

# Discussion Guide for

*Balancing the Rift: ReCONNECTualizing the Pasenture*

Irucka Ajani Embry

Questioning the Universe Publishing (QUP)

ISBN-13: 978-0-9914994-0-3

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

[info@questionuniverse.com](mailto:info@questionuniverse.com)

## **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?

## Table of Contents

Phyllis Wheatley Peters  
Veritable emotional Quest  
Sexual sensationality  
11 September: in Retrospection  
Untitled: Controlled thoughts of random interactions aka What tha Fuck Was he Thinkin' Writing this Shit!  
Myths in 2009 and Hopes for the Future  
Say Goodbye to Poverty  
Ending Food Deserts  
About the Author  
Appendix: Resourcical (R]Evolutionary Tacticals  
Questions to Ponder

**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

# Untitled: Controlled thoughts of random interactions aka What the Fuck Was he Thinkin' Writing this Shit!

Gardens everywhere

Studying permaculture

Eating locally grown biodynamic and/or organic foods

Wearing biodynamically and/or organically grown fibers, including those of hemp origins

Sharing seeds & agricultural knowledge freely & widely

Sharing our resources with each other

Moving from nonviolence to Peace

Saying a BIG **FUCK YOU!** to Money (paper & coin currencies) & Credit (debt for the majority of people) whether issued by privately owned Central Bank systems and/or their governments (hence the "corporation") as money & credit are Not Real & can Not Be eaten!! ☺

Free Software & Hardware (ecologically designed) 4 ALL

Free ourselves from wage enslavement

Cultivate free love, imagination, creativity, peace, Truth, energy, electricity, bodies

Abolish state sanctioned Terrorism (death penalty, torture, experimentation, War, police & military apparatus {brutality}, ecological & thus human destruction, etc.)

Understand that THEY are here & have been for possibly thousands or millions of years

Are we descendants of THEM?

How many presidents, prime ministers & other government leaders in the world share the same ancestry, i.e. the same or similar bloodlines?

Why?

Is this possible evidence of a global conspiracy?

Who are they conspiring against?

Who are the puppeteers?

Who are the puppets?

What's Real(?)

What's Fake?

Who created the Economy?

When was the last time that U played in the Earth, our Mother?

Is it Global Warming, Global Cooling, Global Climate Change, or a Hoax played by the Elites (those who believe they have the power over all of US)?

Can Russia, the USA, and/or celestial beings {not from the Earth originally} alter the climate & weather on this planet?

Have they manipulated our minds/bodies/spirits, clouds, precipitation, storms, land masses, water, food supply, flora & fauna on our Mother Earth?

Why?

Global domination perhaps?

Galactic dominion?

A quick means to depopulation & forcing people to become mentally/spiritually/emotionally/physically enslaved on a massive scale?

EduKate Uself & others.

Read the Labels --

of candidates  
of medicines  
of foods  
of cleaning products  
of clothing  
of transportation options  
of electrical products  
of energy sources  
of media pundits  
of teachers  
of leaders  
of Religions (including the Sciences)  
of those around U

Relearn to see & feel Ur own energies & those of others

Become reacquainted with Ur lost tongue (other spoken & non-spoken languages -- i.e. verbal & nonverbal communication techniques

Realize that communism, socialism, and capitalism were created & are maintained by the global elites with THEIR currencies & THEIR credit

Create & invest in REAL community wealth

Rain gardens  
Local farms  
Urban gardens  
Community gardens  
Gardens on golf courses  
Abandoned lot gardens  
Home-based gardens  
Composting  
Vermiculture  
Freeganism  
Gifting Economy  
Gift Economy  
Cooperatives  
Roof gardens  
Forests  
Prairie Lands  
Green Belt Movements  
Water the roots  
Remember the micronutrients  
iiSoil is aLive!!  
Native vegetation & fauna  
Seed collectives/banks  
Share  
School gardens  
Institution gardens  
Fair Trade & Living/Family Wages



Biodiversity  
Smile  
Share wisdom  
Hug trees  
Act Real  
Plant organic & biodynamic goodness for now & the future

Let us remember that a puzzle is made up of different interlocking pieces

Synthetic biology is genetic engineering/biotechnology on cracked up speed

Speak up B 4 U Lose your voice

What will U do today to save yourself (& thus the world?)

Cultivate a neu U

I hope that these assumedly (in Ur perceptive capabilities) random generated thoughts inspire U to action {pick up a rock, plant an organic/biodynamic seed, buy local food, start a seed bank, go outside & Play, read a book, go online & do authentic research, install Free Software and Hardware, write poetry, play music, find out who you are, Read the Labels, stand up for your cause, create an alternative, and so on} so that we can continue the creation of our World That Works for ALL of us [thank you Sharif Abdullah for your awe-inspiring books & informative website)

Are we reincarnations of each other?  
Are we descendants of alien species?

Where do we go from here?  
Financial meltdown thus more enslavement or to True Freedom?

Who will decide?  
Is your retirement safe?  
Is your nation's economy safe?  
Is your unlabeled food or drink safe to eat or drink?  
They wouldn't poison powdered milk, would THEY?

How do we separate Truth from Fiction, half-Truths from disinformation from outright lies from misinformation from distortions from faulty intelligence?

How do we move beyond Recycling?  
How do we become good rather than **less** bad?

How {& when} should we imitate Nature & Natural processes & systems?  
Why are any of these ideas important?  
Or are they?  
Who decides?

If no one voted in an election, would THEY still pick the same puppet??

The legal definition of conspiracy is simply 2 or more individuals coming together to commit a criminal act. It **does not** require a whole government. A conspiracy is akin to a racket in which only a few insiders at the top of the pyramid know exactly what is going on (check out *War is a Racket* by Brigadier General Smedley Darlington Butler to better understand the nature of the war racket) & the others, if any, are only playing their role in whatever they have been told that they are participating in. This assumes that their mind has not been mind-controlled as then no explanation is needed to provide them with an impetus to act. Although I could be wrong. Thus, do the Research. Seek out many sources of information.

Are they enlightened due to illuminating bodies?

##

Are we human-beings Intra- or Extra-Terrestrials? i.e. Are we birth or step-children of our Mother Earth?

Or are we just cosmic sparks of potentially entropic fields of electromagnetism surrounding superstrings of harmonic, kinetic rhythms displayed as genetic “human” markers?

Are some so-called “human” beings, in particular fields of professional endeavors, more of a continued & recent Extra-Terrestrial lineal origin than other human beings?

What does it mean to be a human being in this age?

Is there a global or galactic or universal Conspiracy in our midst?

Is the dog wagging his/her tail or is someone wagging the dog? [Check out the movie – *Wag the Dog*]

If there is some Conspiracy, then how do we (re]gain our individual & collective freedoms?

How do we open up our psychic & intuitive channels through our Third Eye therefore seeing through the fog blinding our 2 plain eyes?

How do we not only WAKE UP, but also GET UP?!

Fuck tha fog-makers

Fuck da “news”-fakers

Fuck dem wannabe Global Rulers

Fuck those that attempt to Enslave our Mental Wares [Remember that Bob Marley sang that only WE can emancipate OURselves from mental slavery]

###

Fuck tha Intelligentsia from whence eYe sprang

Fuck the torturers & mercenaries

Fuck the uncaring

Fuck tha puppets & their puppeteers

Fuck tha “education”-fakers

Fuck da “corporament”

Fuck enslavement of all types [technological, wage/economic, chattel, physical, scientific & religious dogma, mental/emotional/spiritual/physiological/physical, sexual, school, prison, etc.]

Fuck limited ideas of profanity and/or obscenity

Is poverty obscene?

Is homelessness profane?

Is dying from hunger or thirst in a world of excess food and water obscene and profane?

Is choosing war and destruction over peace & love profane?

Is corporate welfare obscene in its own right? [let alone discussing the humility & bureaucratic red-tape along with the indignation people must endure to obtain pennies of human welfare while the corporations, as “citizens,” receive billions, as a whole, annually w/ little to no fan-fare.]

Fuck pollution of all kinds

Fuck detention centers & interment camps [Who will they pick up 1st?]

Fuck tha militarized police and the counterparts in tha military (da “People Behind the Uniforms”

MUST stand up & be counted!! ☺ )

Fuck tha Reptilian Agenda

Fuck the illusions of Economics (Money, Credit, Debt, Free Market Economics, Free Trade, Corporate Globalization, Corporate Welfare, privately-owned Central Bank(ers) posing as Government institutions]

Fuck tha enslavers

Fuck doze entities that abuse young beings, humans in particular, to bring fruition their Reptilian Agenda

Fuck Big Pharma

Fuck Flat-Earth Medicine

Fuck freedom-haters

Fuck GE, GMOs, Biotechnological Bullshit, Eugenics, Synthetic Biology

Fuck those that lead the sheep, oops -- people (men & womyn) astray intentionally & w/o remorse

Fuck tha Dis-ease Creators {Cancers too)

Fuck those that withhold [crucial] knowledge from all of US

Fuck is a powerful, emotive word

Fuck others I have missed & have not included on this brief list of Fuck-Yous as opposed to traditional Shout-outs

What tha Fuck was I thinkin’ writin’ this Shit to fracture our incomplete worldview of “how the world really works?”

I actually hoped that you had the answers to that somewhat rhetorical ?.

Anything else to say here?

Jus’ do Ur own research as usual and reach your own conclusions.

Remember that we can not change what we do not acknowledge and what we fear.

We must embrace LOVE & not fear in this great time of Uncertainty. The private-banking “money”

creative lenders only have temporary power, i.e. until we dethrone them & create our own community-based economic systems & currencies based on REAL wealth, justice, fairness, equity, transparency, ecological competency (environmental, economic, social), equality, freedom & responsibility, and a new vision of U & Me!

[Yes, that was yet another list!!]

Please feel free to let me know what U think of the ideas continued in these lines of thought.  
Let's build the World that is POSSIBLE!!!

B4 I 4GET: Let me send OUT a **BIG** Fuck U to the population controllers & their sterilizers

####

Fuck Bullshit Fake Material/Spiritual Science  
Fuck pollution in all forms, spheres, and realms  
Fuck Nanotechnology  
Fuck the enslaving attributes of High Technology  
Fuck Flat-Earth Feeling, Thinkin', Seein', Believing, and Being  
Fuck Flat-Earth Science

Any more ~~shout-outs~~ Fuck-U outs?

Yea, 1 more

Fuck INDEPENDENCE!!!

I support, oops -- I mean WE, support

Interdependence as all of us are at once One in a Universal fabric of  
interwoven webs while alluding to distinct strands in Life

We all ~~breathe Air~~ swim in Air

We all sprang from the union of Mother Earth/Father Sky

We all are moved by the Moon & experience the Sun

We all exist as vibrations beating different chords (\*)

\* We are therefore all forms of potentially Kinetic Energies

We all experience a Consciousness

We are all present for a purpose and reason at this particular intersection of the Universe

We are all temporary and transient

We are all uniquely similar

We are the puzzle pieces that make up the picture of our won worlds in the Universal Reality

We are all Created and thus Divinely Creative

We are all images and illusions based on frequencies

We are all data stored as binary bit types of code in a hexadecimal storage device decoding intricacies  
of parabolic substance in an over-reaching supportive glue of undue proverbial winds toning  
ringtones in this closed, yet open boundary system imitating our Actuality on the other side resembling

more of the Truth than we can decipher with our limited, falsely understanding of our tools  
We are all needed and wanted now  
We are always where we are -- everywhere, somewhere, and nowhere -- at once  
We all observe and are observed  
We all entertain H<sub>2</sub>O  
We all manifest  
We all know  
We are all alive (though asleep in Reality and Awake over there in the True Ultimate Reality}  
We all live out a particular purpose  
What do we know?  
We all know  
We are all differently similar  
We are all expressions in an algebraic expression fuddled with varying degrees of variables  
Unity does not mean the same -- a puzzle is one story of different pieces  
Ya dig?!

Separate & connected

#####

I haven't written out anything in a creative, poetically charming manner in a long ... time

Creating a New Model of Health & Wellness

= creating a New Vision of U & I

= creating a New Way of Gathering, Growing, Catching, and Exploring our Relationships with the Web of Life and thus the Foods that we ingest

= moving from an Ecological View of Health & Medicine → Universal View of Health & Medicine

= Loving More

= Balance

= Quality

= Breathing (Spirit)

= Evolving in a dynamically interlinked & interdependent Universal order

= Embracing the Past, Present, and the Future

= Wholeness rather than Separation -- the Ultimate Illusion

= Knowing the Self's self

= Recognizing the wave/particle duality of all Life thus adding complexity to the murky waters of hypocrisy

= Resurrecting the Divine Creative Spark within the Whole Totality of Us

= Being "Reading the Labels" Literate

= Focusing on Cooperation > Competition

= Seeing the Invisible (to the Naked Eye) Fields of Spiritual Influence along with the visible Spirits in ALL of Us

= Exploring the vast Possibilities of the Multi-Dimensional Universes

= Truth > Lies ☺

= Freedom and Openness through Sharing and Transparency

= Asking ?s and asking more ?s and ... asking even more ?s to elucidate more ?s and answers

= Making each of us healing patients

- = Healing rather than Treating
- = Forgiveness
- = No Más mechanical, interchangeable machinery Philosophies
- = a True Revolution
- = Whole, Spherical, Multi-Dimensional Earth Thinkin'
- = Challenging the status quo
- = Envisioning a New World, a New Way, a Neu U and I (Us]
- = Creating a Wholistic, Dynamic, Evolving, Vision of Health & Wellness and thus a Healthy State while creating a similar view of “dis-ease” and thus a “dis-eased state”
- = Victimhood → Survivorhood
- = Understanding the Whole Conception of Ever-Evolving Life Processes in a networked, systemic Web of Life (including our Purposes on the micro and macro levels}
- = Integrative, Complementary Alternative Choices
- = Our very words and Intentions have a vibrational energy
- = Energies Can and Do Resonate with other Energies in a Fluidous, Complex, Dynamic, Orbiting, Elliptical, Spherical Reality
- = Laughter and Humility
- = Seek through the Inner → Outer
- = Correcting Our Mistakes
- = How do U feel on each Level of Ur Existence?
- = End the Warfare through Drugging (various biochemical stimuli above and beyond over-the-counter/prescription drugs included here), Antibiotics/Antibacterials, Radiation, Genetic Manipulative Alterations, and Immunizations/Vaccinations
- = Who are We?
- = God/Goddess are Loving!! ☺
- = Possession is an Illusions
- = Release the tension
- = Body (Spiritual/Mental, Physical, and Emotional Layers/Levels) and not a Mind/Body/Spirit Split
- = We are our Environment
- = Bathe in Sunlight = Colored Vibrational Frequencies
- = Each 1 Teach 1 in all stages of a developing Life
- = Imagination
- = No más Elitism
- = Movement through the Dimensions
- = Musical Vibrational Energy Frequencies of Varied Tonalities
- = the Choices are Up to US
- = Where do we WE go from Here?

#####

Biochemical?

I thought that we were through with the illusory medical terminology, well -- are we?  
~~Biochemical~~ Vibrational wave packets of encoded information forming fluid geometric patterns enabling biochmicogophysical markers for identification by a mechanistic, material, flat-earth, physical scientific dogma (is a better statement of intended energy, i.e. information]

#####

Treating?

What?

Treating the body's symptoms through suppressive technologies thereby malignantly directing the immunonetworks' decisions & causing other symptoms to appear on other levels as signs of disrupted energy flows, i.e. the allopathic view of the symptoms as the "dis-ease" and their choice to treat the "dis-ease" rather than help the person heal

Universal View of Health & Medicine?

1st - Our health is impacted directly and/or indirectly from the farthest realms of the Universes and the various dimensions within those Bodies

2nd - The Milky Way Galaxy

3rd - The solar system

4th - The Earth, Our Mother, and her levels of Existence & the Sky, Our Father, and his levels of Existence

5th - Our race of beings (the collective human consciousness)

6th - The nation

7th - The society

8th - The local bioregion

9th - The local ecosystem

10th - The family

11th - The multidimensional "individual" being

Consult *The Science of Homeopathy* by George Vithoulkas, *Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies* by Richard Gerber, M.D., and other sources for a more thorough discussion of these phenomena

We can not limit our understanding of health & wellness

We must extend it to the farthest reaches of the Ultimate Reality

Keep the ?'s coming ...

#####

Is allopathic (modern "scientific" medicine) akin to torture?

∴ (Mathematical symbol for therefore), are we individuals that use that system of medicine freely, of our own will, committing self-torture?

Why would we knowingly and/or unknowingly condemn ourselves & our loved ones?

Don't we know that plenty of alternative and/or complementary options exist?

Or has that door been concealed to most of us?

Or is it that we would prefer a microwave symptomatic recovery rather than an extended time to properly complete the curative process from the inside → outside?

Do we care more about physical appearances (clothing, hairstyles, etc. of an aesthetic nature) of ourselves & others over our very own health and the health of our race?

Why do we make the easy choices now thus resulting in costlier (\$ & health = freedom) decisions later?

Does your physician know more about U & Ur health than you do? Isn't it time that YOU become more responsible for your health?

Isn't it past time that we clean-up our collective messes to improve the health of our race & the rest of the Earthly inhabitants, including Mother Earth/Father Sky?

Why do we still thirst for War & bloodshed in the 21st Century of the Gregorian solar calendar? Why haven't we evolved beyond this desire? Have we been e-volving or de-volving? When will we, collectively & individually, change? Do we need more horrifically debilitating "dis-eases" to embrace our race's beings to guide us in new (or old useful tracks of positive evolution) paths?

Do we **really** care about each other?

Aren't we all interconnected & interrelated in a Universal Web of Life?

Why choose "dis-ease" = disorder = enslavement to the Medical Mafia and the drug overlords with their suppressive toxic chemical agents > health = freedom = happiness = peace = order?

#####

Is it that we do not know the true Nature of "dis-ease" progression nor that of health?

Or is it that we have closed-off our subtle sensitivities in this overly materialistic (matter + materialistic) False Reality Show that we interpret as Truth?

Has human "progress" deadened our forgotten, but not extinct, Senses?

Have we forgotten the Sacred Patterns of Our inner & outer Universes?

Is there a historically, collective Conspiracy to attempt to Cloud our True Past, Present, and Potential Futures? Is "modern scientific medicine" only just one of the tools in this arsenal?

How long do we keep on our "individual" and collective shackles?

Does your ill health positively impact the Gross Domestic Product (GDP) of your country? ∴ Why would your nation choose to offer healing therapies rather than treatment (symptom suppression-based) therapies?

Do we still *hear* the subtle sounds of silence? Of the wind? Of the Earth? Of Fire? Of water? Of Spiritual Connections? Of our Soul emanating through our Spirit? Of the Universes? Of Creation? Of our Ancestors? Of our disorder = "dis-ease"? Of our health?

#####

Do U care more about Ur illusional outer appearance > Ur health?

Do U care more about "modern conveniences" > Ur health?

Do U care more about bullshit-fucking "comfort" (if "dis-ease" is comforting) junk "food" (is it really



food?) > Ur health?

REMEMBER, it's Ur health, i.e., not anyone else's -- thus it's Ur right **and** responsibility!

How many more beings must die due to their interactions w/ the Medical Mafia B 4 we ask WHY?

Does freedom exist when there is no health freedom?

Is radiation impacting Ur health?

Are sunspots & other solar activity increasing or decreasing? What does that mean for all of US?

How do the farthest reaches of the Universes & the other dimensions impact all of US?

Are U a willing and/or unwilling active and/or inactive participant and/or spectator in Ur own "dis-ease" progression?

What are you going to do?

Do U care? If U don't care, why not?

Do U "stay the course" or change it?

Do U control Urself? Or do(es) (an)other entity(ies) control U?

Do U seek treatment or cure? Do U know the difference?

Is life expectancy and quality of life increasing or decreasing?

Do U choose to live happy & healthy or "dis-eased" & fucked-up (pain, misery, etc.)?

How do U respond to negative & positive stimuli?

Are we still being sterilized? (This time through genetically modified organisms {gmos} as the latter phase of global eugenics.)

Are U an addict? Are U lying to Urself? Do U want to remain an addict? What are U going to do?

Do U know how to breathe properly?

Are U more afraid of Life or Death?

Are you "living to die" or "dying to live?" Or are you "living to live?"

What do you do 4 relaxation & enjoyment?

Do you know how to relax & enjoy Life?

Do we get it?  
Do something GOOD 4 UrSelf!!

Do U drink water DAILY in adequate amounts? Do you know when you are acutely and/or chronically dehydrated? Do you get salts (more than sodium) in adequate amounts DAILY?

Answer the ?s 4 yourself & be truly honest to yourself!!

Credit/Debt = BULLSHIT!

Basically, I've said all of this to WAKE YOU The FUCK UP!

BE Kind to Urself!

Love Thyself!

Thank-Urself!

Why all the fucking ?'s{?}

To shock U & have U question REALity & do something about it

#####

Some Mo'

Plant indigenous or native perennial goodness in organics, biodynamics, permaculture, and other methods

To till or not to till

Wild is good

Is it sun spots flaring or Global Warming?

How far in the farthest reaches of the multidimensional Universes can we detect in our Mother Earth/Father Sky's changes and the changes in ourselves?

How shallow or deep is our Reality?

Are U following me?

Ask more ?s and you'll seek more answers.

We are intimately Divine and thus we must FORGIVE.  
Heal your past lives.

Love and Peace Freely.

# ~~27 August 2008~~ 23 September 2008  
## 2 January 2009  
### 25 March 2009  
#### 4 July 2009  
##### 31 January 2010  
##### 11 March 2010  
##### 18 March 2010, 17 July 2010  
##### 17 July 2010  
##### 29 August 2010  
##### 12 July 2011  
##### 24 September 2011

## 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](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](https://en.wikipedia.org/wiki/War_is_a_Racket))]

## 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](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.” [et](#)]

“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](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>

EcoC<sup>2</sup>S 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?
  - 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?
- 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?

Last updated by the author on 22 May 2015

© Copyright 1993 – 2015 by Irucka Ajani Embry/the Questioner. Some rights reserved. This discussion guide and the book excerpts are licensed under the Creative Commons Attribution-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nd/4.0/>.