

THE WORLD PEACE DIET Mastery Training Program



“Imagine the world we can create...”

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



Module Four & Week Four

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* (Pages 269-293), 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.

