. According to the book, what are the two sons of the herding culture, “the two bickering brothers?” Are they enemies? Who do they both see as the real enemy?
4. How do they reinforce each other? Who do they both join in attacking? Why is this ironic?

#### Chapter Ten: The Dilemma of Work

1. What industry has the highest rate of work related injuries?
2. What types of work do slaughterhouse and factory farm workers actually do?
3. What is the effect of doing this work on the workers?
4. What is the significance of this? How does it affect everyone?

#### Chapter Eleven: Profiting From Destruction

1. The foundation of agriculture has switched from soil to what? Explain the significance of this.
2. What is monocropping? What are its effects?
3. Why do diets high in animal foods decimate wildlife and destroy habitat?
4. What are some ways trans-national corporations profit from people eating animal foods?

#### Chapter Twelve: Some Objections Answered

1. Are humans naturally predatory?
2. Why is the blood-type theory appealing to certain people and is it accurate?
3. What are some of the voices within the Christian and Judaic traditions that have historically resisted the oppression of animals?
4. Name two of the most prominent objections to veganism and describe how to answer them.

#### Chapter Thirteen: Evolve or Dissolve

1. What are the “two limited perspectives” regarding our abuse of animals?
2. Most people think veganism is simply not eating or using animal products. Discuss the vegan philosophy more thoroughly as created by Donald Watson in the early 1940’s.
3. “All sentient beings have interests.” Discuss.
4. What is meant by “the intuitive imperative?”

#### Chapter Fourteen: Journey of Transformation

1. While all of our journeys are unique and different discuss our transformations in the context of the Buddhist teaching of the jeweled web. How are all journeys interconnected?
2. What are some types of vegan communities? How can we spread the vegan message?
3. What will be some of the effects of the Texas cattlemen going to Korea to teach them how to grow beef rather than rice?
4. Describe your own personal journey of how you became a vegetarian, or how you became a vegan and or what brought you to this study group.

#### Chapter Fifteen: Living the Revolution

1. “The opposite of love is not hate but indifference.” Discuss.
2. The Heifer Project refers to animals as existing only as the four “M’s”. What are they? How does this mentally affect us and our institutions?
3. In the triangle of perpetrator, victim and bystander, what is the role of the bystander and why is it so important?
4. How can we “be the change we want to see in the world?”

“As we realize our interconnectedness with all living beings, our purpose naturally becomes to help and bless others, and it is a role we can carry without burnout or anger. The terrible suffering we see may certainly disturb and outrage us, but the outrage turns to compassion and creativity rather than to anger, despair, or vindictiveness. Rising above anger and despair while still keeping our hearts open to the ocean of cruelty, indifference, and suffering on this earth is not easy. It requires cultivating wisdom and compassion - both the inner silent receptivity that links us to the eternal truth of our being and the outer actions of serving and helping others that give meaning to our life. By creating an inner field of peace, kindness, joy, and unity, we contribute to building a planetary field of compassion that reflects this consciousness. A positive approach is essential because it mobilizes our spiritual resources, generates enthusiasm, and brings more joy and love into our world. In the end, as Mahatma Gandhi emphasized, we must be the change we want to see in the world.”

Will Tuttle, Ph.D., from *The World Peace Diet*