

Extended Discussion Guide for *Tuning to the Soil-ed Seed Vibrations For Our Collective Health*

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Book Details

Tuning to the Soil-ed Seed Vibrations For Our Collective Health

Edited & Written By Irucka Ajani Embry With Obiora Embry

Series: Restoring Our Individual & Collective Freedom While Taking Control and Responsibility For Our Lives (Book 1)

<https://www.qup.quest/soiled-seeds.html>

Tuning to the Soil-ed Seed Vibrations For Our Collective Health Edited & Written By Irucka Ajani Embry With Obiora Embry | Book 1 of The World's Most Important Food (Growing) Book Series [According to Irucka]

<https://www.ecoccs.com/shopeq/>

EcoC²S / Questioning the Universe Publishing (QUP) Online Store

External Questions to Ponder

- 1) Would you recommend *Tuning to the Soil-ed Seed Vibrations For Our Collective Health* to other potential readers?
 - A) If so, why?
 - B) If not, why not?
- 2) Have you already recommended *Tuning to the Soil-ed Seed Vibrations For Our Collective Health* to other potential readers?
 - A) If so, why?
 - B) If not, why not?
- 3) Do you feel that *Tuning to the Soil-ed Seed Vibrations For Our Collective Health* is an important book?
 - A) If so, why?

- B) If not, why not?
- 4) Did you have any pre-conceived notion(s) about the book?
 - A) If so, what were they?
 - B) If so, why did you have them?
- 5) Did you have any expectations about the book prior to interacting with it?
 - A) If so, what were they?
 - B) If so, after interacting with the book: did the book meet, exceed, or fall short of your expectations?
 - C) If so, why did the book meet, exceed, or fall short of your expectations?
- 6) Is this the first “physical” book that you have read that was created using Free/Libre and Open Source Software (FLOSS) and FLOSS fonts?
 - A) If so, did you notice any difference with other printed books?
- 7) Do you care whether this book was created using Artificial “Intelligence” (AI) or not?
 - A) Why or why not?
- 8) Do you know how to determine if a book was created using Artificial “Intelligence” (AI) or not?
 - A) If yes, how do you reach that conclusion?
 - B) If no, do you want to learn how?
 - a) If so, why?
 - b) If not, why not?
- 9) Have you performed an Internet search to attempt to locate any of the URLs (Uniform Resource Locator) included in the book?
 - A) If so, have you been able to obtain any of the URLs?
 - a) If not, why do you think that you have not been able to successfully locate the URLs?
- 10) Have you visited any of the URLs from the book?
 - A) If so, why?
 - B) If not, why not?
- 11) Have you searched for any of the “physical” books mentioned in the book, if you have not already read them?
 - A) If so, why?
 - B) If not, why not?
- 12) What do you think and/or feel about what you read?
 - A) Did you have any emotional response(s) to anything that you read within the book?
 - a) If so, what were the emotional response(s)?
 - b) If so, what passage(s) triggered the emotional response(s)?

- c) If so, why did you have that emotional response(s)?
- d) If so, did that emotional response(s) cause you to take any action(s)?
 - i) If you took any action(s), what was the action(s) that you took?
 - ii) If you took any action(s), why did you take the action(s)?

B) Did you learn any new information?

- a) If so, what?

C) Did anything pique your interest?

- a) If so, what?
- b) If so, why did it interest you?

D) Did anything surprise you?

- a) If so, what?
- b) If so, why did it surprise you?

E) Has anything challenged your core belief system?

- a) If so, what?
- b) If so, why?
- c) If so, how did it challenge your belief system?
- d) If so, what do you feel now?

F) Has anything inspired you?

- a) If so, what?
- b) If so, how were you inspired?

G) What content did you agree with?

- a) Why?

H) Was there any information that you disagreed with?

- a) If so, what was it?
- b) If so, why?

I) Has anything that you read prompted you to take any positive action(s)?

- a) If so, what action(s)?
- b) If so, why?
- c) If not, why not?

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

- A) If so, what were the passage(s) that helped you?
- B) If so, how did the passage(s) assist you?

- 14) What are you going to do to become a healthier individual?
 - A) If anything, why?
 - B) If nothing, why?
- 15) Do you agree or disagree with the book's definitions of health and disease?
 - A) If you agree, why do you agree with the provided health definition?
 - B) If you disagree, why do you disagree with the provided health definition?
 - C) If you agree, why do you agree with the provided disease definition?
 - D) If you disagree, why do you disagree with the provided disease definition?
- 16) Have you previously heard of Microzymas?
 - A) If so, where did you first encounter that term?
 - B) If so, were you already aware of their importance for biological Life forms?
- 17) What do you feel about the suppression of the roles of Microzymas in biological Beings and other vital important information?
 - A) Why?
- 18) Do you think that the subject of Microzymas should be openly discussed in biology & biochemistry classes, at minimum?
 - A) If yes, why?
 - B) If no, why not?
- 19) If you seek external assistance to address your health concerns, is that Human Being familiar with the topic of Microzymas?
 - A) If not, have you provided information about Microzymas, from the book or other sources, to that Human Being?
 - a) If so, what was that Human Being's response?
 - b) If not, why not?
 - B) If not, do you feel that that Human Being should be familiar with Microzymas?
- 20) Do you agree or disagree with the line of questioning regarding agrivoltaics?
 - A) If you agree, why?
 - B) If you disagree, why?
- 21) Have you thought of the same or similar questions regarding agrivoltaics?
 - A) If yes, which one(s)?
- 22) What is your conclusion regarding agrivoltaics: is it beneficial, harmful, or neither beneficial nor harmful?
 - A) Why?
- 23) Were you already aware of the homeopathic cell salts/tissue remedies prior to reading the book?

- A) If so, where did you first come across a discussion of those remedies?
 - B) If so, were you already aware of their importance for Human Beings and other biological Life forms?
 - C) If so, have you used them?
 - a) If so, in which way(s)?
 - b) If so, what was your experience using them?
- 24) Were you already familiar with the basic Plant macro and micro nutrients before experiencing the book?
- A) If so, where did you first come across the named nutrients?
 - B) If so, are you familiar with other Plant nutrients?
 - a) If so, which ones?
 - b) If so, where did you first encounter those additional Plant nutrients?
- 25) Why is there an emphasis in your local grocery store(s) about having uniform produce?
- 26) What effect on your physical body can you feel when you eat from the rainbow?
- 27) Prior to reading the book, were you already aware of the criticisms of the U.S. Department of Agriculture (USDA) “organic” certification label?
- A) If so, where did you first encounter that information?
 - B) If so, have you previously shared that information with other Human Beings?
 - C) If so, do you agree or disagree with the criticisms?
 - a) If you agree, why?
 - b) If you disagree, why?
- 28) Now that you are aware of the criticisms of the U.S. Department of Agriculture (USDA) “organic” certification label, are you going to share that information with other Human Beings?
- A) If so, why?
 - B) If so, in which ways?
 - C) If not, why not?
- 29) Do you agree or disagree with the criticisms?
- A) If you agree, why?
 - B) If you disagree, why?
- 30) In your garden (in the past or now), what inspired you to grow your food?
- 31) Have you ever grown food using companion planting as a guide?
- A) If so, did you notice any difference in the Plants grown?
- 32) Prior to experiencing the book, did you feel that the area where you grow food should be sterile (devoid of Life forms)?
- A) If so, why?

- B) If not, why not?
- 33) After interacting with the book, do you feel that the area where you grow food should be sterile (devoid of Life forms)?
- A) If so, why?
- B) If not, why not?
- 34) Were you already familiar with the concept of hügelkultur before experiencing the book?
- A) If so, where did you first come across that idea?
- B) If so, have you created a hügelkultur before?
- a) If so, what was your experience?
- 35) What was your experience interacting with the crossword puzzles and word searches?
- A) Did you find the crossword puzzles and word searches difficult or easy?
- a) If easy, why?
- b) If difficult, why?
- B) Did you learn any new information from answering the puzzles?
- 36) For the recipes in the book, what varieties have you seen in your local grocery store(s) or at the Farmers Market?
- 37) Have you found locally any of the varieties mentioned in the recipes?
- A) If so, will you grow them in the future?
- 38) Prior to reading the book, were you already familiar with any of the supplementary topics in the “Food Growing Advice” chapter?
- A) If so, which topics?
- B) If not, what are your thoughts about the additional information?
- 39) Prior to interacting with the book, what were your view(s) on (bio)pesticides and genetic engineering?
- A) Why did you have those view(s)?
- 40) After experiencing the book, have your view(s) on (bio)pesticides and genetic engineering changed?
- A) If so, why?
- B) If not, why not?
- 41) Through the process of reading the book, did you encounter any new information concerning the history of genetic modification?
- A) If so, what?
- 42) Prior to reading the book, did you already grow your own food, purchase food from local Farmer’s Markets, local food producers, and/or save Seeds?
- A) If so, which activity(ies)?

- B) If so, why?
 - C) IF not, why not?
- 43) After experiencing the book, in the future, will you grow your own food, purchase food from local Farmer’s Markets, local food producers, and/or save Seeds?
- A) If so, why?
 - B) If not, why not?
- 44) After interacting with the book, do you have a greater understanding of the importance of Soil and Seeds in the production of food and for our overall health?
- A) If so, why?
 - B) If not, why not?

Internal Questions to Ponder

- 1) Beginning with the “Health For All of Us: Soil & Seeds” chapter and ending with the “Insightful Quotes” chapter, please feel free to provide answers to the numerous posed questions.
- 2) Do you have any answers or additional questions concerning any of the posed questions within the book?
 - A) If so, what are your answers and/or questions?

Discussion Question URLs for other possible questions

<https://www.bookbrowse.com/blogs/editor/index.cfm/2024/9/6/36-Book-Club-Discussion-Questions-for-Any-Book-Tried-and-Tested>

BookBrowse: 36 Book Club Discussion Questions for Any Book—Tried and Tested!

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<https://bookclubs.com/blog/12-best-book-club-discussion-questions-for-any-boo>

Bookclubs Blog: 12 Best Book Club Questions for Any Book, Updated: Aug 30, 2024

<https://www.litlovers.com/run-a-book-club/questions-for-nonfiction>

LitLovers: Generic Nonfiction Questions

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