

TTouch-for-You® Online
Celebrating Your Body's Infinite Wisdom
Class 2 - CHAT from Class

- 07:41:35 From Sandy Rakowitz : Welcome to Class 2 Everyone! Celebrate Your Body's Infinite Wisdom: Aging with Grace & Gratitude!
- 09:55:38 From donna shugrue : Donna from Massachusetts
09:57:56 From Kathleen Murray : I'm from Saratoga NY
09:59:43 From bigjyl : Hi Linda, Eleanor and all - it's Jyl from Texas - Big Jyl
- 10:06:47 From Sage Lewis : Linda, I have some things to share about touch and end of life if it's helpful.
- 10:25:47 From ann guhman, utah : what was the name of the book Sandy read from?
10:26:03 From Sage Lewis : Uncommon Prayer - R. L. Miller
- 10:41:13 From Ruby : When did this happen?
10:41:52 From similalaiaitici : <3
10:42:08 From Sandy Rakowitz : only two and a half weeks ago
- 10:42:34 From iPad : I couldn't have wished for three better women to help you heal than Elinor, Sandy and Sage.
10:42:53 From Ruby : You are so so blessed
- 10:45:19 From Sage Lewis : Totally wild....Linda and Elinor, I was awake until 3am!!! Sandy, were you up? We could've had a Zoom call!! :)
10:46:04 From Elinor Silverstein : oh my, I was up also!
10:46:59 From Ruby : I was up as well.
- 10:56:42 From similalaiaitici : Which kind of TTouch do you do for the accident on the escalator? Do you share special feedback
- 10:58:38 From Sandy Rakowitz : www.stellarnations.com
- 10:59:02 From unicornsliveinheffley : Thank you for sharing your vision
- 11:03:45 From Amy from Maryland to Sandy Rakowitz (Privately) : ... SO beautiful! Please show the very top of it again...
11:03:58 From Amy from Maryland to Sandy Rakowitz (Privately) : top
- 11:04:28 From Sandy Rakowitz : To listen to the Celebration of Life for Ibis, and for all of our hearts: <https://onehearthealingcenter.com/ibis/>
- 11:05:04 From Sage Lewis : Sandy, thank you. Would you please post that poem/ writing on the FB page? Deeply touching....

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- 11:05:31 From Sandy Rakowitz : yes
- 11:06:11 From Anke Recktenwald germany saar : thank you - Mahalo nui
- 11:16:21 From Sally Boulding : I've made Linda's super bread! It's delicious
toasted too!
- 11:18:27 From Sage Lewis : I just posted the superbread recipe on our FB page
- 11:18:46 From Adrienne Brockway : Thanks Sage!
- 11:18:55 From Elinor Silverstein : awesome, thank you Sage!
- 11:18:58 From Marylou Mylant : Thanks Sage:)
- 11:19:22 From Amy from Maryland : so what IS the recipe?
- 11:20:55 From Sage Lewis :

Superbread Recipe

•••sage added 1/2 c hemp seeds, 1/2 c unsweetened coconut, 1 Tbsp molasses

1 cup pumpkin seed ground
1/2 c pumpkin seeds
1 c almonds ground
1/2 c sunflower seeds whole
1/2 c flaxseed ground course
1/2 c buckwheat flakes or meal
1 c oats or rye or?
2 - 3 tsp salt
2 tbsp psyllium seeds
2 tbsp chia seeds
3 cups cold water

First grind pumpkin seeds and almonds and mix with the rest.
Stir and let brew for one hour
Add LOVE & APPRECIATION as you mix
Bake in cake pan for 1 hour and 15 minutes at 350F

Give thanks for FB and lets celebrate the animals and people in our lives with each
delicious bite. xoxoxo

- 11:22:14 From Elinor Silverstein : thank you Sage!
- 11:34:40 From Ruby : I would love to share with you the conversation I had with
my dad right before he passed on
- 11:38:29 From Sage Lewis : What's the title of your book about your, Mom,
Elinor?:)

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- 11:42:44 From Janella : Yes, when you're mom is speaking, it's breaking up - not sure why... thank you for repeating her words
- 11:43:28 From Anke Recktenwald germany saar : cant hear her Good enough
- 11:44:28 From Janella : she's beautiful!
- 11:48:00 From Janella : You should transcribe this conversation sometime :-)
easier to share - altho I love seeing her beautiful face
- 11:49:30 From Sage Lewis : When I asked my dog, Java, how we would connect after she died she said, "Listen more deeply."
- 11:49:39 From ann guhman, utah : my husband comes to me as a Cooper's Hawk that brings his meals to my mesquite tree to eat
- 11:50:19 From similalaitici : When we are not together we can feel each other.....it is not different if we are in another place on earth or in another place that is not this earth/planet where we are experiencing this life. I have seen Rolando departure, the energy and still now I can feel it
- 11:55:04 From iPad : Was it Journey of Souls
- 11:55:36 From Sandy Rakowitz : All the books mentioned today so far are in a book list in your membership area.
- 11:55:36 From Juel Duke : "Proof of Heaven"
- 11:55:40 From bigjyl : Proof of Heaven
- 11:55:42 From Elizabeth Eckert : proof of heaven
- 12:00:04 From Sandy Rakowitz : All books are on the list in your member area except, "Proof of Heaven!" and StellarNations.com
- 12:18:27 From Valentina : new movie recommendation, about love, forgiveness, and connection--is the Mr. Rogers movie with Tom Hanks
- 12:18:58 From Anke Recktenwald germany saar : nice background, Sage 👍
- 12:19:11 From Sage Lewis : Thanks, Anke! C'mon over! :)
- 12:20:37 From iPad : I have a story!!!
- 12:30:11 From similalaitici : Thank you
- 12:31:15 From Janella : don't lift your shoulder, Linda, maybe just stand up a little to show us your hand?
- 12:33:36 From gands : would lighter pressure be better with scar tissue?
- 12:35:44 From Lynn Baskfield : do you do that in front of the body or in bak?

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- 12:36:11 From Sandy Rakowitz : You can join us in Hawaii for the next TT4U retreat in March 2020 at Linda's - contact for details and special pricing for you in this program; Kirsten@TellingtonTraining.com An awesome experience.
- 12:42:40 From Saskia : Really sorry but have to go. Have to get up early tomorrow. Thank you all so much!
- 12:46:28 From Ruby : what's the purpose of coiled python?
12:47:10 From Amy from Maryland : when you let go up/lift, are you still in contact with the skin, or are you off-body?
- 12:49:23 From Sandy Rakowitz : **Snail's Tail** - one and one quarter circle, pause, a quarter back to 6 o'clock releases chronic discomfort/ pain - very light, talking with the cells. staying in contact with the skin. Pressure inhibits communication between cells. And for chronic, longstanding discomfort
12:49:45 From Marylou Mylant : I use for sciatica
- 12:51:38 From Sandy Rakowitz : **Python** - with Abalone, catch tissue with a gentle lift upward, pause with a deep breath, ease the tissue down. Continue with another area. Brilliant for spasticity in arms. And, in areas that are very tight.
12:52:15 From Sage Lewis : **Python** is also great for increasing circulation and improving mobility in both animals and people.
- 12:53:36 From Sandy Rakowitz : **Coiled python**, a circle and quarter, same lifts straight up from the 9, perpendicular. Circle says; 'feel this' - and it activates whole being, then do a lift.
12:54:42 From Ruby : perpendicular or straight up ?
12:54:46 From Sally Boulding : python lift always feels very comforting and grounding.
12:56:05 From Sandy Rakowitz : Remember the smile; reconnect with your body with coiled pythons. Each coiled python is like a wake-up for your body.
- 13:00:14 From Sage Lewis : ***"TTouch is a way of giving that person or animal an opportunity to be seen in another way."* - LTJ**
- 13:02:24 From Sage Lewis : Valentina, I'm happy to talk with you about my journey with a friend with ALS and assisted death.
- 13:04:44 From Sage Lewis : I have to head out. Heart Hugs to all!!!
- 13:05:34 From simialaiatici : I loose the connection and the chat massages. Expecially the private session about sciatica...please can you send me again?

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13:06:14 From Sandy Rakowitz : Valentina, The Hospice here where I live has experience with End-of-life option act. They often share resources. Our executive director works with other Hospice's. There is much discussion we have been having in our meetings with our Doula's and how we have been working together with those choosing this option.

13:12:37 From Janice : Clouded Leopard?

13:13:42 From Amy from Maryland : What is the purpose of face now???...trigeminal nerve- relax? wrinkles?it's putting me to sleep however...

13:15:44 From simalalaiatici : Yes I used it for trigemino pain

13:15:50 From carol "Ruby" rubin : my computer turned off so pls show me again the TJ move PLEASE

13:21:28 From Diane's giddings : I do remember that Linda. the gal reported she was able to open her mouth far enough the next morning to eat a bagel.

13:21:55 From Amy from Maryland : What was the purpose of the bottom hand on our faces? I'm having dental work and find this helps pain in trigeminal nerve...but bottom hand?

13:27:33 From carol "Ruby" rubin : I've been craving a good hug so Now I have a way to give it to myself thanks

13:28:07 From Amy from Maryland : Any suggestions for the best places & touches to work on my standard poodle Hava---so she's more comfortable with me brushing her teeth? She doesn't love having her mouth touched... chin and cheeks are ok for her

13:33:34 From Sandy Rakowitz : ***To share without going on Facebook, sent to Carol@TellingtonTraining.com***

13:36:09 From Valentina : hi ho, hi ho--off to work--gotta bounce-- love to all

13:37:29 From Janella : Ha! Hi ho, hi ho, off to work I gotta go, too :-) Thank you Linda, Sandy, Elinor and all - WONDERFUL!

13:40:17 From Amy from Maryland : Hava likes the BEMER too

13:42:20 From Sandy Rakowitz : The MindMaps will be in your membership site this week along with the recordings being posted.

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- 13:42:25 From Amy from Maryland : Any great suggestions about swollen legs?
- 13:44:22 From Juel Duke : Stellarnations.com doesn't seem to be what I was expecting. I'm not finding the Pegasus info that was shown.
- 13:46:08 From Sandy Rakowitz : Juel - there are books in the stellar nations. The pegasus info is in the books.
- 13:45:25 From Adrienne Brockway : Need to head off to teach my class of calming techniques for reactive dogs
- 13:49:36 From Anne Bigi : Thank you everyone, thank you Linda!
xxx
- 13:59:24 From Amy from Maryland : linda- cabbage leaves?
- 13:59:36 From Elizabeth Eckert : Thank you! I'm going to have to sign off for now. We're nearly out of daylight. Look forward to the next time!
- 13:59:57 From Amy from Maryland : Traumeel---from Germany now on Amazon
- 14:00:19 From similalaiatici : I'm working on the book....! Sorry often the internet line take me off
- 14:01:05 From Janice : boswellia for joints brand Himalaya
- 14:15:47 From Amy from Maryland : Sally- Did you clean and kill mold in ALL of you HVAC air ducts?
- 14:35:27 From Linda Tellington Jones : 78-288 Manukai st, HI 96740
- 14:36:02 From similalaiatici : Can you type the title Linda?
- 14:39:17 From similalaiatici : Aloha