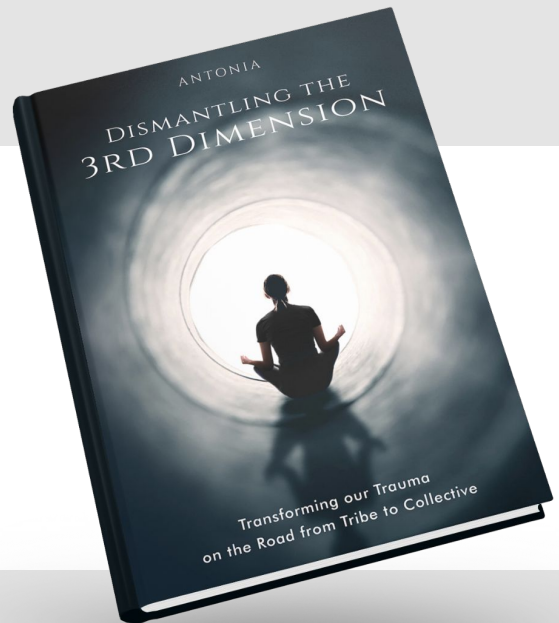


DISMANTLING THE 3RD DIMENSION

Transforming our Trauma
on the Road from Tribe to Collective



Hello,

I sincerely hope you found *Dismantling the 3rd Dimension: Transforming our Trauma on the Road from Tribe to Collective* to be an inspiring read. My goal in sharing how I changed my relationship with pain to serve my path of expansion is to encourage you to take similar steps in transforming your own life and your own healing.

The questions found below were written to facilitate healthy conversations on various perspectives that could enhance our understanding of the lessons learned.

Wishing you fruitful discussions,
Antonia

Antonia
AWAKENING THE ALCHEMY OF AWARENESS

DISMANTLING THE 3RD DIMENSION

DISCUSSION QUESTIONS:

1. What were your initial impressions of the book title *Dismantling the 3rd Dimension: Transforming our Trauma on the Road from Tribe to Collective* and how did it influence your decision to read this book?
2. What do you think the author means by the phrase "density held within our own bodies"? How does this concept manifest in our daily lives?
3. Share an experience in your life where you felt misunderstood, unseen, and unheard. How did you cope with these feelings?
4. What are some old habits of distraction that you had or currently have that prevent you from seeing and accepting your pain?
5. How can we turn pain into love? What steps can we take to make this transformation?
6. What are some important takeaways from the author's 16-year journey of releasing emotional, physical, and energetic pain? How can we apply these insights in our own lives?
7. The author mentions that healing our abandonment involves letting go of our tribal divisions and finding our collective. What does this mean to you? How can we cultivate a stronger sense of connection and unity with others?
8. The author states that we are here to learn how to deeply see and accept our pain. How can we deepen our ability to do this?
9. Do you agree with the idea that pain and love can occupy the same space-time and lead to transformation? What examples from your life or the book support or challenge this concept?
10. What impact has this book had on you? How has it influenced your perspective on healing and transformation?

Thank you for reading *Dismantling the 3rd Dimension: Transforming our Trauma on the Road from Tribe to Collective*. I offer a 30-minute virtual call as a thank-you to the book club group. To schedule the call, please email Antonia@TribeToCollective.com with the requested date and time.

I encourage you to tag me on [Instagram](#) or [TikTok](#) on social media and share pictures of your group or your favorite reading spot.

I also appreciate your book review on your retailer of preference.
Antonia.

