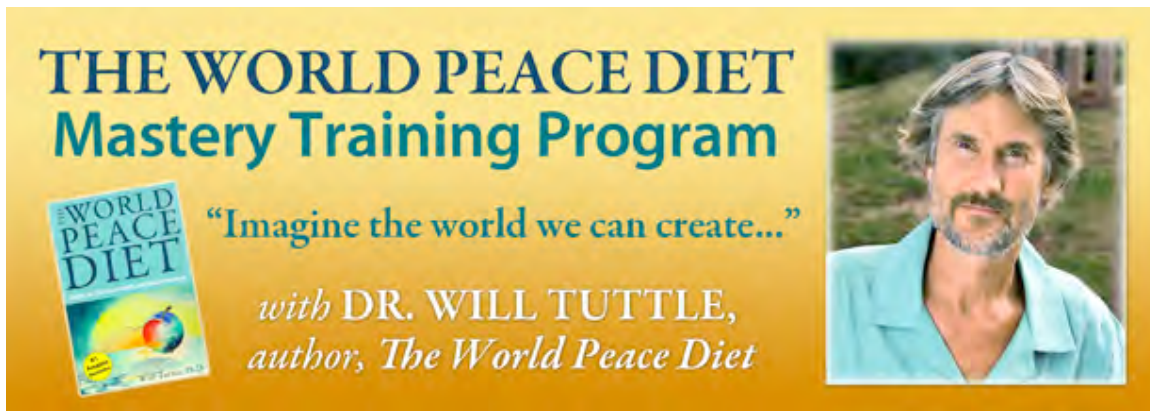




Course Study Notes

Module 4 – Living the Transformation

Chapter 15 of The World Peace Diet

Tonight's focus is: Chapters 14 and 15 of the World Peace Diet.

I. Introduction.

- a. This is the real pioneering work that needs to be done on this planet, if we want to have a future.
- b. The word radical comes from the Latin word radix, which means root. We must get to the root of our dilemmas. We must try to combine the two dimensions – the political and the spiritual states of consciousness. Food plays a powerful role in all of this, but is largely ignored by all.
- c. Today's class is meant to be interactive.

II. Final Words on Chapter 13 – Evolve or dissolve

- a. The underlying practices in our culture with regard to food have a significant impact on our spirituality. To grow spiritually, we must act in a compassionate way.
- b. We all have within us is a consciousness from which we can guide ourselves through our lives, but this is lost in our culture. We are discouraged from spirituality – from meditating; using our intuition; conscious breathing, etc. There is a tendency in our culture to believe that happiness comes from outer accumulation of things and experiences and we need to look outside of ourselves for guidance.
- c. Effective way to spread vegan message - emphasize to people that, if they eat meat, it is not of their own free choice, but of conditioning. And if we begin to listen to our own inner voice, we can let go of that conditioning. We have a calling on a deeper level to expand our consciousness to uplift others; but first we have to uplift ourselves.

- d. Our culture puts emphasis on thinking, but intuitive knowing comes from something beyond rationality. And it can touch us on a much deeper level. Many come to veganism from rational thought, but most come from a deeper knowing; from an awakening. That's the most common way.

III. Chapter 14 – Journey of Transformation

- a. Each one of us has a life that is a journey, and each is the hero of our own journey. It is important to share our journeys. We must not pacify or overly try to please others, but bring ideas that might shake them up. That's the way we grow and help others as well.
- b. We run into trouble if we try to reach others as a separate self, as if we are better than others.
- c. Dr. Tuttle grew up in a culture where it was virtually impossible to question eating meat. But right after college journeyed and wandered into a community of vegans.
- d. His lesson was that when we engage on journeys to deepen our understanding, we are often led into communities that encourage us to grow. WE can all help to create these communities.
- e. Later in life, Dr. Tuttle found himself in South Korea in another vegan community – an ancient Zen monastery. This deepened his commitment and knowledge. He learned ancient wisdom and realized we are born into an infant culture that is immature in its understanding and compassion and is in many ways lost in violence and delusion.
- f. Underlying the vegan movement is making a commitment to something bigger than ourselves. We make a commitment to compassion and sharing the word of compassion with others – to bring it forth in a loving way. Encourage all to make that commitment. Doors open and it becomes infinitely easier.

IV. Chapter 15 – Living the Revolution

- a. Main points: Essentially, everything is interconnected. Our dilemmas are interconnected with our food choices. Vegan mentality is the essential solution.
- b. The opposite of love is not hate, but indifference. In our culture, we are indoctrinated to be indifferent to the suffering of animals and others.
- c. Veganism is an awakening out of this to a sense of caring and compassion for ourselves and others.
- d. It takes just one lit candle to awaken others and the flame will spread.
- e. Victims, Perpetrators and Bystanders. Perpetrators are locked in a very deadly dance with the victims, the animals. The only ones who can stop this are the bystanders: the vegans.
- f. It is incumbent on all of us to be skillful and aware enough to speak and act in a way to get through to the perpetrators. The violence otherwise goes through the culture to the future generations.
- g. Worthy organizations and movements: Food not Bombs; Food not Lawns; Supreme Master Ching Hai.
- h. There is an interesting connection between eating animal foods and craving drugs and alcohol. Meat and eggs and dairy are very Yang foods. Bodies will therefore

crave very Yin foods – sugar, alcohol, drugs, caffeine, & tobacco, for example. Encouraging people addicted to these substances to go vegan would help.

- i. Pushback: Orthorexia Nervosa is now classified as an obsession with eating healthy or conscious foods. If you eat organic or vegan, can be classified with a disease. Will we be able to transform our culture in time?
- j. There is an idea that this world is an illusion - Don't worry about the world where beings eat beings. But a spiritual awakening is not an excuse to allow violence against others. As we awaken, we realize that all life is connected and all beings are beautiful and worthy of our respect.
- k. The Elk's message: Dr. Tuttle's sense that animals really love us. As we move in a compassionate direction in our culture, we will see a difference in our relationship with free living animals, as well as with people. There is a lot we have to learn from these animals. This is a beckoning frontier in our human and cultural development.

Questions and Answers

Question: I'm very interested in your thoughts on the victim/victimizer/bystander roles. Recently I was riding in the car with someone I'd just met. She explained some things in her car were from a MacDonald's happy meal. Being brand new in the friendship, I hesitated bringing up the subject of meat so soon.

Dr. Tuttle: There is a tendency in relationships to want to keep everything on the surface, pleasant, and friendly...Emerson said "people long to be settled; only to the degree they are unsettled is there any hope for them." People who are perpetrators do not want to be confronted; they would rather we look the other way. This is the greatest challenge we face. Better to err on the side of expressing ourselves than not saying anything. For a longer relationship, you could wait until the time is right; if not, it's better to say anything than to be silent. It is a great idea to give out information to help educate (like the World Peace Diet summary CD "Living in Harmony with All Life").

Question: I would love to comment on the manifestation of the reductionist system in the inner realms. Please comment on how to compassionately deal with this mentally and emotionally. And how to respond to what we are intuitively recognizing, feeling, hearing.

Dr. Tuttle: The reductionist system gets its claws into us at an early stage of life; that is why we need to do inner work to heal the wounds of our culture that we endured growing up. Just eating the flesh of traumatized, brutalized animals is serious enough. Bullying, violence, hatred, make us contract and go numb while we are growing up. There is still enormous violence towards other humans going on today. It's important not to turn away from that, but also to remember to enjoy and feed and contribute to the beauty in life.

Question: Will, do you EVER get angry/rageful either when you are in a one-on-one/group conversation(s) or when reading materials that definitely don't come from a loving

consciousness, inner knowledge, etc? What do you do or suggest to us to regain our inner peace to lovingly respond in an effective way?

Dr. Tuttle: Outrage is a natural feeling, and is different than anger. Excellent bumper sticker: “If you’re not outraged, you’re not paying attention”. As we see the violence going on, and the harm, there is a healthy sense of outrage. Anger, though, is different - it is directed at someone, an energy of exclusion, and part of the problem. It’s better not to cultivate anger, and turn the outrage (natural response) into positive action. For example, viewing the movie “Earthlings” (graphic, disturbing), leads to anger toward the people harming the animals, but we can realize that these people are not the ones to be angry at—they will reap what they’re sowing, and they would not act cruelly if they hadn’t been cruelly treated themselves...being outraged is natural; remember that these people are not happy people doing this behavior. Typically, behind the violence going on is the consumer in the background (the reason this is going on). We don’t get angry at them, but when we look more deeply and see the bigger picture and deeper forces in the background, our anger goes away, and we feel the precious yearning of compassion: the yearning to relieve the suffering of others. We feel compassion for both the animals and the perpetrators, and work to influence the consumers--the people driving the system, the hidden perpetrators.

Question: How do you respond to people who claim that it's ok to eat "just a little" bit of dairy or meat once in a while. I come across many people say "everything in moderation is ok." I get stuck when I encounter these types of comments.

Dr. Tuttle: Understand that every situation is unique. Tune into the best way to say it for the person you’re with. Just a little violence is still violence. Ask the person, is it really necessary to eat animal-based foods knowing when I take out my wallet and pay, its going to cause some suffering—a lot of people are not aware of the cruelty involved in all levels of animal productions. We can educate them by talking about our own realizations (not telling them what to do!)

Veganism is becoming popular, and therefore there is a push-back. The “happy meat” advertising...Whole Foods---large banners--healthy food, local, humanely treated---Atkins, eat right for your type....popular, but not based on evidence. People like these books ideas because they validate them continuing to eat what they are eating.

Question: How does one stay peaceful when loved one are suffering from and/or dying from diseases caused by poor nutrition--or painfully contemplating the ecological problems--yet refuse to listen to anything that will include changing their diet?

Dr. Tuttle: To see the earth devastated, the destruction, being troubled--motivates us to take action to spread this message. We take refuge in the transpersonal dimension of consciousness. Have one foot planted firmly in transcendent truth that love is the ultimate power, all things will inevitably resolve in harmony. And our other foot in this world - our actions contribute to that that healing and awakening and joy, peace, and freedom. The two poles---the absolute and relative—have to both be held.. We cannot get lost in one or the other.