

World Peace Diet for Meditation

Excerpts from *The World Peace Diet* by Dr. Will Tuttle

Love brings grace, power, and the blessed fulfillment of selfless service. Our true nature, our future self, beckons irresistibly as an inner calling to awaken our capacity for love, which is understanding.

The spiritual and cultural revolution that calls us must begin with our food. Food is our primary connection with the Earth and her mysteries, and with our culture. It is the foundation of economy and is the central inner spiritual metaphor of our lives.

Looking deeply into food, into what and how we eat, and into the attitudes, actions, and beliefs surrounding food, is an adventure of looking into the very heart of our culture and ourselves. As surprising as it may seem, as we shine the light of awareness onto this most ordinary and necessary aspect of our lives, we shine light onto unperceived chains of bondage attached to our bodies, minds, and hearts, and onto a sparkling path that leads to transformation and the possibility of true love, freedom, and joy in our lives.

Honoring our natural place in the web of life by eating the foods intended for us will plant seeds of abundance, love, and freedom, whatever our religion may be. Our prayers for peace will bear fruit when we are living the prayer for peace and, most importantly, when we offer peace to those who are at our mercy and who also long for peace and the freedom to live their lives and fulfill their purposes.

Joy, love, and abundance are always available to us, and will manifest in our lives to the degree that we understand that they are given to us as we give them to others. The price we must pay for love and freedom *is* the ice cream cone, the steak, and the egg nog we casually consume.

Until we live our prayers for peace and freedom by granting peace and freedom to those who are vulnerable in our hands, we will find neither peace nor freedom.

As we cultivate awareness and question the death orientation that stares at us from our plates, we create a field of harmony and compassion, and as we move to plant-based meals, we can become agents of life, breathing a new spirit of protecting and including into our world that, by blessing the animals who are at our mercy, will bless us a hundredfold. This is a *radical* transformation because it goes, as the word radical implies, to the essential root of our unyielding dilemmas, the commodification of animals for food.

When we look with a relaxed eye at nature, we see an absolutely irrepressible celebration of living beauty. Animals in nature are both celebratory and inscrutable. They play, sing, run, soar, leap, call, dance, swim, hang out together, and relate in endlessly mysterious ways.

Recognizing that we are all profoundly related, the greatest blessing we can give others, both animal and human, is to see their beauty, innocence, and uprightness, and address that in them.

Metaphorically, we are all part of the movie of life on earth, and while we may appear to be the images on the screen, at a deeper level we share a common heritage—we are all also the light that makes the movie possible. This light is consciousness, and it is our fundamental nature, emanating from an infinite and inconceivable source. This source is the infinite intelligence and consciousness that permeates and manifests as phenomenal reality.

Changing our individual daily food choices to reflect a consciousness of mercy will transform our lives and move our culture in a positive direction far more than any other change we can contemplate. Following right behind this change in our individual food choices is the necessity of practicing mindfulness and nonviolence in all our relations in order to bring our mind and heart into alignment with the truth of our interconnectedness, and to allow us to enter the present moment more deeply and experience directly the mystery, joy, and beauty of being.

Cultivating awareness is essential to realizing happiness, peace, and freedom.

Intuition opens the door to healing. It never sees any living being as an object to be used but sees all beings as unique and complete expressions of a universal presence, to be honored, respected, learned from, and celebrated. Intuition is Sophia, the beloved wisdom we yearn for and seek.

Liberating and honoring Sophia, the feminine principle, is perhaps the most pressing task in our culture's evolution toward peace, sustainability, and spiritual maturity. The feminine principle, cross-culturally, is concerned fundamentally with nurturing, receptivity, making connections, intuition, and bringing forth new life.

Making the effort to cultivate our awareness and to see beyond the powerful acculturation we endured brings understanding. Healing, grace and freedom come from understanding. Love understands. From understanding, we can embrace our responsibility and become a force for blessing the world with our lives, rather than perpetuating disconnectedness and cruelty by proxy.

Our love, to actually *be* love, must be acted upon and lived. Developing our capacity for love is not only the means of evolution; it is the end as well, and when we fully embody love, we will know the truth of our oneness with all life. This makes us free.

Compassion is ethical intelligence: it is the capacity to make connections and the consequent urge to act to relieve the suffering of others.

By living the truth of compassion in our meals and daily lives, we can create a field of peace, love, and freedom that can radiate into our world and bless others by silently and subtly encouraging the same in them.

With love and understanding awakening in us, compassion expands to include ever-larger circles of beings. Compassion may be seen as the highest form of love, for it is the love of the divine whole for all its parts and is reflected in the love of the parts for each other. It includes the urge to act to relieve the suffering of apparent others, and this urge requires us to evolve greater wisdom and inner freedom to relieve suffering more effectively. Compassion is thus both the fruit of evolution and the driving force behind it. Love yearns for greater love.

As we bless others, we are blessed, and seeing beings rather than things, our own being is liberated and enriched.

The more we live in alignment with our values, the stronger the truth-field we emanate will be, and the more our words, gestures, and actions will carry weight with others.

Our bodies reflect our consciousness, which yearns to unfold higher dimensions of creativity, compassion, joy, and awareness, and longs to serve the larger wholes—our culture, our earth, and the benevolent source of all life—by blessing and helping others and by sharing, caring, and celebrating. We have, appropriately, a physiology of peace.

Like all animals, we are essentially spiritual beings, manifestations of a universal, loving intelligence that has given us bodies designed to thrive on the abundant foods that we can peacefully nourish and gather in orchards, fields, and gardens.

We are conditioned mentally to disconnect our food from the animal who was mindlessly abused to provide it, but the vibrational fields created by our food choices impact us profoundly whether we pretend to ignore them or not. Practicing mindful eating illuminates these hidden connections, cleanses our mind, heart, and actions, and removes inner masks and armor so that it becomes quite plain to see.

We can realize that we are meant to live in harmony with the other animals of this earth because we've been given bodies that actually function better *without* killing and stealing from them. What a liberating gift! No animal need ever fear us, because there is no nutrient that we need that we cannot get from non-animal sources.

The revolution implicit in veganism is an evolution of universal love and inclusiveness and its energy of joy can wash the planet clean and transform ugly human folly. We can give thanks every day for the joy in our heart and that we see reflected in the birds, flowers, trees, and in the whole web of celebrating life, for that is what we are.

Staying open and sensitive to the suffering of both animals and humans, we bring loving-kindness to all our relationships with others, including ourselves. We are all connected, and our joy brings joy to others and makes our veganism more appealing and contagious to others.

The more we connect, the more we understand and the more we love, and this love propels us not only to leave home, questioning our culture's attitude of domination and exclusion, but also to return home, speaking on behalf of those who are vulnerable.

A positive momentum is unquestionably building in spite of the established forces of domination and violent control that would suppress it. Like a birth or metamorphosis, a new mythos is struggling through us to arise and replace the obsolete herding mythos, and the changes occurring may be far larger and more significant than they appear to be. They are ignored and discounted by the mass media, but what may seem to be small changes can suddenly mushroom when critical mass is reached. It is vital that we all contribute to the positive revolution for which our future is calling.

The roots of our crises lie in our dinner plates. Our inherited food choices bind us to an obsolete mentality that inexorably undermines our happiness, intelligence, and health. Turning away is no longer an option. We are all related.

As our culture adopts veganism, the change in our consciousness will usher in the first revolution since the herding revolution began with the domestication of sheep and goats 10,000 years ago. That revolution propelled us out of the garden into an existential sense of separateness, promoting competition and the cultivation of disconnected reductionism and materialistic technology. The evolutionary thrust is obviously now in a completely different direction, toward integration, compassion, inclusiveness, and discovering our basic unity with all life.

Seeing our eating habits for what they are, and answering the call of our spirit to understand the consequences of our actions, we become open to compassion, intelligence, freedom, and to living the truth of our interconnectedness with all life. There is an enormously positive development implicit in this, a spiritual transformation that can potentially launch our culture into a quantum evolutionary leap, from emphasizing consumption, domination, and self-preoccupation to nurturing creativity, liberation, inclusion, and cooperation.

Our lives flow from our beliefs, and our beliefs are conditioned by our daily actions. As we act, so we build our character and so we become. By consciously making our meals celebrations of peace, compassion, and freedom, we can sow seeds in the most powerful way possible to contribute to the healing of our world.

As our culture moves toward a vegan orientation, we will see enormous healing and liberating forces unleashed. Indeed, imagining our culture as a vegan culture is truly imagining an almost completely different culture. This ever-present potential beckons to us.

Once a vegan, we are always so, because our motivation is not personal and self-oriented, but is based on concern for others and on our undeniable interconnectedness with other living beings.

By creating an inner field of peace, kindness, joy, and unity, we contribute to building a planetary field of compassion that reflects this consciousness.

As we make connections and become open to feedback, it will be increasingly obvious that one of the greatest gifts any of us can give to the world, to the human family, to future generations, to animals, to ourselves, and to our loved ones is to make an effort to understand and live these ideas, and dedicate our lives to encouraging others to do the same.

The inner action of leaving home necessitates in many ways a spiritual breakthrough. The essential action is to stop turning away and disconnecting from the suffering we impose on others by our food choices.

Once we see and understand, we become a voice for the voiceless, a note in the glorious chord of healing and awakening that is endlessly unfolding in our shared consciousness.

To be free, we are called to practice freeing others. To feel loved, we are called to practice loving others. To have true self-respect, we are called to respect others. The animals and other voiceless beings, the starving humans and future generations, are pleading with us to see: it's on our plate.

As our hearts open to deeper understanding, our circle of compassion naturally enlarges and spontaneously begins to include more and more "others"—not just our own tribe, sect, nation, or race, but all human beings, and not just humans, but other mammals, and birds, fish, forests, and the whole beautifully interwoven tapestry of living, pulsing creation. All beings. All of Us.

We owe the animals our profoundest apologies. Defenseless and unable to retaliate, they have suffered immense agonies under our domination that most of us have never witnessed or acknowledged. Now knowing better, we can act better, and acting better, we can live better, and give the animals, our children, and ourselves a true reason for hope and celebration.