

6 MUST-WATCH REGENERATIVE DOCUMENTARIES SOIL LOVERS GLOBALLY SHOULD SEE



<https://www.farmingsecrets.com/6-must-watch-regenerative-documentaries-for-soil-lovers-globally/>

Have you ever sat back and thought about the dirt beneath your feet?

Ever wondered what goes on deep in the ground, below the surface?

If so, then these documentaries are for you.

Discover a world of soil under your feet as you immerse yourself into 6 different documentaries that explore a specific category involving soils and the biodiversity that lies within, and help us be educated about all of the wonders our soil is showing us.

I've put together a list of 6 regenerative documentaries curated with love for soil lovers and soil people worldwide, who enjoy learning about the natural world that is beyond our feet.

You may have heard of or watched some of these films before— or you may not have gotten time to watch them yet. I recommend checking them out now.

While our planet's ecology is spectacular and intricate, so is the soil that supports our life. Soil is underestimated by many however it holds most of life on earth today.

That's right! It's such a rich medium that houses more than just Earth but holds all its history too – the entire story of how this planet has evolved from its birth to now. I love to be outside – in nature – and there is nothing quite like hiking through rich soil fields sprinkled with wildflowers, birds flying about making music for us to hear, and the greenery of varied leafy trees behind you.

It's a feeling that one can only experience from being in nature, surrounded by healthy soils, and doing your part to care for them, one step at a time.

1. KISS THE GROUND

You may not realize it, but you can actually help to regenerate biodiversity by going out and doing something that is not just a responsibility to your health, but also to our planet.

In *Kiss the Ground*, there is a story waiting just under our feet. This film shows that our soils may be almost completely depleted of microbes as a result of chemical conventional agriculture, but with BIO SEQUESTRATION, which is the process of bringing CO2 down into a living plant and back into the soil and where it is needed, then global warming can be reversed.

We need to see biodiversity restored and be regenerated to what it was before. Because of this, we can maintain the well-being of our health and the health of our planet.

The mystery of life is found within the soil and its relationship with plants. We now know that there is an invisible molecular dance occurring below our feet, we just have to feel its beat and dance with it.

When I interviewed Finian Makepeace from *Kiss the Ground* on my podcast ([Secrets of the Soil - Ep12](https://omny.fm/shows/secrets-of-the-soil-podcast/12-regeneration-versus-sustainability-with-finian) - <https://omny.fm/shows/secrets-of-the-soil-podcast/12-regeneration-versus-sustainability-with-finian>) he blew me away that this documentary took years to make capturing all the footage to curate the story a tribute to communities around soil.

It just highlights that sometimes things take years to make perfect.

2. THE BIGGEST LITTLE FARM

When you went out and proved to yourself, that you can make something from what others thought would be impossible. Even though sometimes things don't go like how you want them to be. So whatever you want to do just believe in yourself and all the people who support you.

The Biggest little Farm is about a couple named John and Molly Chester who made a promise to build a life in perfect harmony with nature. Their vision of a farm with different plants, wildlife and livestock all working together is something they knew is possible - they wanted to believe that everything has a purpose.

But as good it may seem, sometimes there are problems which they never anticipated and were never prepared for. But even in the problems and hardships, they never lose hope and continue on their journey. Molly notes, "The hardship we face makes the dream itself feel so much more alive."

Molly and John's story inspires us to build a life in harmony with nature, If you're willing to put in the time and effort, even if it means going through a hell of a ride, you'll meet new people, and learn things about everything that you didn't realize you knew about life, nature, and yourself.

While this documentary is really inspiring and showing how a dream can come true, it's also with the help of some large investment which not everyone has access to. But the realization of the dream does get you thinking outside the box of what is possible.

3. A LIFE ON OUR PLANET: MY WITNESS STATEMENT, David Attenborough

Being aware of the fact that we have already destroyed our life-supporting systems, if but not in fear for its continued existence. As it is a unique marvel, perhaps the most important thing in your life is to realize more than ever that the real wealth of our planet lies in nature and living things.

In this film, David shares how he lived a most fantastic life, with a vision for the future – and that even when man has made the greatest mistake in human history, we as humans can still undo the damage and do something about it.

We need to understand that we are not separated from nature. We need to be part of our world and find balance in understanding nature. If you choose to be a part of it, you'll see how a life as a positive human being will change your perspective on the world around you.

What I love about this documentary is that in one person's life, David has personally seen the destruction of what humans have done to wildlife with the ability to see the before and after as just startling.

4. TO WHICH WE BELONG

Oh my, this one is by far my favourite film when it comes to speaking directly to the heart and soul of the regenerative farmer and anyone living a regenerative lifestyle.

When large areas of the Earth were covered in grasslands, a natural carbon sink existed. A sink is an area that traps carbon. But, when mankind began to transform the landscape, billions of tons of soil were exposed to erosion and oxidation. The same thing was happening as our ancestors learned how to farm over a period of time. It took thousands of years to form the vast grasslands that once covered the earth, but it only took years to turn them into what we have now.

To Which We Belong depicts how climate change has been aggravated by modern agriculture. Our ability to make the most of life below the surface is now obvious. The condition of the earth's surface is worse than it has ever been.

Each and every one of us is going to have a role to play in ensuring that the planet is protected.

We're on the revolution that will change how we view farming forever.

For me, I felt that this documentary really spoke to the farmer and people who are land stewards.

I also had the chance to interview the filmmakers – Take a listen [Secrets of The Soil Ep23](#)

5. *FANTASTIC FUNGI*

I used to think mushrooms were just something you bought from the supermarket, oh boy, did this documentary blow my mind to what is actually happening under our feet and the wonderful world of fungi.

The mission is to unearth the language of nature. Most of the organism is made up of mycelium, which is a lengthy thread of tissue that grows underground.

It's amazing how little we know about mushrooms; they're truly a bearer of knowledge.

When we approach life from a holistic perspective, we begin to see that mushrooms— through their vital connection to soils and the natural world — have an impact on larger communities of organisms.

Perhaps it's time for us to take stock of our own relationship with other living organisms and look at how that might have an impact on the soil. By doing so, we might be able to develop a more robust understanding of our relationship with life as a whole, furthering our own ability to experience a richer, more satisfying existence.

6. *2040: JOIN the REGENERATION*

The future is not all doom and gloom. This documentary did a great job in showing what is possible with technology that currently exists right now. Nothing sci-fi or beyond today's current technology barriers, I really appreciated that and got very excited.

Another story of how to focus on the solutions to some of the life challenges. I feel if we simply embraced the best that already exists, then in the near future we can have a better life for the next generations to come.

"Innovation," "imagination," and "creativity" are people's strengths. People want to get involved in something that they can see as a catalyst for "change in the world."

Everywhere you look, there are a lot of reasons to feel hopeful. I can't believe how many people would like to be involved in the creation of a news story. We currently have everything we need. It's up to us to make it a reality. This is what the film *2040* is all about.

What this story illustrates is the depth and breadth of our powerful human capacity as creators. In each person. There is an innate awareness that we have a role to play in making something great for ourselves, our children, and our grandchildren.

That is what I hope we can build upon in the years ahead to make all this information work for, not against us.

Join the Regeneration

Let's create a new story. Change starts with you, wherever you are.

What's your fire? Let's put it to good use!

I encourage and inspire you to dig deeper into the soils that play such a vital role around us. Hopefully, these films will motivate you to spread awareness about the most important material on earth: the soil.

As we look to the future, we can continue to educate the masses on the importance of soil health and the numerous ways that it impacts our daily lives. If everyone is aware of this, then hopefully that will translate into positive action to protect and sustainably utilize our soils. Hopefully, biocarbon farming will grow in use and continue to be a powerful tool in combatting climate change. Hopefully, more people will use their actions to show support for soil health efforts. And hopefully, we can all learn how fascinating living healthy soil can really be!

I hope that you enjoyed this post and some of these documentaries. There are still more out there. There are endless documentaries that give us a great look into the soil and our soil's future. Many people have taken part in these films and found ways to use them as a lesson in their own garden, school, or university.

You don't have to just watch them; you can take what they teach you and implement the knowledge somewhere in your life.

Just remember to share it with others who might need it.

Want to dig deeper into soils?

The [Soil Learning Center](#) is a hub of resources for farmers & growers who are on the regenerative journey. A platform created by soil lovers at Farming Secrets Media Group.

The goal of Soil Learning Center is just that: creating a central online space bringing together resources, education, content and inspiration, to better your growing practices, boost profits and product quality with an emphasis on sustainability and promote freedom from climate change.

For today's modern farmers, you can't afford to not know about regenerative farming and how these practices can help you succeed.

We'll also discuss successful stories from other farmers and growers who have found their unique solutions using nature's tools with this new form of agriculture.