

Tellington  
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**Class 3 - From Chat Box in Class**

10:16:13 From Amy from Maryland : Linda, please raise you hands higher... the names cover her hand.....and albalone

10:17:05 From Sandy Rakowitz : Change your screen to Speaker view to see Linda in full screen

10:22:26 From carol "Ruby" rubin : Whats the difference between the chimp and baby orang?

10:23:49 Could LTJ talk more about the right angle & wrist of orang and the diff between that and chimp?

10:27:28 From Morgine Jurdan : difference between raccoon through tiger please

10:28:26 From unicornsliveinheffley : I had a communication with a banana slug and I heard that they can travel interstellar... through the universe

10:28:30 From Morgine Jurdan : first being I ever communicated with in my first animal communication class slug amazing experience

10:29:51 From Saskia : Is the hummingbird with straight fingers and then the part of the banana slug? Or the little finger?

10:37:43 From shannon : Is that App still available to download that explains each TTouch? No.

10:40:35 From Amy from Maryland : please explain where is albalone too

10:45:13 From Elizabeth Eckert : Is that effective on other bites as well? Bee sting? Spider? Any bite where you would not use it?

10:45:33 From Sandy Rakowitz : Yes Elizabeth.

10:45:56 From Elizabeth Eckert : Thanks!

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- 10:47:23 From Amy from Maryland : Is there a special technique for headaches?
- 10:47:53 From Sage Lewis : Ear TTouches are GREAT for headaches and Hair Slides
- 10:47:54 From shannon : What about tick bites?
- 10:49:29 From unicornsliveinheffley : can we see your medal again? You deserve this so much thank you for touch
- 10:51:06 From shannon : A friend of mine met Sri Chinnoy and said he was wonderful.
- 10:51:13 From Adrienne : I recently had brown recluse bite between my toes.... also used raccoon touches around the edge of swelling to keep infection from spreading over my foot to my ankle
- 10:53:28 From Margrietha : My horse have them now
- 10:53:41 From Jennifer Strong : **Get tick twisters from your vet**
- 10:54:02 From Margrietha : thank you jennifer i'll will do that
- 10:54:49 From Sage Lewis : Tick removers are really helpful, AND you can move to Central AZ because we don't have a tick or flea issue here! AND, no mosquitoes! : )
- 10:54:49 From Jennifer Strong : they may still expel their stomach contents into your blood stream with dawn.
- 10:55:01 From Amy from Maryland : ticks-tweasers- save tick and take to the "LYME LITERATE DOCTOR" for analysis
- 10:55:19 From Deb Burk : I put the tick in scotch tape and throw them out.

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- 10:55:44 From Elinor Silverstein : awesome, Deb! Thank you
- 10:56:17 From Jennifer Strong : Put ticks into rubbing alcohol for later analysis if the being who was bitten exhibits any apparent cold/flu symptoms. Get the antibiotic shot right away. Ticks are the one thing I kill due to lyme's
- 10:56:54 From Jennifer Strong : tick twisters from the vet
- 10:56:58 From Sage Lewis : Oregano oil is a natural antibiotic and worth having in your medicine chest. One drop in a cup of water.
- 10:57:24 From Amy from Maryland : MOST doctors are not Lyme literate and only follow CDC... which is hiding the truth about Lyme disease. My daughter is horribly suffering with Lyme. she is debilitated
- 10:57:51 From Jennifer Strong : Oregano oil is not strong enough to prevent Lyme's
- 11:08:40 From Deb Burk : Donna, I have shivers! GREAT news!!!!
- 11:09:15 From shannon : fabulous news
- 11:16:08 From unicornsliveinheffley : i got these ttouch flash cards from Robin Hood in a ttouch class in Vernon they are very descriptive!!
- 11:19:21 From Joy Oxford, UK : I was visited by Tiger - who said I should extend my claws during heart hug for extra strength... (my mic not working unfortunately)
- 11:19:49 From pambeets : Mama chip & baby chimp connected w me, which I feel I don't have any connection. They let me feel how it is to be embraced fully and cuddled with love.
- 11:19:55 From pambeets : Pam b

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- 11:21:39 From Deb Burk : Banana Slug allowed me to draw without blocking:-)
- 11:21:40 From ann guhman, utah : my animal was a dinosaur-we did a check to cheek “hug”
- 11:32:42 From unicornsliveinheffley : So thats interesting when doing clouded leopard on the stomach does that stimulate gut hormones like melatonin?
- 11:34:11 From Saskia : What are these cells called? that clean up?
- 11:34:26 From ann guhman, utah : glial
- 11:34:33 From Sandy Rakowitz : glial cells clean up
- 11:34:36 From Saskia : thanks!
- 11:35:10 From Elke : thanks
- 11:37:09 From Morgine Jurdan : I have done a breath like this for years when I wake up!!
- 11:41:07 From Sandy Rakowitz : this feels like an enlivening and toning of the branches throughout the tree of nerves. like a beautiful internal massage. Love this!
- 11:42:50 From Sandy Rakowitz : As I visualize this branch of nerves, seeing them inside me as you show the picture and describe, i can feel an activation of all the regions of the nerve branches - and communicate with the entire system and various areas
- 11:43:17 From Tricia : I just learned the same breathing technique in the Zero Limits/Ho'oponopono certification. The extra breathes in/holding/pursed lips out/hold, etc COOL!
- 11:44:07 From ann guhman, utah : how do i raise my hand in zoom? can't find the symbol

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- 11:44:24 From Deb Burk : unjulation?
- 11:44:42 From Sandy Rakowitz : yes, undulation!
- 11:44:46 From Morgine Jurdan : all/ parts of the body are connected like Life itself..so I t touch other areas when I cannot reach the place I need to touch
- 11:45:30 From Sage Lewis : I learned to exhale deeply from my dog 25 years ago, and the improv that I practice, InterPlay, has it's basis in taking a breath and letting it out with a sigh.
- 11:45:35 From gands : could these pictures be put into our handout file?
- 11:45:44 From Sandy Rakowitz : yes Gands
- 11:45:57 From gands : thanks!!!
- 11:46:19 From Sandy Rakowitz : The vagus nerve brach is already in there. it will be updated to include the ear
- 11:51:32 From pambeets : I had ankle reconstruction in Feb, I did a lot of TT for swelling, pain, on the incision and for movement. My last check up, last week, the Dr told me I was months ahead in healing Pam b
- 11:53:12 From Margrietha : I have my uncle now treating with 3 TTouch sessions for his back, legs and his feet. The pain is gone.
- 11:55:02 From Margrietha : and another great news. The staf are interesting in ttouch where my mom lived
- 11:55:19 From Margrietha : i mean a presentation
- 11:55:27 From Saskia : My Feldenkrais teacher had a operation on her ankle. The wound was not healing well. She was afraid to touch her own ankle. I did TTouch on the leg, towards the wound. She felt she could trust her leg again. And felt more alive in that leg again.

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- 11:55:37 From Margrietha : yes mother
- 12:00:04 From Morgine Jurdan : how do you do the clouded leopard on the ear???
- 12:03:13 From Anke Recktenwald : Thank you - Mahalo nui, I need to go and I am so happy, that I made it back home to listen to you, at the right time.
- 12:03:20 From Anke Recktenwald : Hearthugs from germany
- 12:03:36 From Elinor Silverstein : hugs hugs hugs!!!
- 12:05:53 From Morgine Jurdan : are there any points on the back of the ear
- 12:09:49 From Deb Burk : I have a meeting I have to get to and so will need to listen to the third hour later. Thank for all for your sharing and love today. Such amazing connection! Heart hugs!!
- 12:10:21 From shannon : thank you Linda. Now we can all take this out into our worlds.
- 12:10:27 From Elizabeth Eckert : Thank you!
- 12:10:27 From Veronika Kulikova : Thank you so much Linda, Elinor and Sandy! <3
- 12:10:41 From Margrietha : Thank you!
- 12:10:42 From Tricia : Thank you
- 12:11:09 From Penny : Deep gratitude to Linda, Sandy, Elinor and All!
- 12:11:28 From Adrienne : have to go teach a class... will come back on via phone
- 12:12:11 From pambeets : This class has been prayers answered , inspiration and guidance
- 12:18:41 From Sage Lewis : Maybe his heart was erratic because it was Valentine's Day. : )

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12:23:20 From Jennifer Strong : <https://www.metro.us/news/local-news/boston/lyme-disease-prevention-drug>

12:24:02 From Jennifer Strong : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3933510/>

12:25:41 From Jennifer Strong : I just gave a link to the NIH article about the vaccine in Euorpe

12:29:51 From Sage Lewis : I'm working on setting up free demos at the senior centers here in Prescott, and also self help for veterinarians. I was told vets have the highest level of suicide.

12:29:55 From carol "Ruby" rubin : I tried to get into a hospice place and the first thing I needed to do was get a flu shot so I declined. unfortunately

12:31:35 From Ellen Angelino : with the Dutch guild we are organising a hands on TT4U with Karin.

12:33:11 From Veronika Kulikova : Thanks again everyone million times! Sending you my Heart Hugs! <3

12:33:48 From Tricia : I have not seen the form you just had on the screen

12:34:03 From Sage Lewis : I'm needing to head out. Heart hugs to everyone!!!

12:35:00 From Elke : I have to go. Heart hugs to all

12:40:46 From channelle : do you want case studies on seniors or all age brackets and animals as well, or just people?

12:42:24 From Elinor Silverstein : I have to go, see you all soon :)

12:42:46 From Margrietha : Bye Elinor

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12:43:27 From Amy from Maryland : How do I find additional Lyme info? These "after session" zooms are VERY educational and provide LOTS of good info. I also need to sign off. Heart hugs...btw, I've been playing with heart hugs that surround the depth of my heart... kind of like a round hug in addition to a horizontal hug... for me anyway. This experience is soooo good, I wish it is more often, !

12:53:01 From Tricia : THANK YOU for ALL the time you have all spent. I am excited to reveiw my notes again!

12:53:35 From Joy Oxford, UK : How many case studies?

12:53:38 From judy frank : Thank you Sandy, too for your personal attention to every silly communique. <3 xo

12:54:48 From Sandy Rakowitz to judy frank (Privately) : thank you!

12:55:35 From carol "Ruby" rubin : it's more of a teaching scenario.

12:55:41 From carol "Ruby" rubin : yes that's a good idea

12:58:46 From carol "Ruby" rubin : Would you suggest just asking the group to write something up or not

12:59:35 From Saskia : I have been re-writing my notes today in a new notebook and it all really sinks in more already. Love what writing does!

13:00:33 From carol "Ruby" rubin : I could write up a few questions and even just throw them out at the end and get a verbal discussion going... i could write up later the feedback another idea

13:09:00 From Saskia : Thank you all so much!

13:09:50 From Sally Boulding : mahalo!



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13:17:13 From Martin Lasser : Thank you HH Martin