

# Heart Teachings on the Dharma Path

## A lecture - presentation by Will Tuttle, Ph.D.



The Eastworks Community Room  
116 Pleasant St. Easthampton MA 01027

Friday, August 12 2016  
7:00-9:00PM

Join us for vegan refreshments starting at 6:30,  
followed by a talk, Q&A and book signing with Dr.  
Tuttle.

Suggested donation of \$10, all are welcome.

The essence of spiritual practice is awakening to our original wisdom, beyond the confining delusions of our cultural conditioning. The foundation of this awakening is practicing mindfulness and compassion. Join Dr. Will Tuttle, a former Zen monk and meditation practitioner for 40 years, in a provocative and insightful exploration into the connections between spiritual practice and our daily lives here in the West.

*The World Peace Diet*, a #1 Amazon best-seller, has been called one of the most important books of the 21st century: the foundation of a new society based on the truth of the interconnectedness of all life. It is the first book to make explicit the invisible connections between our meals and our broad range of problems—psychological, social, and spiritual, as well as health and environmental. It offers powerful ways we can all experience healing and contribute to a positive transformation of human consciousness. Dr. Tuttle is a charismatic presenter with a profoundly compassionate vision. Please don't miss this opportunity to hear him.

*"Use **The World Peace Diet** as a guide to empower yourselves and others in making dietary choices that are powerful beyond what you can possibly imagine."* **Julia Butterfly Hill**

*"A profoundly insightful and important book, **The World Peace Diet** is sure to be a catalyst and powerful tool in the evolution of human consciousness."* **Satya Magazine**

*"Thought-provoking and recommended."* **Library Journal**

*"**The World Peace Diet** is one of the most provocative books I've ever read. This is a insights that penetrate and expose the complacency of a culture that has strayed painfully far from compassion."*

**John Robbins**, noted author

*"Will Tuttle brings a priceless perspective—not only to the planetary crisis confronting us all, but also to powerful ways we each can affect it. This book is radiant with his learning and his compassion."* **Dr. Joanna Macy**, noted author

Dr. Will Tuttle is author of the acclaimed best-seller, *The World Peace Diet*, now published in over 16 languages, and is featured in the hit documentary *Cowspiracy*. A recipient of the *Courage of Conscience Award* and the *Empty Cages Prize*, he is also co-founder of Veganpalooza, the largest online vegan event. A vegan for 36 years and former Zen monk, his Ph.D. from U.C. Berkeley focused on educating intuition. He has created eight CD albums of uplifting original piano music. With his spouse Madeleine, a Swiss visionary artist, he lectures extensively and internationally. See [www.worldpeacediet.com](http://www.worldpeacediet.com) for more details.

