

Tellington
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Co-Creating Heaven-on-Earth
Class 4 - From Chat Box in Class



09:42:01 From ajbrockway : Looking forward to today... I will need to leave the meeting at about 2:25 to begin teaching a calming for the reactive dog class and then a balanced leash walking class. I will listen to the recordings of the end of class later.

09:55:40 From Sandy Rakowitz : glad you can join us Adrienne for at least part of the class live!

10:00:26 From Ellen Angelino : Hi Linda glad you made it on time.

10:00:36 From Sage Lewis : Linda, I purchased gloves at the Dollar Store that have sticky little bumps on the palm and fingers and they are GREAT for teaching people to adhere their fingers to the skin vs sliding across.

10:01:06 From Ellen Lichtevelde : Hi all :) Yay, finally made it to a live session again :)

10:27:19 From Margrietha : What a warm feeling and a lot of happiness

10:27:34 From shannon : It didn't take long for my dogs to come and listen to Linda too.

10:38:42 From Sage Lewis : I'd like to share....

10:38:55 From Morgine Jurdan : In my cottage on the floor was a big sand box so I could lie on the sand. Also an Open Floatation Tank. And a Spring of water. It was a magic cottage all glass I could push a button and turn the walls solid if I wanted privacy however, most of the time it is clear glass so I can see everything around the. All the trees, flowers, plants, crystals, fairies, nature spirits and so on.

10:41:06 From Sally Boulding : My door was a giant painted eucalyptus tree with roots deep into the earth & reaching to the sky. The stream was swimming with whales and dolphins and even mantas. They were coming to be my guides.

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10:41:08 From judy frank : This beautiful imagery is something I have seen and created many times. It's no surprise that Linda re-kindled this image of cottage in the woods. Love how we are all connected.

10:41:51 From Ruby : I would love to share

10:48:42 From Pat Hennessy : Yes

10:53:34 From Rev. Donna El Haber : When Linda asked us to find our cottage in the forest, two images came up. One was a femembrance of a wonderful movie called "**Donkey Skin**" with **Catherine DeNeuve** where she played a kind of fairy godmother who created this magical cottage in the forest.

Another was one of artist, **SARK**'s magical cottage and I saw all her beautiful colors and artwork. There is a sense of such a sacred space when we can create a sweet space deep in the beauty of the forest.

10:55:59 From Ruby : will you pls write the name of the movie and the other you just mentioned
"Donkey Skin" movie, and Sark, artist

10:56:27 From Ellen Lichtevelde : she already did Ruby, just above your chat ;)

10:58:23 From Ruby : thanks see it

10:58:53 From Sage Lewis : Do you know this poem, Linda?
The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house

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empty of its furniture,
still, treat each guest honorably.

He may be clearing you out
for some new delight.
The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.
Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

— ***Jellaludin Rumi,***

10:59:34 From Elinor Silverstein : <https://www.goodnewsnetwork.org>

11:01:23 From Amy from Maryland : to share & ask quick questio to th
ereverend...

11:02:10 From Amy from Maryland : name of her suggested movie. I had
quite a different drawing and empowerment list of words & feelings

11:02:39 From Marylou.Mylant : Will need to catch part 2 on record. Thank
you for the wonderful guided imagery and sharing!

11:04:57 From Morgine Jurdan : Questions: Do you do the Ttouch circles
before each Ear Strokes? In the Immersion Course you talk about the Sponge
Touch different from the one you demonstrated so well in the class. You mention
a Laser Touch and Jellyfish Touch. Are these in another class or an Advanced
Class.

11:05:26 From Elinor Silverstein : Good questions Morgine, let's see what
Linda says

11:18:39 From Morgine Jurdan : could you share belly lift later

11:19:51 From Sage Lewis : I've been doing gentle circular TTouces on the
belly along the Vagas Nerve since the Celebration and it's been profound for
emotion and digestion. It's the "lower Heart Hug"! :)

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11:21:14 From Ellen Lichtevelde : The breathing out through the mouth thing finally makes sense to me, lol, thanks for that!

11:21:19 From Ellen Angelino : I do have a 'chronic' (I believe it's a weak spot that learns me a lot) disease named Colitus Ulcerosa.

11:21:53 From Ellen Angelino : since I am grateful for that and what it is telling me. it goes way better.

11:22:35 From Sage Lewis : Divine guidance

11:24:47 From Sally Boulding : Cellular intelligence.

11:29:27 From Morgine Jurdan : what about the BREATHING doing that??

11:30:52 From annguhmann : do ups actually take your finger off at the center of the sponge spiral?

11:34:05 From Morgine Jurdan : It did not look like you were coming off your belly and breathing out when spongong our

11:34:41 From Anne Bigi : Have a wonderful morning/afternoon/evening depending on where you are.

I've enjoyed a lot being with you for an hour and a half, have to bring to bed my hens and pidgeon now and then go into the kitchen.

Thank you so much everyone, and specially to Sandy, Elinor and Linda!

11:37:12 From Janice : and to do this work on self without judgement

11:39:23 From Morgine Jurdan : the octopus wa one of my favorites ever done on me

11:39:32 From Amy from Maryland : & 1/4..then another circle and 1/4 spiral up UPWARDS? how much spiral up? then which is belly lift up... and sponge inwards with hand to gut pressre??

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11:40:21 From Amy from Maryland : is ear slide only from outside.. or from inner depths as we start it?

11:44:22 From Jennifer Strong : In Oriental Medicine, we bleed that point to quickly lower blood pressure and anxiety

11:44:51 From Sally Boulding : My ears are really pink now after doing some ear touches!

11:45:01 From Ellen Lichtevelde : so maybe just stop talking about the shock point al together while teaching earwork?

11:49:43 From Martin Lasser : can we say something about shock point?

11:49:53 From Ellen Angelino : just grabbed my acupressure book.

11:52:44 From Jennifer Strong : Also - Neurogate or ShenMen

11:53:10 From Amy from Maryland : Do you ever focus on thumb sliding BACK of ear instead of only front on ear?

11:54:44 From Amy from Maryland : ALOT of people with diseases, etc, might be wise to be tested for Lyme by a Lyme LITERATE DOCTOR.... not just a "normal" doctor

11:54:45 From Tricia : I can

11:54:46 From Jennifer Strong : Shen Men is also known as Spirit into Body

11:56:10 From Sage Lewis : I've had an ongoing issue with my left ear feeling like it has gotten "hooked up" or not free to move. It has made me sick to my stomach during many massages and cranial sacral sessions over the years. I was told it was birthing trauma from being a forceps baby - pulled out by my head. After my Mom died I did a lot of work around my birth on a spiritual level, as well as really working my left ear which is the maternal side. It's all better! :)

11:56:33 From judy frank : I'll share my ear experience, :)

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11:56:47 From Amy from Maryland : my poodle is having anesthesia tomorrow for tooth cleaning... where is best spot to remove anesthesia from dog ... and help her gut from any possible nausea?

11:58:16 From Amy from Maryland : ecoli?

12:00:29 From Tricia : I can't say this without crying (a lot) so I am typing it in. But today's journey into the forest I saw diamonds that represented my soulmate, Gertie Girl. Then today, I looked at my drawing of my ears and seen the DIAMONDS I have drawn in the picture. The diamonds are my "white light of love from my Gertie Girl". This will help me to remember that white light is with me always - even when the world feels so dark. Thank you for the guided journey

12:03:46 From Ellen Lichtevelde : I also heard a story of somebody with severe acid reflux, who since using TTouch earwork didn't need medication anymore...

12:03:54 From pambeets : from Pam -lots of horse experiences; in helping with a foal that a family had taken home with a prognosis the was extremely poor, all labs indicated the foal shouldn't survive. The family stayed up all night doing gentle ear TT and the foal is now 2. The vets kept dropping by and asking what they had done

12:07:36 From jan : With ear ttouch, with water I was able to bring my mare's temperature down this week and get her eating again.

12:10:00 From chulapop : Thank you all!

12:10:21 From Margrietha : Thank you Linda, Sandy and Elinor

12:10:30 From shannon : Thank you, Linda. It's always a pleasure to be in your orbit.

12:10:33 From Sally Boulding : Aloha! Mahalo!

12:10:41 From Saskia : Thank you!!

12:10:45 From pambeets : From pam - thank you!!

12:11:43 From Sage Lewis : THANK YOU!!! XOXO

12:11:54 From Laurel : Thank you

12:12:02 From jan : thanks!

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12:12:11 From Janice : thank you

12:12:35 From Rev. Donna El Haber : Thank you everyone. Have a blessed and beautiful day!

12:12:39 From Pat Hennessy : Thanks for a wonderful experience today!