

Tellington  
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Co-Creating Heaven-on-Earth  
**Class 2 - From Chat Box in Class**

02:23:39 Deb Burk: I wonder if she can show her pic while she keeps talking...Yes! Good. Thats helpful to see what is being talked about.

02:29:35 VKul: Hello everyone! I've just finished my TTouch workshop in Moscow later then it was planned and on my way home yet, but hope that can stay connected with you and see later the record in case of bad network

02:35:31 Ann Guhman, Utah: zoom said to go to settings/preference/ accessibility and allow others to control your computer. maybe some people have their preferences set to disallow you muting them

02:36:00 Elinor Silverstein: thank you Ann!

03:03:17 Anne Bigi: Sending all my good thoughts to you all, have to go and prepare dinner for my family, can't wait to see the rest in video!  
xxxxxx

03:05:59 Liza Weaver Brickey: When we are imagining our bodies in front of us, are we using Gamma brain waves? Sort of like distance healing?

03:09:27 Tricia:I have a question: sometimes I feel like I have to do more than 1 circle around. It feels like something does not connect until I have went around 2 or 3 times then I can finish with the 1/4 circle. Is there some reason this could be happening?

03:11:01 Elizabeth's iPad: t

03:13:12 Margrietha: My mother with alzheimer's has grown two kilo's and she will participate in activities again (in a wheelchair) but she starts talking whole sentences again. Everyone says; she has clear moments again

03:16:26 Amy from Maryland: May I share my front body experience?

03:27:13 judy frank: How does "seeing" the light on our body compare with heat felt in hands when TTouching my "imaginary" body?

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03:35:38 Amy from Maryland: I appreciate/love the top/bottom explanation , as I felt it, but didn't understand tt during my front of body ttouch experience- worked on lumbar back and gluts, then SAW light travel down my legs- ...saw horizontyal light in my head

03:35:50 Janice: Blessings to ALL!!!!!!

03:36:22 Elinor Silverstein: yea, Amy, because it is all of it together, yea!

03:40:54 gands: Hi!! Our question is about relistening to the Zoom Sessions. Is there a way to rewind, pause and fastforward the recordings?

03:43:39 Sandy Rakowitz: Gary & Sandy - yes.for each recording you can do this. it is on the 'tool bar' where you stop and start.

03:44:36 gands: thanks!! We'll look!

03:46:11 carol "Ruby" rubin:say it again about gratitude

03:50:29 Amy from Maryland: repeat that again please...

03:50:52 Saskia: Is it possible to post this in the fb group also?

03:51:57 Elinor Silverstein: Gratitude increases blood flow to the pre frontal cortex

03:52:29 Sandy Rakowitz: yes Saskia. good idea. but it will be posted in the membership site. not everyone is in the FB group.

03:52:29 Elinor Silverstein: so does inhaling thru the nose and exhaling thru pursed lips. Add in Gratitude and you are in really good shape!

03:52:49 Saskia: Thanks that is great

03:54:29 Marylou.Mylant: Could you list the author and book on Hoaponapona

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03:54:46 Margrietha: My father say's my mother have walking again today :) amazing!!!!

03:55:00 Saskia: Oh that is great Margrietha!

03:55:37 Ellen Angelino: WOW

03:56:02 judy frank: Wonderful, Margrietha! <3

03:57:21 judy frank: Linda's fav Ho'oponono book (The Book of Ho'oponon) is by Luc Bodin, Nadine Bodine and Jean Gracient.

03:57:27 Sandy Rakowitz: The Book of Ho'oponono: The Hawaiian Practice of Forgiveness and Healing Luc Bodin M.D., Nathalie Bodin Lamboy, et al.

03:57:56 Sandy Rakowitz: a book list of frequently referenced books will be posted in the member site under handouts within the week

04:00:04 Marylou.Mylant: yes

04:00:32 Sue Palterman: where is the case study form

04:01:40 Sandy Rakowitz: the case study form is listed in the handout section fo the memberships site in the heaven program

04:05:56 Saskia: And when you work on someone else? Does this count or do you have to teach them themselves?

04:08:22 Margrietha: can you send us that in a email Sandy? How much etc

04:10:55 Sue Palterman: the ttouch for yourself - is that working on yourself or working on someone else?

04:12:54 Rev. Donna El Haber: If you are working on someone, can you do a second segment of teaching them?

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04:14:58 carol "Ruby" rubin:the 10 on myself, is that 10 different areas or one area working several times like for the TN?

04:24:08 Margrietha: How many case studys

04:25:50 carol "Ruby" rubin:working on myself does it have to be 10 different areas?

04:31:12 carol "Ruby" rubin:can we get a copy stil

04:34:41 Elizabeth's iPad: i need to take my dog out. thank you for a great session.

04:34:41 Saskia: then you won't have 10 ones for yourself