

March 2013 – Resources for World Peace Diet Circle

Compiled by Dr. Will Tuttle,
For World Peace Diet Circle Members

“May everyone be happy and safe, and may all hearts be filled with joy. “May all beings live in security and in peace — beings who are frail or strong, tall or short, big or small, invisible or visible, near or faraway, already born, or yet to be born. May all of them dwell in perfect tranquility. “Let no one do harm to anyone. Let no one put the life of anyone in danger. Let no one, out of anger or ill will, wish anyone any harm. “Just as a mother loves and protects her only child at the risk of her own life, cultivate boundless love to offer to all living beings in the entire cosmos. Let our boundless love pervade the whole universe, above, below, and across. Our love will know no obstacles. Our heart will be absolutely free from hatred and enmity. Whether standing or walking, sitting or lying, as long as we are awake, we should maintain this mindfulness of love in our own heart. This is the noblest way of living. “Free from wrong views, greed, and sensual desires, living in beauty and realizing Perfect Understanding, those who practice boundless love will certainly transcend birth and death.” – Buddhist Metta Sutta

New article by Dr. Tuttle – “Beyond ‘I’m Not Vegan Anymore’”

<http://www.onegreenplanet.org/animalsandnature/beyond-im-not-vegan-anymore/>

Dr. Tuttle presenting a 4-evening World Peace Diet Facilitator Training in Petaluma, CA -

<http://worldpeacediet.org/sunflower.htm> ; <https://www.facebook.com/events/502893463101928/>

Dr. Tuttle to be Keynote Speaker at Veganism & Spirituality Retreat in Malibu June 1st -

<https://www.facebook.com/events/280580155405586/>

Inspiring Compilation of Long-Term Vegans – (Dr. Tuttle included) -

<http://thevegantruth.blogspot.com/2013/03/a-compilation-of-long-term-vegans-our.html>

New Facebook Group for The Worldwide Prayer Circle For Animals, founded by Dr. Tuttle and

Judy Carman - <https://www.facebook.com/groups/prayercircleforanimals/>

Bills seek end to farm animal abuse videos - <http://news.yahoo.com/bills-seek-end-farm-animal-abuse-videos-181902626.html>

Ari Nessel talks about the Pollination Project -

<http://360mediawatch.com/videos/videos/34472/arienesselfnc02141367am.mp4>

Our own Pamela Ziemann has created a 10-minute meditation on mindful eating –

<https://s3.amazonaws.com/ECAudio/Mindful+Eating+Meditation.mp3>

Our own Megan P. Kajitani has written an excellent piece in Huffington about fish-eating -

<http://goo.gl/xhy3c>

Dr. McDougall – Excellent video on Pregnancy and Children --

<https://www.youtube.com/watch?v=Jh0IECU1iig>

Philip Wollen Gives Inspiring TED Talk on Animal Rights -

<http://www.youtube.com/watch?v=ApeIUzKLkuo>

Jonathan Balcomb –“Why Vegan?” – Lessons from an Animal Scientist - excellent video -

http://www.youtube.com/watch?feature=player_embedded&v=5ZYQnt-67vs#!

6,000 pounds of food on 1/10th of an acre!! - <http://www.youtube.com/watch?v=NCmTJkZy0rM>

Los Angeles Public Schools Go Meatless on Mondays! - http://www.latimes.com/news/opinion/opinion-la/la-ol-if-its-monday-the-school-cafeteria-is-meatless-20130305_0,6808989.story

Marc Beckoff – U.S. Government Tortures Animals; Animal Souls and Feelings - <http://www.psychologytoday.com/blog/animal-emotions/201303/animal-souls-feelings-and-government-torture>

Founder of VegNews Joe Connelly fighting co-founder - <http://vegansaurus.com/post/44635155967>

Europe's First Vegan Supermarket in Germany - <http://www.dw.de/europes-first-vegan-supermarket-opens-in-dortmund/a-14903137>

New book promoting vegan fitness - <http://www.veganmainstream.com/featured-interview-shaping-your-vegan-life-with-lani-muelrath-new-book>

Better Moods – A Side Benefit of Compassionate Living - <http://www.diseaseproof.com/archives/depression-a-perk-of-going-veggie-improve-your-mood.html>

Antibiotic Resistance (Due to Animal Ag) is “Catastrophic Threat” to Medicine - http://www.huffingtonpost.com/2013/03/10/antibiotic-resistance-catastrophic-threat_n_2850651.html?utm_hp_ref=mostpopular

How We Teach Children a Separate Morality for Food Animals - <http://goo.gl/wqbgj>

Map of Factory Farms in the USA - <http://www.factoryfarmmap.org/#animal:all;location:US;year:2007>

Being Vegan – A Social Justice Issue - <http://lasvegas.informermg.com/2013/03/02/being-vegan-this-is-a-social-justice-issue/>

Veg E-News for March - http://www.lholmesassociates.com/cgi-bin/veg/nologo/nologo_newsletter_webpage.pl

Ingrid Newkirk – There's No Such Thing as Humane Meat - http://www.huffingtonpost.com/ingrid-newkirk/humane-meat_b_2765996.html

Coming March 21st! - Worldwide Event for the Liberation of Animals - https://www.youtube.com/watch?feature=player_embedded&v=6SeJnlqgyTI

Read These Two –
Alex Jamieson's “I'm Not Vegan Anymore” - <http://alexandrajamieson.com/blog/>
And then - Marla Rose's Response – “I'm Not Not Murdering Anymore” - <http://veganfeministagitator.blogspot.com/2013/03/im-not-not-murdering-anymore.html>

Fascinating Research – Only Vegetarian Animals Have Seminal Vesicles (and Humans have them!) - http://urology.jhu.edu/newsletter/prostate_cancer511.php

The No Kill Revolution in America - <http://vimeo.com/48445902>

NY Times – The Extraordinary Science of Addictive Junk Food - http://www.nytimes.com/2013/02/24/magazine/the-extraordinary-science-of-junk-food.html?pagewanted=1&_r=1&nl=afternoonupdate&emc=edit_au_20130220

New vegan Egg-Replacer on the way - <http://gigaom.com/2013/02/21/the-year-the-valley-embraced-sustainable-food-innovation/>

Obviously Intelligent Animals Challenge Human Assumptions - <http://www.care2.com/causes/8-smart-species-challenge-how-we-think-of-animals.html>

US farmers flood fields with dangerous poison to fight Monsanto superweeds - <http://jonrappoport.wordpress.com/2013/02/25/us-farmers-flood-fields-with-dangerous-poison-to-fight-monsanto-superweeds/>

Veronique, a WPD Facilitator, has some help with how to make writing something you can use as activist as well. <http://yourveglife.com/blog/2013/02/expand-your-mind-with-creative-writing>

3 Million Deaths from Prescription Drugs - <http://naturalsociety.com/27-years-no-deaths-from-vitamins-3-million-prescription-drug-deaths/>

Loss of Wild Pollinators to Commercial Bees - http://www.naturalnews.com/039479_wind_pollinators_food_security_honeybees.html

Old Tibetan Buddhist High Lama (Chatral Rinpoche) Advocating Vegetarianism - <http://blog.tsemtulku.com/tsem-tulku-rinpoche/animals-vegetarianism/kyabje-chatral-sangye-dorjee-rinpoche.html>

Great new Mercy For Animals TV Ad - <https://www.charity-pay.com/mfa/madsausage.asp>

Beautiful Coyote Story!! - <http://www.all-creatures.org/aip/nl-20130226-wiley.html>

Pregnancy & Veganism – by Dr. McDougall - <https://www.youtube.com/watch?v=Jh0IECU1iig>

Babies Now Being Born Addicted to Junk Food (Thru their Pregnant Mothers) - http://www.naturalnews.com/039347_babies_addiction_junk_food.html

Animal-tested products will no longer be legal to be sold in the E.U. - progress! - <http://www.pcrm.org/media/blog/feb2013/eu-ban-on-marketing-animal-tested-cosmetics>

Harvard Declares Dairy NOT part of a Healthy Diet - <http://www.care2.com/greenliving/harvard-declares-dairy-not-part-of-healthy-diet.html>

Beat Depression and Feel Better with More Fruits and Vegetables http://www.enn.com/top_stories/article/45553

Very interesting article about how we teach children to disconnect from animals used for food – <http://goo.gl/b4Oaw>

Nature Conservancy Finally Promoting Plant-based Eating -
<http://www.nature.org/greenliving/gogreen/everydayenvironmentalist/eat-more-plants.xml?src=e.gp.gogreen>

March/April Issue of Peaceable Table - <http://www.vegetarianfriends.net/issue95.html>

Halve Meat Consumption, Scientists Urge Rich World --
<http://www.guardian.co.uk/environment/2013/feb/18/halve-meat-consumption-scientists>

The Dark Side of Meat – Dead Pigs in the River -
<http://www.thehindu.com/news/international/world/alarm-in-china-as-thousands-of-dead-pigs-found-in-shanghai-river/article4497299.ece>

