

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

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Document Information

NOTE: This document was created using the rmarkdown package [<https://rmarkdown.rstudio.com/>] version 2.29 in R [<https://www.r-project.org/>] version 4.4.0 on Trisquel GNU/Linux [<https://trisquel.info/>] version 9.0 [GNU/Linux name — <https://www.gnu.org/gnu/why-gnu-linux.html>]. You can find Irucka's contributions to the R Community at <https://gitlab.com/iembry> [GitLab projects] & <https://www.ecoccs.com/rtraining.html> {R Trainings and Resources provided by EcoC²S (Irucka Embry, EIT)}.

This Discussion Guide is still under active construction.

Book Details

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

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

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

Questions to Ponder

- 1) What do you think and/or feel about what you read?
 - A) Did you learn any new information?
 - a) If so, what?
 - B) Did anything pique your interest?
 - a) If so, what?
 - b) Why did it interest you?
 - C) Did anything surprise you?
 - a) If so, what?
 - b) Why did it surprise you?
 - D) Has anything challenged your core belief system?
 - a) If so, what?
 - b) How did it challenge your belief system?
 - c) What do you feel now?
 - E) Has anything inspired you?
 - a) If so, what?
 - b) How were you inspired?
 - F) What content did you agree with?
 - a) Why?
 - G) Was there any information that you disagreed with?
 - a) If so, why?
 - H) Has anything that you read prompted you to take any positive action(s)?
 - a) If so, what actions?
 - b) If so, why?
 - c) If not, why not?
- 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?
- 3) Has anything that you read helped you in any aspect(s) of your Life?
- 4) What are you going to do to become a healthier individual?

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