

Event: Author Talk on "[The World Peace Diet](#)"

Presenter: Dr. Will Tuttle PhD

Date & Time: Wednesday, August 22 at 7pm – 8:30pm

Location: [Greater Victoria Public Library COMMUNITY ROOM](#)
735 Broughton Street, Victoria BC

Maximum Participants: 50

Price and Payment: FREE

Options: *(Books will be available for sale after the talk. Cash sales only.)*

Please Pre-Register prior to the Event, due to limited seating.

Registration Options:

1. Directly with the Event Contact (see contact details below); or,
2. Through [Eventbrite](#).

Link to [Facebook Event](#) Page.

Event Description: Will Tuttle talks about his book, [The World Peace Diet](#), in which he presents ideas on transforming our inner and outer world through compassionate food choices.

Designed to Inspire: Anyone wishing to explore the powerful impact on world peace and planetary health of personal dietary choices.

About the Presenter: Dr. Will Tuttle, Zen Dharma Master, pianist, composer, educator, and internationally celebrated author, has lectured and performed throughout North America, Europe, Asia, Australia, and more recently Africa and the Middle East. His doctorate degree with highest honours from the University of California, Berkeley, focused on educating intuition in adults, and he has taught college courses in creativity, humanities, mythology, and philosophy. He has a broad background in both Eastern and Western meditation traditions, and is a former Zen monk. Devoted to planetary awakening and to creating uplifting healing music, he has created 8 much-loved CD albums of original piano music, as well as his #1 Amazon best-selling book, [The World Peace Diet](#). He travels with his wife, Madeleine, a Swiss born visionary artist, providing concerts, lectures, workshops, and exhibits. He is one of the founders of the [Circle of Compassion: Worldwide Prayer Circle for the Animals](#). Recipient of the [Courage of Conscience Award](#) and the [Empty Cages Award](#), Dr. Tuttle's spiritually grounded talks and interviews are sought-after throughout the world.

- Quotes:**
1. 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. Love brings freedom, joy, power, grace, peace, 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. 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. Will Tuttle, [The World Peace Diet](#), page 225
 2. Of itself, veganism is not a panacea, but it effectively removes a basic hindrance to our happiness, freedom, and unfoldment. As a living and ongoing expression of nonviolence, it is an enormously powerful agent of transformation in our individual lives, especially since our culture opposes it so vehemently. Living a consequent vegan life naturally encourages us to awaken from the consensus trance that brings unquestioning conformity and allows cruelty and slavery to continue. Refusing to see animals as commodities, we are able to see through countless other pretenses. And, as transformative as this is for an individual to experience, it would be infinitely more transformative for our culture to do so, and to evolve beyond the obsolete orientation that sees animals as mere food commodities. Will Tuttle, [The World Peace Diet](#), page 218
 3. 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. Will Tuttle, [The World Peace Diet](#), page 219

- Links to Related Resources:**
1. [The World Peace Diet](#) web site
 2. [Physicians Committee for Responsible Medicine](#)
 3. [Nutrition Facts Org](#)
 4. [Brenda Davis](#) Registered Dietician (Canada)
 5. [Vesanto Melina](#) Registered Dietician (Canada)

Not for Profit Event: This event is FREE to the public.

Event Contact: 250-721-1101 chris@veged.ca www.veged.ca