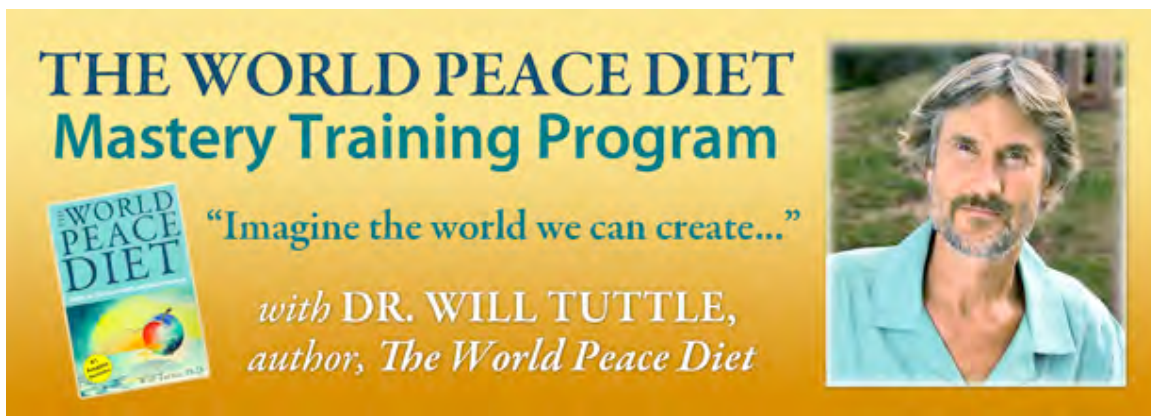




Course Study Notes

Module 3 – Awakening Our Capacities to Know and to Serve

Chapters 10-14 of The World Peace Diet

I) Salute to Listeners ... for being heroes!

To question the core of culture's programs and institute love, compassion, and understanding for a life of purpose and meaning.

"Be the change you wish to see in the world." -Gandhi

A) Radiant the truth in your actions.

B) Embodiment = Understanding with your whole being; Living authentically

II) New Science & New Religion (Chap. 9)

Science and Religion are bickering brothers cut from the same cloth serving an unhealthy father.

We must create a New Science and New Religion to access "Sophia".

"We are the ones we have been waiting for."

This is the crux of a genesis to the Possibility of Healing – the Earth, animals, and most especially with other people.

III) The Dilemma of Work (Chap. 10)

Action/activity in the world = Work

A) Distaste for work in our culture is due to the killing of animals for food

In seeking a life of meaning, we need to redefine "work" as something we have purpose for. Work would then stem from a place of personal purpose. Our culture doesn't find inherent joy in meaningful work, but rather tends toward non-conscious living in which our work is conceived as a kind of enslavement, or in other words... in service to others to fulfill their purposes.

"Whatever we sow, we reap."

B) Becoming vegan is saying "Yes" to compassion and awakening

Also known as our purpose being reinstated in us.

We are called to forgive ourselves for past transgressions against animals and turn our negative emotions like anger, remorse, or guilt into action to prevent future cruelty and violence toward animals, our planet, and one another.

C) Metaphor: Burning House – old Buddhist metaphor for spiritual teachings

Non-aware people in the world are like people trapped inside a burning house. We need to lure people out of the burning house to safety using the tools that spiritual teachings and our inner wisdom have given us.

D) Recommendations from Dr. Tuttle

- 1) Think about becoming a Vegan Coach
- 2) Bring your life into alignment and support yourself and others in this way
- 3) Support Vegan businesses

“Resurrecting Work” - Turn from a paradigm of work coming from a place of competition, manipulation, and violent production into a space of compassion and kindness of all life.

IV) Profiting from Destruction (Chap. 11)

There are two kinds of agriculture:

- 1) Plant: Gardening, working in harmony with nature
- 2) Animal: Confining, mutilating practices that inflict horror and non-cooperation with animals in plots of exploitation for production

A) Resources being depleted

As water resources are depleted and water pollution is so bad, fish and marine life are being killed off.

B) Continuing destructive methods of agriculture

Livestock agricultural farming, in particular, is a most wasteful and destructive method that could have been devised.

1) Sourcing Nitrogen from natural gas, massive amounts of artificial fertilizer are created, leading to in a process called “Eutrophication” in which the water becomes so full of algae that the water is green, oxygen is depleted, and fish die off

2) Huge amt. of petroleum used for energy

C) Hope for us: That our commitment to a plant-based diet will have a rippling positive effect on Earth

1) The U.N. recently acknowledged the importance of a plant-based diet in regards to the rapidly decreasing rate of losing water resources, climate change, pollution, etc.

D) Greenhouse Effect

Speak intelligently on this topic. Global ice caps melting, release of methane deposits.

Speaking to the vegan message is not just a health trip! Stakes are high right now on our planet, so that if we don't make amends in the form of drastic changes, our chances for survival are zero.

Understand that people eating dairy, meat, and eggs are following a cultural program that is not in their best interest.

V) Some Objections Answered (Chap. 12)

“Plutarchy” = wealthy elite controls the gov't, media, education, religion, etc.

A) People's rationalizations for defending the animal-based diet or as Dr. Tuttle calls them:

REJECTIONS of veganism include:

- 1) Why stop now? Haven't we historically been a meat-eating species?
- 2) Hunter/gatherer society
- 3) “Eat Right For Your Type” - blood type diet
- 4) Life eats life – animals eat animals, so why shouldn't we?

The Buddha teaches about the man wounded with an arrow must first know who shot the arrow and why before he tends to the wound in order to be healed.

Buddha teaches us compassion for all human beings. We exemplify this by not eating livestock in learning compassion for ALL beings.

In response to rejections, try agreeing first with the person who doesn't agree with the World Peace Diet (veganism) and then move into a mode of awareness in speaking to your own personal experience and how veganism works.

Being a vegan for 30 years, Dr. Tuttle has never found an argument against veganism that is backed by anything worth defending.

The Tao teaches that wisdom is uncomplicated

VI) Evolve or Dissolve (Chap. 13)

“Shadow” is a dimension of ourselves that we hide and convince ourselves that we are not. The largest shadow in our culture is the killing of animals for food.

What we do with shadows:

- 1) Project onto others
- 2) Numb and disconnect ourselves

We need to take off our armor and become aware so that we can come back to interconnectedness of all life.

If a spiritual teacher doesn't question society's message of violence toward animals, then they aren't speaking truth. They may be popular but that doesn't make their work true.

“By your fruits you will be known.” -Jesus

Life is sacred. Live a life of non-violence.

- The higher we go in consciousness, the more we try to not harm others.

CORNERSTONE OF THE WORLD PEACE DIET : Cannot build a tower of love with bricks of cruelty. We must use bricks of kindness. Understanding that we are beings of eternal consciousness.

Compassion leads to inner peace and happiness/joy.

A) Animal liberation – What kinds of structures can we create to make that happen?

- 1) Seek new ways to spread the message of Veganism to the world – Be creative! -Open restaurants, shops, programs, etc.
- 2) Bring authenticity to inner clarity.
- 3) Resist arguing but live the truth.

VII) Dr. Tuttle's Closing Exercise

This week, get active. Jump on the World Peace Diet Forum and discuss things more.

The Joy and fulfillment of participating in a mission is much larger than ourselves. We are not alone!