

THE WORLD PEACE DIET Mastery Training Program



“Imagine the world we can create...”

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



Module Three & Week Three

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.

The connection between work, male domination, and our culture's shadow.

Understanding the deep roots of environmental devastation and the attitudes enabling it.

The fascinating multiple spiritual dimensions of food, eating, and meals.

Material – Chapters 10 through 14 of *The World Peace Diet* --- Pages 166-268

The Dilemma of Work

Profiting From Destruction

Some Objections Answered

Evolve or Dissolve

Journey of Transformation

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/sheroic journey, and how our journeys are all interconnected and mutually supporting.