

Discussion Guide for

Balancing the Rift: ReCONNECTualizing the Pasenture

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Questioning the Universe Publishing (QUP)

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For those that have been able to read any parts of the book prior to now:

1) What do you think and/or feel about what you have read so far?

a) Has anything piqued your interest? If so, what?
Why did it interest you?

b) Has anything surprised you? If so, what?
Why did it surprise you?

c) Has anything challenged your core belief system? If so, what?
How did it challenge your belief system?
What do you feel now?

d) Has anything inspired you? If so, what?
How were you inspired?

e) Has anything made you laugh? If so, what?
Why did it make you laugh?

f) Has anything upset you? If so, what?
Why did it upset you?

g) Has anything confused you? If so, what?
Are you still confused about anything?

2) What question(s) do you have, if any?

3) Has anything that you read helped you in any aspect(s) of your Life?

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In order to prompt more discussion, selected writing samples from the book follow. Following those pieces are more discussion questions.

Phyllis Wheatley Peters

Phyllis Wheatley Peters
A poet and an abolitionist
As a young child kidnapped from
Africa, her homeland,
Taken to Boston
Sold at a slave auction
wrote poetry at the age of 14
glad that she was brought to America
She was glad to be a Christian
Married John Peters
He was a grocer
They had 3 children
She was never really a healthy woman
She died on December 5
She died at an early age
She died when she was only
31 years old

10 May 1994

Veritable emotional Quest

Take your time

Righteous

Understanding and compassionate

Expect compromises

Laughter

Open hearts, minds, and whole bodies

Victory in a cruel and unjust world

Ecstasy

8 September 2003

Sexual sensationality

Sensual & Spiritual

Entering new worlds of pleasure

eXcitability

Undergarments removed

A new closeness

Lotsa music made

Intimacy

Tantra

Yin & yang

8 September 2003

11 September: in Retrospection

1 day out of many in which people are murdered by US or our allies

1 day for us to reflect, mourn, bereave, grieve, and realize that we must change

Sow the seeds of forgiveness, truth, peace, and justice

Expect lies from our masters, but demand the Truth

Patriotism or False Pride?

Terrorism – what does it mean? When and how is it used? Illegal wars perhaps?

Explain how anger & hatred solve problems. Isn't that poisoning ourselves?

Maybe change our foreign/domestic perspective & policy -- We have to

Bombings do not solve our problems; only magnify them -- Cycle of Violence.

Everyone is Sacred

Remember 1973 – US-backed/assisted coup of President Salvador Allende in Chile

12 September 2003

Myths in 2009 and Hopes for the Future

The year of 2009 in the Gregorian Calendar System is rapidly coming to a close and we are holding steadfastly to many myths and are still believing many lies. The following is a list of 4 of the lies maintained throughout this year:

1) **Myth:** Jesus Christ of Nazareth was born to his mother, the Virgin Mary, on December 25.

Reality: December 25 is not the actual birth date of Jesus Christ as his actual birth date was not written in *The Holy Bible*. But, there was a celebration during this time of year: *Dies Natalis Solis Invicti*, in Latin, which translates to “the birthday of the unconquered Sun” in English and this Celebration coincided with the Winter Solstice. [Source: Wikipedia article on Christmas (<https://en.wikipedia.org/wiki/Christmas>)]

Furthermore, Jesus Christ did not die on the cross, which the Roman Empire used for Capital Punishment, but rather he died with his wife, Mary Magdalene, whom he had 3 children with, many years later in France.

[Sources: The following three books by Sylvia Browne: *If You Could See What I See: The Tenets of Novus Spiritus*, *Secrets & Mysteries of the World*, and *Secret Societies...and How They Affect Our Lives Today*. KRS-One’s “The Truth” off of his self-titled album (http://lyrics.wikia.com/KRS-One:The_Truth)]

2) **Myth:** War is fought by troops on behalf of their fellow citizens.

Reality: “WAR is a racket. It always has been. It is possibly the oldest, easily the most profitable, surely the most vicious. It is the only one international in scope. It is the only one in which the profits are reckoned in dollars and the losses in lives. A racket is best described, I believe, as something that is not what it seems to the majority of the people. Only a small ‘inside’ group knows what it is about. It is conducted for the benefit of the very few, at the expense of the very many. Out of war a few people make huge fortunes.”

[Source: *War is a Racket* by Brigadier General Smedley D. Butler and Wikipedia article on War Is a Racket (https://en.wikipedia.org/wiki/War_is_a_Racket)]

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“I helped make Mexico, especially Tampico, safe for American oil interests in 1914. I helped make Haiti and Cuba a decent place for the National City Bank boys to collect revenues in. I helped in the raping of half a dozen Central American republics for the benefits of Wall Street. The record of racketeering is long. I helped purify Nicaragua for the international banking house of Brown Brothers in 1909-1912. I brought light to the Dominican Republic for American sugar interests in 1916. In China I helped to see to it that Standard Oil went its way unmolested.” [Source: Speech made by Brigadier General Smedley D. Butler, <http://www.fas.org/man/smedley.htm>]

Wars going back to antiquity have been based on deception and all Wars have always been Civil Wars as we are all brothers and sisters. The continued US Wars of Aggression against the peoples of Iraq, Afghanistan, and people worldwide are based on lies. The events of 11 September 2001 did not bring about the War of Aggression against the people of Afghanistan. It was planned before that day and also the controlled demolition of the World Trade Center Towers 1, 2, and 7, were caused by high-tech weapons (scalar/plasma weapons) and/or the use of controlled demolitions (thermite). There were not 4 hijacked planes and the Pentagon was not hit by an airplane on its side that was under renovation then. There has not been a truly thorough investigation into those crimes. The US did not embark on a full-scale War of Aggression against the people of Iraq because of the alleged excuse of Weapons of Mass Destruction. It was to force the Iraqi government to use the US petrodollar rather than the European euro for petroleum transactions and to create a market for genetically modified “foods” (GMOs) in Iraq amongst other things. (The US/UK had continued to illegally bomb Iraq in the illegitimate “no-fly zones” for many years after the cease-fire agreement ended the “Persian Gulf War”.)

[Sources: <http://www.questionuniverse.com/rethink.html>,

<http://questionuniverse.com/oldway/realitieswar.html>,
<http://questionuniverse.com/oldway/iraqpage.html>, and
<http://questionuniverse.com/oldway/continuum.html>]

3) **Myth:** Climate Change is not real.

Reality: Climate Change is real and happens at the micro- and at the macro-levels in our Mother Earth/Father Sky daily and has since the beginning of time. Climate Change occurs due to the Earth's biological/geological/chemical processes and also the activities of human beings. The activities of humans include, but are not limited to, the following: cloud seeding, the spreading of Chemtrails, and the deliberate environmental modification of our Climate by military operations domestically and globally.

4) **Myth:** There has been a "health care" debate in the US.

Reality: There is no true discussion of health care and what it really means. There has been little discussion about prevention or about what it means to be healthy. There are numerous questions that have yet to be probed fully:

How many people die a year, globally, due to their interactions with the main Western system of "medicine" – allopathic medicine?

Why do we have health insurance companies?

Why did they come into existence?

What did people do before they existed?

Can we create alternatives to the current "health care" system?

Can we have the freedom to choose our own modes of healing?

What is "dis-ease?"

How can a person prevent a "dis-ease?"

What is true health – is it only the absence of "dis-ease?"

What is an ecological view of health and wellness?

Is the "germ theory of disease" accurate or is it a myth?

Why is the main Western system of "medicine" based on flat-earth assumptions about the nature of healing and "dis-ease" in a spherical world?

Why does the main Western system of "medicine" treat the "dis-ease" (i.e. a person's symptoms brought about by the immune system) rather than promoting a person's natural curative abilities?

Why are human beings and the rest of the inhabitants of the Earth (including the living and breathing Mother Earth/Father Sky) treated as machines with expendable parts?

What are the levels of human existence and how do they affect our health?

How do food and other biochemical stimuli (including food additives) that we ingest through our skin (the largest organ), our nostrils, our eyes, our ears, and our mouths affect our health?

This brief discussion of the Myths and Realities of 2009 brings me to my hopes for 2010 and beyond.

I hope that human beings find inner peace by taking the time to know themselves and thus the Universes and realize that there is no Separation. Separation is an illusion. We are all strands in the Web of Life and what happens to one strand directly and/or indirectly impacts all strands. Furthermore,

we must become (or continue) to be actively engaged in positive ecological (encompassing the social, economic, and environmental integrated spheres of existence) movements to resurrect our sense of purpose and connection with ourselves, our Mother Earth/Father Sky and all of her inhabitants. There are too many movements to name so just head outside and plant an authentic (beyond organic) garden for starters!

22 December 2009

Printed in *The Key Newsjournal* in January or February 2010. The above work has been modified from the original version.

[Author's Note: The author did not transfer his copyright over to the newspaper so he retains his rights.]

Say Goodbye to Poverty

“Poverty is the worst kind of violence.”*

-Mohandas Karamchand (Mahatma) Gandhi

It's the 21st Century in the Gregorian Calendar system

And we still have billions of people living in poverty worldwide

Material poverty

Lack of food to eat (although there is enough food produced to feed everyone)**

Lack of clean water

Lack of physical shelter

Lack of economic income and its associated benefits

Spiritual poverty

Disconnection from our place in the Universes

Disconnection from our place in Mother Earth/Father Sky

Disconnection from each other, thereby feeling alienated in a crowd

Disconnection from our very selves

And thus we continue in the worst form of violence

What can we DO?

We can create and support urban and rural (authentic) organic, biodynamic, ecological, naturally grown, sustainable gardens and farms that are GMO/GE-Free Zones to provide affordable, safe, and equitable access to culturally appropriate food worldwide

We can protect our waterways from pollution and end the “corporament” (corporate + government = “corporament”) privatization of Water and with it the Water Wars

We can rehabilitate existing buildings to make them suitable for living

We can create our own local economies and currencies based on cooperation, “enoughness,” and the well-being of all members of our communities

We can become the Creative Visionaries of the 21st Century that make the violence of poverty obsolete

What are YOU going to do?

*Source: Wikiquote page on Mohandas Karamchand Gandhi. <http://en.wikiquote.org/wiki/Gandhi>.

**Source: N. Sadik. Food and Agriculture Organization (FAO) of the United Nations Agriculture and Consumer Protection Department. “Population growth and the food crisis.”

<http://www.fao.org/docrep/U3550t/u3550t02.htm>.

14 March 2011

Ending Food Deserts

Let's end food deserts

But, how?

Through

- Changing Zoning Ordinances
- Community Gardens
- Community Supported Agriculture (CSAs)
- Community Supported Seed & Food Banks
- Community Supported Kitchens
- Container Gardens
- Farmer's/Gardener's Markets
- Landscaping with Edible Plants
- Rooftop Gardens
- Sharing Our Bountiful Harvests
- Urban Farms & Gardens
- Yard Gardens

Let's provide food for ourselves, for all of the pollinators, and return our waste back to the Earth to create more food

11 July 2011 (Published in *The Contributor* in July or August 2011)

About the Author

Who am I? I am, like you and everyone else, the Universal Creator. Each one of us is having an “individual” experience in this illusionary Reality that causes us to believe that we are a separate being rather than the loving Universal Creator.

I am called Irucka Ajani Embry, which is the name of the experiential vehicle that I am occupying in this lifetime. I am an evolving, perfectly imperfect being born into a supportive village of family and friends in Lexington, Kentucky.

Irucka is a life long teacher and student. He sees himself as a **being**, which Irucka feels connects him more fully to all beings and not solely to other human beings. He credits this idea of connection rather than separation to the family (especially his father) and friends that encompassed the village that helped to raise Irucka and his older siblings. It is that springboard that allowed him to question Reality and make seen and unseen connections at an early age. Irucka continues to employ these skills in his professional life as an environmental engineer-in-training and business owner & in his personal life through the various creative & imaginative pathways that he cultivates. His main creative outlet, other than writing and music, is gardening. Irucka recognizes that the most healthy food will be grown in healthy and lively soil that is wetted by healthy water.

He shares these and many other ideas learned through experience or from interactions with others mostly through written expressions. Irucka has had his work printed in the following publications: *Health & Wellness* magazine, *Lexington Herald-Leader* (<http://www.kentucky.com/>), *The Key Newsjournal* (<http://keyconversationsradio.com/>), University of Tennessee's *The Daily Beacon* (<http://utdailybeacon.com/>), Tennessee Independent Media Center (now defunct), English version of the Russian paper *Pravda* (<http://english.pravda.ru/>), and *The Contributor* (<http://thecontributor.org/>).

Irucka recognizes that he doesn't yet exemplify his highest ideas expressed in his creative expressions, but he will prior to leaving this plane of existence.

In order to release more of his thoughts unfiltered he created Questioning the Universe Publishing (QUP) [<http://www.questionuniverse.com>], which is a publisher of bookmarks, books, electronic books (e-books), Hip Hop music, and postcards.

January/February 2014

Appendix: Resourcical (R]Evolutionary Tacticals

http://www.questionuniverse.com/Balancing-the-Rift-IAE_Resourcical-REvolutionary-Tacticals_excerpt.pdf

PDF excerpt of Appendix [Please consider using a Free Software PDF reader (<http://pdfreaders.org/>) to view this PDF]

<http://www.questionuniverse.com/balancing-the-rift.html#list>

Book Lists (many books from the Appendix are on the Goodreads and Open Library Book Lists)

Internet Resource Collections

<http://www.ecoccs.com/resources.html>

EcoC²S Resources

<http://www.questionuniverse.com/resources.html>

Questioning the Universe Publishing (QUP) Resources

Questions to Ponder

- 1) What do you think and/or feel about what you have read so far?
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Why did it make you laugh?
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Why did it upset you?
 - g) Has anything confused you? If so, what?
Are you still confused about anything?
- 2) What question(s) do you have, if any?
- 3) Has anything that you read helped you in any aspect(s) of your Life?
- 4)
 - a) What are your thoughts on profanity/cursing/"bad words"?
 - b) Where do your beliefs about profanity originate?
 - c) Do you feel that poverty is profane?
- 5) What are your thoughts on the birth and death of Jesus Christ?
- 6) What are your thoughts on war?
- 7) What are your thoughts on peace?
- 8) What are your thoughts on the continuum of violence as demonstrated on 11 September 2001?
- 9) Do you think that a conspiracy shaped the events of 11 September 2001? Why or why not?
- 10)
 - a) Have you heard of the petrodollar before? If so, then how have you heard that term used?

- b) If you have not heard of that term, then what are your thoughts?
- 11) Why do you believe that the “Global War on Terrorism” (in particular, the wars against the peoples of Afghanistan and Iraq) exists?
- 12) What are your thoughts on climate change, global warming, etc.?
- 13) a) What are your thoughts on the state of human health in this country?
b) What are your thoughts on the state of “health care” in this country?
c) What is your definition of health?
d) What is your definition of disease?
- 14) What are you going to do to aid in ending poverty?
- 15) a) Do you believe that there is a global, galactic, interdimensional, etc. conspiracy to enslave human beings?
b) If so, then why?
c) If not, then why not?
- 16) What are **you** going to do to make sure that we all have freedom?

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