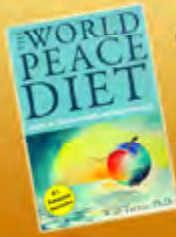


# THE WORLD PEACE DIET Mastery Training Program



“Imagine the world we can create...”

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



## Module One & Week One

### Four-week Tele-Seminar

Creating a Foundational Understanding of the Main Ideas in *The World Peace Diet*

Created and Offered by Dr. Will Tuttle

### Self-paced 4-Week Course of Study Based on *The World Peace Diet*

**Overarching goal** – To deepen our ability to thrive as vegans in a not-yet vegan world, and to become more effective advocates for healthy, compassionate, sustainable living.

This 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 Mastery Training Program in 2011. It was hosted by Steve Prussack and features both exposition of the primary ideas by Dr. Tuttle, as well as presentations and Q & A with the course participants, making for a rich learning experience.

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!

## **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.

Looking deeply into our culture and ourselves – modes and methods

Transformative seeing -- people's behavior as a reflection of their culture, not themselves

Role of spirituality and awakening from conditioning to intuition

**Material** – Chapters 1 – 4 of *The World Peace Diet* – Up through page 65

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. Physical, mental/psychological, cultural, spiritual, ecological.
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.

### **World Peace Diet Mastery Program – Week 1 – Part 2**

Vibrant health, happiness, and meaning are ours when we understand and live by the deeper principles that sages have propounded for centuries.

\* \* \* \* \*

An adventure of discovery! – Pulling back the curtain & exposing the keys to health, sanity, sustainability, freedom, peace, justice, equality – HIDDEN info – in plain sight, in some ways... Because of this, they can be very challenging. You may be tempted to either stop listening or to mentally argue with or dismiss what is being said. This may be because a lot of what I'll be saying goes contrary to the deepest and most powerful stories and attitudes we've learned as people in this culture. This topic is the big taboo.

#### **\* Conscious Eating and healthy living**

**Exercise** – purpose or mission – Discuss purpose in life – is it self-oriented or other-oriented?

2 levels of motivation – self & other. Both are important and can be used here. Food – health – self-benefit and benefit for others! Purpose – love, grow, contribute

**Exercise** - 3 meals each day plus snacks –what do we eat? Why?

The power of food! – Why do we eat? Hunger? Oral gratification? Taste? Social situations/gatherings  
Adventure of discovery! Understand our selves and our culture – happiness = understanding; self = culture

In order to survive/thrive, we must, as individuals and as a culture, transform our understanding and practice of food – bring it into alignment with our purpose and values

**\* The five levels of health, and how they are interconnected to our meals**

Physical, ecological, mental/psychological, cultural, spiritual/ethical

**Exercise** - feel into the idea of health.

**\* The hidden history of our culture's food system and its effects on our health**

**Exercise** – compassion – for people – for animals – for starving people, for wildlife, for future generations.

Why do we eat animal foods? - 3 reasons – infant indoctrination, social pressure, taste

Sowing/reaping – toxic environment (bad smell, ugly surroundings), toxic foods; diseases – physical, mental, etc. – Boomerang effect

**Exercise** – feel into the boomerang effect – any ideas... For the week – notice the news media and events and how they relate to our treatment of animals for food

**Helpful films** – *Chew On This* and *Glass Walls* (PETA); *Earthlings*; *A Life Connected* --- All are free on the web.

Mike Anderson - *Eating*

Tribe of Heart - *The Witness*; *Peaceable Kingdom: The Journey Home*; [HumaneMyth.org](http://HumaneMyth.org) website

