

## June 2011 World Peace Diet Facilitator Circle – Resources

Dr. Oz: Forks Over Knives Special with Dr. Campbell, Esselstyn, Barnard, etc. -  
[http://www.youtube.com/watch?feature=player\\_embedded&v=BTdVT9UFMFY](http://www.youtube.com/watch?feature=player_embedded&v=BTdVT9UFMFY)

SMTV – UN encouraging more plant-based diets worldwide:  
<http://www.youtube.com/watch?v=tQlekfaPyaA&feature=youtu.be>

The Western Lowland Gorilla Diet Has Implications for the Health of Humans and Other Hominoids-  
<http://jn.nutrition.org/content/127/10/2000.full>

New short video – Why Vegan? By EVOLVE Campaigns -  
<http://www.youtube.com/watch?v=8GrbYVvSK7vs&feature=share>

Homemade Easy Vegan cat food!: <http://www.youtube.com/watch?v=gH5nHVEpSzY>

Rip Esselstyn – The Engine 2 Immersion:  
[http://www.youtube.com/watch?v=dqLJ8Ud1F0Q&feature=player\\_embedded](http://www.youtube.com/watch?v=dqLJ8Ud1F0Q&feature=player_embedded)

Permanent food shortages foreseen for the next 40 years:  
[http://www.naturalnews.com/032656\\_food\\_prices\\_inflation.html](http://www.naturalnews.com/032656_food_prices_inflation.html)

Facebook founder Mark Zuckerberg controversy – Wayne Pacelle of HSUS weighs in:  
<http://hsus.typepad.com/wayne/2011/06/facebook-animals.html>

“Being unwilling to see, confront, and take responsibility for the hidden ocean of horror that our most basic activity causes to those who are as sentient and vulnerable as we are, we have split ourselves into a schizophrenia of politeness and civility that lives uneasily with the remorseless cruelty that surfaces whenever we obtain or eat animal foods. I believe this split is the fundamental unrecognized wound we modern humans suffer, and from it many other wounds and divisions naturally and inevitably follow. It is so deep and terrible that it is taboo to discuss it publicly. Choosing to be blind to what we are actually doing when we shop for, prepare, and eat food, we blind ourselves not only to the horror and suffering we are instigating and eating, but also the beauty of the world around us. This acquired inability to actually see and appreciate the overwhelming loveliness of this earth allows us to ravage forests and oceans and systematically destroy the natural world. Becoming insensitive to the pain we cause daily to defenseless animals, we also become insensitive to the beauty and luminosity of the creation that we oppress and from which we disconnect at every meal.” – *World Peace Diet*, p. 9

### Sutta Nipata

#### Discourse on Good Will

May all beings be filled with joy and peace.  
May all beings everywhere,  
The strong and the weak,  
The great and the small,  
The mean and the powerful,  
The short and the long,  
The subtle and the gross:

May all beings everywhere,  
Seen and unseen,  
Dwelling far off or nearby,  
Being or waiting to become:  
May all be filled with lasting joy.

Let no one deceive another,  
Let no one anywhere despise another,  
Let no one out of anger or resentment  
Wish suffering on anyone at all.

Just as a mother with her own life  
Protects her child, her only child, from harm,  
So within yourself let grow  
A boundless love for all creatures.

### I Wish I Was a Meathead

I wish I was a meathead, in the fog again.  
I wouldn't notice all the blood a-runnin' down the drain.  
Walking past the butcher's shop would seem real cool to me.  
Rows of corpses hanging there, I wouldn't even see.  
Dead lamb lying on a slab to me would be a meal,  
Wouldn't know of suffering, couldn't even feel.  
And if I was a meathead, just think what I could do.  
Take a bag of nuts and wander off to visit the local zoo.  
I wouldn't feel the agony, the yearning to be free,  
Nor hear the cry for years gone by spent in captivity.  
Then I'd stroll on down the country lane, as peaceful as can be,  
Never hear the hunting horn, nothing to bother me.  
No outraged hunters on my trail, no butchers out for blood,  
No pet shop owners on my tail, fur coats would look real good.  
Animal experiments would never make me sad,  
If I was a meathead the world wouldn't look so bad.

Anna Morris