



Class 3 - Chat from Class

08:21:49 From Sandy Rakowitz : **Welcome Everyone to Celebrating Your Body's Infinite Wisdom Class 3!**

08:22:26 From Sandy Rakowitz :
**Please note in your calendar the Added Class dates.
Including today, we have 7 classes left!**

Today - December 8
January 19
February 9
March 22
April 18 - Saturday
May 17
June 14

From Sandy Rakowitz : **Also, if you want to order the Joan C. King Book** on Cellular Wisdom please email me with your shipping address today! we will place our next order Monday Dec. 9.

09:53:59 From donna shugrue : Donna Shugrue from freezing Massachusetts

09:54:06 From ajbrockway : Adrienne Brockway from Cleveland, OH

09:55:06 From Janella : Hello all! This is Janella from Ridgefield, Washington (just north of Oregon border). Ready shortly, getting coffee ;-)

09:59:26 From Janice : Hi from Memphis, TN!

09:59:46 From Sandy Rakowitz : Sandy from San Luis Obispo, CA. Ibis, the Horse brought me to TTouch in 1987. He just passed away 11/11/19 at age 37.

10:00:05 From ajbrockway : My red chow chow brought me to an awareness and study of TTouch



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10:00:18 From iPad : Shannon Weil, Cool, California HORSES! Student in 1967 at the Pacific Coast Equestrian Research Farm.

10:00:37 From Sage Lewis : My dog, Java, brought me to TTouch in 2002 and she passed away naturally in my arms in March of 2013. I'm here with family today so only online for a little bit. :)

10:00:40 From Debby Potts : My horse Spirit brought me - joining you from Newberg, Oregon

10:01:33 From Susanne Peschel : Susanne from Germany. MOur dog Theo brought me here.

10:01:46 From gands : Hi Gary and I are from snowy Crivitz Wisconsin. All critters brought us to TTouch!!

10:13:51 From Sandy Rakowitz : **"Wrap It Up for Humans" Book** is available on TTouch.com. This book is in the book list in membership site.

10:16:13 From Sandy Rakowitz : **Roland McCraty of HeartMath**

10:28:59 From Janella : Horses - I was ~40, taking riding lessons, but new to horses in general..where to start? Took a class from Debby Potts - LOVED it!

10:33:09 From ann guhman, utah : thank you sandy-i had been twisting my hand to ttouch my back. so much more comfortable to use the touch you showed

10:33:45 From Ruby : I have been investigating the bee venom therapy for my lyme plus other viruses and trigeminal neuralgia. I am going to start the body blessing for a daily practice to make a shift in what is happening in my body.

10:36:19 From Sandy Rakowitz : **iMindMaps by Tony Buzan**



10:37:02 From Sue P2 : just sat down with my dinner and tension in my back, just a couple of minutes and the tension has gone. also my shoulders have dropped and i hadn't noticed they were tense till they dropped. I'm eating so video off

10:39:22 From Sandy Rakowitz : my cat Cassia connects with our foreheads almost daily, multiple times a day since she was a kitten.

10:40:10 From Susanne Peschel : I do it with Blia sometimes. It's a blessing.

10:40:41 From Susanne Peschel : Blia is my dog.

10:41:59 From Ruby : Ruthie, my german shepard and I do forehead to forehead and she gently starts to move her head around and we end of just rubbing each other with our heads

10:42:37 From Adrienne Brockway : My four rescue dogs and I have a ritual of touching our foreheads together, particularly when I invite them each to go for a new journey or if they have gone through a challenging event.

10:45:34 From Sandy Rakowitz : **The Vagus Nerve Tree is a Handout in your Handout Section of the membership site**

10:45:55 From Janella : Thanks for letting us know about the handouts!

10:48:03 From Janice : Start on right or left?

10:48:31 From Sandy Rakowitz : Janice, Starting on the right

10:48:52 From Janice : Thank you

10:58:16 From Sandy Rakowitz : **Google Heart Math. They have volumes of research, many books, and several great devices to use. My favorite is Inner Balance.**

11:02:52 From Sandy Rakowitz : **You can find the research that has been done with TTouch on TTouch.com. Including Cecelia Wendler's study on Venipuncture.**



11:09:58 From Sandy Rakowitz : **A handout with a list of videos** you can watch on Youtube has been created for you.. (See Handouts section in Membership Site)

11:11:00 From Sandy Rakowitz : **Please note in your calendar** the Added Class dates as the BIG Bonus! Including today, we have 7 classes left!
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Also, if you want to order the Joan C. King Book on Cellular Wisdom please email me with your shipping address today! we will place our next order Monday Dec. 9.

11:24:49 From Sandy Rakowitz : **The Ear Charts handout** will be posted this week in your membership site under handouts.

11:27:48 From Ruby : Did you say the slide activates the oxytocin for regulating fear?

11:29:16 From Sandy Rakowitz :

Light touch, and light Slides activate Oxitocin, the Trust Hormone

11:29:38 From Marylou Mylant : Is the slide upwards on the ear lobe?
Yes.

11:29:41 From Ruby : thanks

11:46:32 From Elke : I'm a horse practioner and i work in big medical center. I show my boss the facebook videos from Linda after the axident. So she was very impressive about the results. She thik I have to go to a special patient. The patien has a operation on her spinal column. My doctor said I would not like to work with the presure for a masage work on her spinal. So I started to do Ttouch



at her backside around the OP area. The patient loves it and books me two times a week.

11:55:53 From Ruby : My sister is visiting today so I don't want to leave her for too long. I am sorry to get off early but will watch later Thank you Linda. Must say with the mouth and ear touch I got my TN to stop for the moment. Powerful

11:56:53 From Ruby : Also wanted to share that I am investigating the bee venom therapy for my Lyme. Much appreciate you making me aware of Ellie

11:59:15 From Donna Shugrue : Ruby - investigate Dr. Rawls for your Lyme before the bee therapy. That has a danger of a type of shock.

11:59:33 From Sandy Rakowitz : The comments from this Chat (and each class) are posted for each class in the membership site with handouts after each class.

12:08:49 From iPad : As usual, during Linda's meditation my dogs wanted to climb into my lap to be closer to her voice. Even my deaf dog, Euche came over and delighted in TTOUCHs during the meditation.

12:11:49 From Betty Queiro : my dog Lia is very frightful too and when she's feeling afraid I also touch her forehead with mine and stay there for a while while I talk to her to calm her down 🥰

12:12:50 From Sandy Rakowitz : **Bruce Lipton: Spontaneous Evolution** - This book is in the book list in the membership site.

12:13:57 From Sandy Rakowitz : **Entering the Secret World of Nature** by Michael J. Roads This book is in the book list in the membership site.-

12:21:15 From Valentina : sorry, must go. Wishing a joy filled holiday to everyone and a New Year of wonder. To the German speakers a good "Rutsch", and love to all. See you here next year.



12:22:10 From Linda Tellington Jones : have a lovely christmas season
valentina

12:42:29 From Anne Bigi : going to bed as tomorrow morning I need to get
up early going to our local shelter!
Thank you so much for everything, I so love bringing all those beautiful
techniques (so much more than that, actually...) to animals and people!
xxxx

12:44:02 From similalaiatici : Unfortunately my internet connection is working
very bad and get in touch with you later.

12:45:13 From similalaiatici : I have a friend, a very young woman with a 4
years old child with cancer and I would like to help she. More than what I do.

12:46:07 From similalaiatici : When we work we repeat "remember your
perfection" taking attention to the circle....

12:46:28 From similalaiatici : Linda I remember you say something other
when you touch people with cancer

12:53:18 From ann guhman, utah : i really like what linda said about
celebrate the beauty and the cells rather than taking healing for granted. it was
hard when my husband had terminal cancer to hear about all the "cures". i
needed help in supporting him in whatever happened and this would have been
helpful.

12:58:19 From similalaiatici : Hoe do you call this TTouch?

12:58:42 From Adrienne Brockway : Troika

12:59:45 From Sandy Rakowitz : Linda is demonstrating the Troika TTouch
that us using a slide towards the thumb after applying a Clouded Leopard
TTouch

13:00:38 From Sandy Rakowitz : **Sir Charles Sherrington and Man on his
Nature** is the book she referred to a few minutes ago.

13:02:21 From similalaiatici : Thanks

13:02:36 From similalaiatici : Now I remember the names

13:04:12 From Catherine seale : I would love to hve you hold my son

13:04:49 From Catherine seale : Christoph



- 13:06:14 From Janella : Aikido?
13:06:21 From Janice : Tai Chi
- 13:31:25 From Pat Hennessy : Unfortunately, I have to drop. Love & Peace to all!
- 13:32:18 From gands : sorry we need to go!! Happy Holidays to all and a very blessed and happy new year!!
- 13:36:33 From Susanne Peschel : Getting too tired. See you next year. Happy Holidays and a good start into the new year. Bye.
- 13:36:56 From Janella : Fantastic Voyage - movie
- 13:36:57 From Sandy Rakowitz : **Ho'oponopono -Ulrich/ and also another author is Luc Bodin these books are in the the book list in the membership site**
- 13:40:04 From Elizabeth : Thank you!
- 13:41:22 From Catherine seale : Thank you for holding my son Christoph in love
- 13:43:28 From Sandy Rakowitz :
Remember our next class is January 19.
And we have added three additional classes
April 18 -Saturday
May 17 - Sunday
June 14 - Sunday
- 13:43:56 From Marylou Mylant : Thank you. Thank you Donna for sharing your story. It was inspiring.
- 13:44:01 From Janella : I'm not drawn to martial arts at all and was surprised to learn that Mark Rashid has studied Aikido for many years. He seems to have a lovely way with horses...
- 13:44:23 From elaine@animalbridges.com : Thank you Linda, Sandy, and



Debby. Also thank you for everyone who was present today. I had a very stressful morning and arrived late. Your love helped me and will carry me through the week as I have a successful medical procedure on Wednesday. I'll feel all f you that day.

13:45:17 From Debby Potts : We are with you Elaine!

13:45:18 From Janella : Yes, thank you so much, Linda, Sandy, and Debby! Love that idea you just said!

13:45:41 From Betty Queiro : Thank you for the class. Lovely walk thru nature and within my own self 🙏

13:47:44 From Catherine seale : I stroke my childrens foreheads when they are sleeping and we touch foreheads and I kiss them there

13:50:14 From Janella : **A finger labyrinth?!** Like those little Zen gardens with miniature rakes! :-)

13:50:41 From Sandy Rakowitz : Standing with you Elaine.

13:51:25 From Debby Potts : Janella, it could be like that, there are several types. I'll look for links

13:51:47 From Janella : I love it! I could see using it at work in the office :-)

13:54:47 From Catherine seale : I am a Therapeutic riding instructor .this last session we had to stay inside a lot and so w rode the labyrinth.. the volunteers loved it and couldn't get enough of it

13:55:52 From Janella : Irish Wolfhound?

13:59:15 From simlalaiaitici : For the flu...for the cold nose?

14:03:43 From Catherine seale : the dog truly picked him Christoph started to cry the moment the saw each other

14:07:22 From Janella : Thanks again!!!

