

THE WORLD PEACE DIET

Mastery Training Program



“Imagine the world we can create...”

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



Course Study Notes

Module 1 – Revealing the Hidden Programs

I) Introduction

Revealing social and personal liberation from societal programming concerning our food choices.

- A) Moving from conditioned mentality to Inner Wisdom
- B) Practicing Compassionate Eating – Awakening to our own Intuition

We can change the way we see others and in doing so, change the landscape of peace on this planet.

This is a crucial time in our history and Dr. Tuttle believes it is a “now or never” opportunity to act, as our resources, economy, and options falter around us.

II) Power of Food

Although the progressive movement focuses on more sustainability and rights toward things like organic farming, what we’re missing is the massive degree of violence bestowed on animals. Dr. Tuttle speaks to building the “Tower of Love” and that in order to do so, we must use tool of love to build, and not tools of violence, exclusion, and disconnection. What we eat is fundamental towards our development in daily life and toward societal change. Otherwise, to build change towards peace while consuming food that supports violence towards animals is, at best, ironic.

“The unexamined life is not worth living.” –Socrates

When we steal the purposes of others, we lose touch with our own, which is what’s led us to this present state of omni-voracious consumerism. Our fundamental disconnect forces us to work harder and longer than ever before in order to afford the overabundance of things to buy, eat, and consume... none of which ultimately make us happy.

- A) Culture of Denial – a lack of self-understanding & self-reflection
- B) Self-Understanding = Happiness

“Know thyself.” -Socrates

III) Popular Cultural Mentalities

Popular cultural mentalities toward food represent a “cultural hijacking” of Inner Wisdom

- A) Reductionism – Making living beings into things; mere commodities to be used
- B) Elitism & Privilege – Certain beings are superior to others
- C) Might Makes Right – Power = Entitlement
- D) Denial
- E) Numbing and desensitization
- F) Disconnectedness

1) Overuse of euphemisms in current cultural jargon can be dangerous
“Call things by their true names.” - Taoist principle
Meals are the most powerful rituals in any culture.

G) Exclusion - Countered by Compassion in the world.

The solution to all these cultural hijackings of our Inner Wisdom is simply put: LOVE, also expressed as Compassion or Authenticity. When we love from a place of authentic expression, the walls of programming and disconnection fall and inner divisions begin to heal.

Look with eyes of healing compassion.

Religious institutions once supported many tenets of veganism, but tend mostly to serve their parent – the herding culture itself. They often repress or negate the beliefs they are supposed to be teaching and encouraging – for example, the fish fry after mass.

IV) Hidden Scripts

- A) We are better than animals.
- B) We could suffer from protein/calcium deficiency without animal foods
- C) We are rulers/masters of the animal world
- D) Our culture depends on meat.

V) 5 Levels of Health

Take time every day to connect with healthy rituals and connect with the external dimensions of ourselves.

“Be the change you wish to see in the world.” –Gandhi

- A) Physical/Nutritional Health
 - Toxins like pesticides, pharmaceutical additives, etc. are obviously not in our best interests
- B) Mental/Psychological Health
 - Refrain from partaking in violent programming on TV, in movies, and on the internet, etc.
 - Having a positive, constructive healthy internal environment in our mind determines the health of our physical bodies.
- C) Cultural Health
- D) Ecological Health
- E) Spiritual/Ethical Health – Our unity and oneness with all life and the source of all life

VI) History of Eating Imprisoned Animals (Chapter 2 of the book, pages 17-28)

There exists a fascinating relationship between the consumption of meat (the inherent violence and war. Dr. Tuttle calls this the “Herding Revolution.”

Granting peace and mercy towards animals is the beginning of peace.

Recommended reading: “The Chalice of the Blade” by Riane Eisler

- A) Our culture is currently a juggernaut out of control.
- B) Killing our ecosystems to fulfill our incessant need is actually causing the promotion of war.

VII) NATURE OF INTELLIGENCE (Chapter 3)

All ecosystems contain intelligence. Intelligence represents the feedback loops of its ecosystem. The most effective way for us to bring the message of peace to our culture is to LIVE IT.

“As ye sow so shall ye reap.” – primary spiritual principle (also the Golden Rule)

- A) Eating no animal products; not buying products made with leather, feathers; boycotting Zoos, circuses, rodeos, etc. - These are all just the beginning of the vegan lifestyle.
- B) The illnesses we endure are directly caused by the experiences we have inflicted on the animals we consume including: osteoporosis, drug addiction, breakdown of the family unit, and terrorism.

Old ways are now obsolete. We are capable of transforming our lives to become a revolution of One, as powerful, mindful agents of change. We must change the culture of violence.

VIII) How We Inherit Our Food Choices (Chapter 4)

- A) Infant indoctrination - important for us to leave home as adults, so that we can formulate our own ideas about the world
- B) Social pressure
- C) Taste – Emotional/sensual attachments

All of these are weak rationales when we begin to see animals compassionately as living beings and truly connect with our Inner Wisdom.

Exercises

1) Tune in to your inner wisdom. Define (on a piece of paper) your purpose in life.

* Self-centered and other-centered motivation can be mutually beneficial

2) On that same piece of paper, outline a typical day’s meal plan: Breakfast, Lunch & Dinner.

* Ask yourself: Why am I eating the foods I’m eating? -Is it taste? Price? Convenience? Habit?

3) If you are a practicing vegan, ask yourself: How do I respond to meat-eaters in social interactions?

* Acting from a place of compassion and finding common understanding is the beginning of peace. To reveal the hidden dimensions of our cultural programming that undermine our happiness, health, wisdom, and abundance, is to become knowledgeable about the foundation of both personal and social transformation and liberation. It all starts with what’s on our plate, and the remarkable ramifications of our food choices.