

Connecting with the Source to Achieve World Peace

By Anna Ferguson & Mark Stroud

Remember when we were children and we played the game, “If you had three wishes and could have anything in the world you wanted, what would you wish for?” There were some common responses. “I wish for all the money in the world, “I wish for three more wishes” and of course, “I wish for world peace.” Well, we don’t have a magic wand or a silver bullet, but we have evolved consciously to a place where after war after war after war we finally once and for all realize the practical steps to create a peaceful world inside and out. No more praying, marching, fasting, legislating, singing or fighting for peace which never comes. Now a simple process anyone can participate in, a one-two-three, step by step, connect the dots, color by number way to world peace.

We live in a culture of dis-ease and insanity. We suffer from what has been called ‘moral schizophrenia’. This moral schizophrenia is deeply rooted and is the primary cause of our culture allowing poverty, starvation, homelessness, war and animal genocide to be the norm. We continue to this day to allow the existence of as many as twenty-seven million human slaves throughout the world. We are confused and deluded in the way we think about the world around us and about how to interact with other beings and the earth. We have lost our sense of empathy and our power of intuition. The first step in recovering from this insanity is to stop eating animals and their by-products. When we stop eating animal foods we connect more deeply with our intuition which in turn opens us up to our unlimited capacities to love, to show compassion and empathy and to understand the interconnectedness of all of life. By following our intuition we sense how to relate with others, how to resolve conflicts, how to create solutions, how to live in harmony and how to live in peace.

The answer to peace on this planet is so simple, yet most of us are caught up in the illusion of the status quo. Poverty, greed, war, homelessness and the violent acts we see day after day are all part of the status quo illusion. Many say “it has always been this way” or “there has always been war and there always will be.” The practice of veganism is a practice of ahimsa which is non-violence. Veganism holds the answers to peace on this planet. The mass genocide that is carried out on animals due to humans treating other beings and the earth without empathy, love and compassion has led to the illusion of the status quo. By becoming a dedicated vegan and connecting with our empathy toward others (animals, people & the earth) we break through this illusion. This is enlightenment and it is just the beginning. Being able to see through the illusion of “the way things are” and opening up to the deep empathy required to understand the interconnectedness of all beings and things leads us to a state of eternal happiness and perpetual bliss.

The enlightened yogi Jesus said “You will do greater works than I.” Jesus did not achieve peace on earth, but he saw the potential of the human race to do so. Our ability to do anything relies on us working together. Until we help each other, none of us are going to get anywhere. In working together we recognize our interconnectedness which leads to further happiness, peace and joy. Yes together, all of creation together, we are fulfilling greater works than his, creating world peace.

Veganism has proven to be effective in creating harmony with life, yet many make excuses and justifications to not put this practice into action. If someone said to you, “Here is a button. All you have to do to have peace on this planet is to push it.” What would you say? Would you say, “well I’m just too busy” or “the button is too far to reach” or so on and so forth? Excuse after excuse, justification after justification . . . so the same cycle goes on, the same suffering.

World peace is possible and we can achieve it. The answers of how to live in harmony are simple, practical and attainable. World peace will be possible as we change our eating habits. First, on the physical level we must create our body out of peace. Once we begin this practice, we will stop using animals in other ways: for clothing, experimentation, entertainment and so on; we will abolish human slavery once and for all as well as abolishing slavery of all other beings; we will stop using people in the various ways that create toxic relationships and we will stop misusing the earth. It is all tied first and foremost to what we put into our body. Until we stop eating animal foods we will not have the intuition to connect with our unlimited capacities to love and show kindness which will lead to peace on this planet.

Those of us that have transitioned to being a vegan are in recovery from the insanity of eating animal foods. Even as a vegan we may have lapses of frustration, anger, fear and anxiety partly from the years of abuse to our body from eating animal foods and partly from living in a culture that participates in violence of many forms on a regular basis. This is why practices such as yoga and meditation are so important. These practices keep us connected to the source of all that is while living in a culture of violence and working for change.

We got where we are today because of the cold, calculated indifference, and denial necessarily created for psychic survival from the pain, guilt and sadness of the cruel, violent practices of herding, farming, slaughtering and eating animals, and particularly the ferocious violence and dispassionate disdain necessary to eat large land and sea animals. These practices have resulted in the moral schizophrenia experienced by the majority of the world's populations. It is only after we stop commodifying and exploiting other beings and adopt a vegan lifestyle that we can begin the recovery process out of our denial and moral schizophrenia. In recovery we can develop sensitivity and intuition using such tools as yoga, music and meditation along with service to others to have the deep empathy required to respect all beings and the planet. As the numbers of peaceful people swell and reach critical mass then everyone can live with the kindness, gentleness and generosity needed for creating a peaceful world once and for all!

Becoming a dedicated vegan is the necessary step in our evolution as a species. Once we adopt a vegan lifestyle, the most positive step we can take is to share this message with others in a kind and compassionate way. Don't limit the practice of veganism to animal rights, health or environmental benefits. Make the connection to how this practice relates to peace, eternal happiness and boundless joy. This is the big picture – this is the answer. Peace after all is our goal. Why be quiet about it? We are the voice of this planet and of all beings; we must share our voices with the world. The world will not go vegan over night, but we can create the reality of peace one lifestyle change at a time.

World War I, World War II, Korean War, Vietnam War, Iraq War and countless others before and in between, we have marched for peace, prayed for peace, meditated, sang and fought for peace and we have more war now than ever before. It is time for something new. A complete recovery from the everyday insanity is possible and the answer is simple – we must become vegans.

Anna Ferguson & Mark Stroud are the co-creators of World Peace Yoga & World Peace Jubilee. They are dedicated to the practice of peace in action and do continued work in educating, encouraging, researching and promoting a complete plant-based vegan lifestyle to create a loving, kind and respectful relationship between Animals, People and the Earth; creating world peace one lifestyle change at a time. For more information, you may visit www.worldpeaceyoga.com or www.worldpeacejubilee.com or e-mail at yoga@worldpeaceyoga.com or jubilee@worldpeacejubilee.com

“To some, simply becoming vegan looks like a superficial step-can something so simple really change us? Yes! Given the power of childhood programming and of our culture’s inertia and insensitivity to violence against animals, authentically becoming a committed vegan can only be the result of a genuine spiritual breakthrough. This breakthrough is the fruit of ripening and effort; however it is not the end but the beginning of further moral and spiritual development.” – Will Tuttle, *The World Peace Diet*

“The biggest obstacle to our spiritual evolution as a species at this time is our perception & treatment of animals in the natural world. Once we wake up from our sleep of denial & become aware of the truth of our connection to all of life, our spiritual practice, or sadhana, begins.” – Sharon Gannon, *Yoga & Vegetarianism*

For more information, please read *The World Peace Diet* by Will Tuttle and *Yoga and Vegetarianism* by Sharon Gannon.