

THE WORLD PEACE DIET

Mastery Training Program

“Imagine the world we can create...”

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

Module One, Week One

Curriculum for the 4-week World Peace Diet Mastery Program

Week 1 – Revealing the Hidden Programs

Goals: to reveal the hidden dimensions of our cultural programming that undermine our happiness, health, wisdom, and abundance, and to become knowledgeable about the foundation of both personal and social transformation and liberation.

Material – Chapters 1 – 4 of The World Peace Diet

1. Self-understanding as the basis of happiness.
2. How the cultural hijacking of our innate wisdom divides us.
3. The hidden scripts in the meals and food choices our culture propagates, and how they create disease and disconnectedness.
4. The five levels of health and their relationship to food choices and to reclaiming joy, inner peace, abundance, and harmonious relationships.
5. The “language of denial” and its connection to disempowerment and the I-it sense of self.
6. The fascinating relationship between herding animals, war, the domination of women, elitism/privilege, and the establishment of a wealthy ruling class.
7. The core spiritual breakthrough that opens the door to new possibilities of health and freedom.
8. The fundamental universal principle and how we are taught to disobey it relentlessly, and how this inevitably causes suffering, and how we can unlearn this and liberate our lives and consciousness.
9. The importance of “leaving home” for personal freedom, and for positive cultural evolution.

Week 2 – Understanding the Foundations of Health

Goals: to understand the foundations of physical, psychological, and spiritual health and the interconnectedness of all dimensions of our lives with each other, and with the larger wholes in which we are embedded.

Material – Chapters 5 – 9 of The World Peace Diet

1. From a physiological point of view, the foods we are designed to eat.
2. What types of foods contain toxins, and the effects of these, and which foods and practices help us eliminate toxins.
3. Animal agriculture and its connection to the medical-pharmaceutical complex, and the hidden consequences of participating in our culturally-mandated meals.
4. Why disease “runs in the family.”
5. The consequences of fishing, aquaculture, and eating aquatic animal foods.
6. The dark side of the dairy and egg industries, and how we can free ourselves by freeing others.
7. How Sophia, our inner feminine wisdom, has been repressed by our culture, and how we can resurrect Sophia in our lives and consciousness, and the enormous benefits of this.
8. How to heal the limiting, materialistic orientation that our culture injects us with, and see more deeply into the foundations of our lives as eternal consciousness, awareness, love, and interconnectedness.
9. Understanding the basic similarity of our culture’s institutions of science and religion, and how they both delude and disempower us, and how we are creating new forms of science and religion that are liberating and empowering

Week 3 – Awakening Our Capacities to Know and to Serve

Goals: to awaken our capacity to serve the benevolent transformation that is rippling through our culture, and to deepen our intuitive connection with the unerring wisdom within us.

Material – Chapters 10 – 14 of The World Peace Diet

1. How violence anywhere hurts all of us, and kindness anywhere helps all of us.
2. How boys/men are disconnected from natural feelings of tenderness and mercy, and the benefits of reconnecting with these feelings through specific actions and attitudes.
3. The ecological implications of eating animal-based foods: learning to look beyond the surfaces to the underlying dynamics
4. The importance of wildlife in our lives and our connection with all nonhuman animals.
5. How rationalizations reduce our wisdom, compassion, sensitivity, and capacity for happiness, and how to short-circuit the stultifying rationalizations planted in us by our culture’s programs and stories.
6. Why veganism, properly understood, is not an option, is nothing to be proud of, is natural, ancient, and connects us with our future and with our intuitive wisdom.
7. The interconnection between kindness in action, inner peace, creativity, spiritual realization, and social progress.
8. The power of community and how we can create and nurture it.
9. Understanding our personal heroic/heroic journey, and how our journeys are all interconnected and mutually supporting.

Week 4 – Living the Transformation

Goals: to authentically deepen our embodiment of the benevolent revolution that our future is calling forth, and to more clearly live the truth of the interconnectedness of all life, and our own life as a beautiful, creative celebration that brings unique and meaningful blessings to others and to our world.

Material – Chapter 15 of The World Peace Diet, and contemporary sources

1. The keys to joyful and healthy living.
2. How to most effectively contribute to the benevolent vegan revolution of nonviolence.
3. Overcoming culturally-instilled desensitization and indifference.
4. Understanding the dynamics of the shadow archetype in cultural and personal consciousness.
5. How comprehending the victim/perpetrator/bystander roles empowers positive transformation.
6. The significance of yin and yang energies, foods, and lifestyle habits.
7. How we most effectively embody the change we'd like to see in the world.
8. Current issues in vegan, vegetarian, raw, natural, local, organic, veganic, and humane approaches to food and agriculture.
9. How we can best prepare ourselves for the new world we are entering, individually and collectively. How we can realize abundance and noncausal joy in our lives.