

**Tellington TTouch-for-You®**  
**Cellular Wisdom**  
**Class 2-9-2020 - From Class Chat**

06:42:48 From Sandy Rakowitz : Welcome to TTouch-for-You® Online Cellular Wisdom Program! Please let us know who you are and where you are from.

06:45:14 From Sandy Rakowitz : I am Sandy, living in San Luis Obispo, CA - grew up in NY & NJ. I came to TTouch 30 years ago through my horse Ibis, who passed away on 11/11/19 at the age of 37. He asks us to Continue the Connection with those who have passed away, or as he likes to say, those who have „Äðropped their wrapper and are now free of the constraints of their beautiful physical vessel.,Äô

10:07:55 From Shannon iPad : Fingers like an Octopus

10:36:21 From annraabe : I feel a horse that I knew telling me to not get involved with human drama-:)

10:37:00 From Sandy Rakowitz : I had my horse to my right, with my and on his neck as we always walked together - joy and swetnenes. a lion to my left. and hen he elephants came with such joy!

10:37:29 From Valentina : A tribe of my ancestors all showed up for the Joy, like a big family reunion picnic!

10:37:40 From Sandy Rakowitz : They kept showing me ways of ,Äúbeing not Afraid,Äù of feeling secure in myself - in connection with them

10:38:06 From Sally Boulding : Walking on the warm mossy earth barefoot beside a black Pegasus. Joined by hummingbirds then a zebra. Then a beautiful lion who wanted TTouches around his mane. From smallest to biggest they all came together.

10:39:48 From Penny Case : We are always with you. As you awaken to us, feel and see and consciously be with us, you expand our power to support you and guide you. We are very excited you are choosing to expand your true self. We've been waiting, always with patience but also with great anticipation and love for you and your journey. We are celebrating your expanding connection with us! You are love. We are love. Turn away from the darkness around you, for truly, all is love.

10:40:05 From Martin Lasser : Karin: I enjoyed so much touching myself out of my body, that,Äôs hard for me to come back into my real body, still want to be there in the forest.

10:40:39 From Suzie : from Suzie. Pegasus on my left and a cheetah on my right, and a flock of hummingbirds on my head and shoulders.

10:40:46 From Sandy Rakowitz : One of the Elephants came up behind me, trumpeting sweet sounds, and gave me an elephant blessing with her head over me, tickling with humor, playfulness and TTouching me, then leaned gently into my back with her forehead. The healing through my heart and being is profound,Ä¶.looking for wards for the range of what this felt like

10:40:52 From Elinor Silverstein : a type of monkey I saw recently on FB maltreated by man was with me and together we acted as one and freed him to his beautiful glorifful tree tops to sing and fly from tree to tree. He then came back and we touched each other with such healing. Then back to his Mother Nature where he belongs.

10:41:45 From Elinor Silverstein : I love how Pegasus allowed this all to happen

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10:42:05 From Pat Hennessy : I felt the warm ray of sunshine from my head to my feet (it warmed my feet). When I was TTouching my body I connected to the water - like Messages From Water (Emoto) and it was very interesting that it flowed through my body and took the TTouch as the message to flow through my body - a very healing experience.

10:43:04 From annraabe : A male lion.I looked into his golden orbs, eyes, and he gifted me all of his continent, Africa.scents, land, light, songs, happiness, freedom, dry heat.

10:43:47 From adrienne brockway : My four dogs surrounded me as we walked into the forest. They would each scamper a few steps away, and then come back and check in with me by touching me with their paw or head or body on different places on my body that had darkness, my body would feel the light and then I touched each of the them, finding their dark places changing it to light, the warmth grew and the flowers blossomed and the forest sounds grew louder, found that we were all engulfed in the safe embrace of light and touch

10:44:12 From Joy Oxford, UK : I know 3 horses that have died over the past 2 weeks - 2 from colic and 1 in an accident in the storm today. They were with me, galloping in the wind, saying 'Let your thoughts Run Free with us '

10:45:09 From simlalaiaitici : Squirrel following me with my lost two dogs, a puma dropping on my arms, many bird, some colored parrots flying around and with my surprise a big sweet snake, gentle. I, am used to exit from my body during my meditations but only looking at me like an observator,I have never touched myself with TTouch out of my body

10:45:28 From Suzie : from Suzie: bringing the light from my heart into my stomach and hip where it was dimmer, and feeling that connection... yes peace is essential

10:45:29 From simlalaiaitici : The trees was a tropical forrest

10:46:11 From Elizabeth : I had a very interesting connection with my grandmother -- father's mother. I feel most connected with her among my family of origin. She was tall and strong. Her dogs (the ones I knew) and mine were there as well. Nobody else in the family had any pets. My grandmother also loved being out in nature. It was quite amazing.

10:46:34 From Suzie : from suzie, and it is essential that the light that is only for our highest good: this is what I want to remember every day in the world...to bring light

10:46:51 From simlalaiaitici : I normally work with light going up and down the body, also with the breath: light con in when I inhale and go out when I exale

10:47:03 From Suzie : thank you Linda and Elinor and Sandy...

10:47:24 From Valentina : I was sitting embraced in the roots of a tree which shared its profound rootedness with me. Its message was to go deeper, ever deeper into Earth, into Creation, for the stability to withstand the buffeting of worldly change.

10:48:21 From Sally Boulding : Also remembering the light that comes in glowing rays from the depths of the ocean.

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- 10:48:34 From Sandy Rakowitz : **BOOK** Joan C. King The Code of Authentic Wisdom - Every Cell in our body is a genius. this is on the book list in the membersite
- 10:48:51 From Sandy Rakowitz : **BOOK** Seth Speaks by Jane Roberts - also in book list
- 10:51:28 From Juel Duke : More animals were with me than usual. and birds! one dog, Marilyn, came and licked the painful spot.. Marilyn has never visited me before. A cat, Sundance, who always visits came and arched her back up to rub against that spot, as if to show Marilyn where the pain needed attention.
- 10:52:52 From Shannon, iPad : I regret having to leave early today to go be with some special guest wild Mustang advocate, Ellie Phipps Price, who s flying in to walk with the Cool BURRO Buddies. She,Ãs going to learn a lot about TTouch today!!! I always learn so much in these sessions, will look forward to next time. Shannon
- 10:53:30 From Sandy Rakowitz : Sounds like wonderful afternoon Shannon.
- 10:57:22 From Elinor Silverstein : Ho'Oponopono
- 10:57:50 From Sandy Rakowitz : **BOOK** Ho'Oponopono Hawaii Ritual of Forgiveness - there are two books in our book list that are excellent books on this.
- 11:00:47 From simlalaiaitici : Linda you always are magic
- 11:01:59 From simlalaiaitici : Elinor the infinite,
- 11:05:04 From simlalaiaitici : Exactly Sandy, may be all the animals inside of us have something to say and unblock something inside us
- 11:05:18 From Juel Duke : when I see animal suffering, I try to keep my exposure brief and envision that animal in a better place and it's perfection. It is something I came to from Practitioner training.
- 11:08:14 From Sandy Rakowitz : **BOOK** Spontaneous Evolution - Greg Braden - on our book list
- 11:08:27 From Janice : I wond?er if I should stop signing petitions to stop animal cruelty? Belonging to so many organizations and move to sending love
- 11:10:49 From Juel Duke : Janice, for me, I don,Ãt share any images of animal cruelty. but I do sign some petitions.
- 11:12:26 From simlalaiaitici : The puma use the head and mouth/lips
- 11:13:22 From Janice : Thank you Joel. Perhaps I can still sign and still support some organizations, but stop and send love.
- 11:14:09 From Juel Duke : I am careful to check the organization. I don't financially support any organization that uses images of animal suffering to ask for support. haven,Ãt for decades as I feel that the organization is using the animals suffering to guilt us into giving them money.
- 11:14:51 From Janice : Oh, I agree! Thank you again!
- 11:24:11 From Juel Duke : Janice, the main point, for me, is to not share those images that you find disturbing
- 11:26:57 From Janice : Juel-yes -I will not share those images, and I agree-they are just using grief to gain support. I have gone online to check out the financial aspect and to make sure the CEO is not just raking in the cash.

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- 11:35:42 From Saskia Blok : Does this also influence depression?
- 11:35:43 From Diane giddings : I can tell when my grandson is experiencing this. Then it is a trip to the chiropractor to adjust the area. Chiro explained it pinches this nerves and affects the CNS. So I have this situation occasionally with my grandsons who is on his phone and playing computer games. Supports what you are saying.
- 11:36:41 From Amy from Maryland : hunching into the reptilian brain.?  
11:36:57 From Sandy Rakowitz : yes Amy
- 11:37:19 From Juel Duke : Elinor, could this go back to the early days of TVs, too?
- 11:37:53 From Sandy Rakowitz : Simila, it is a good question to explore.
- 11:42:43 From Amy from Maryland : caveman posture?...
- 11:43:36 From Janella : I can't THANK YOU enough, Elinor, for this incredible explanation!!! ALL of the points you're making are relevant to me at this time!!!
- 11:46:42 From Sally Boulding : Also the exhale of breath with the heart hug helps bring down the shoulders and come into relaxed focus.
- 11:46:45 From similalaiatici : So we are going back in the past evolution and we loose our spirituality that needs with the head up like to be hanging by the air
- 11:50:20 From marylou : I do
- 11:53:36 From Sandy Rakowitz : Dr. Sam Bern [www.SamBern.com](http://www.SamBern.com) **holistic eye care** - he has online classes. I met him recently when he was here in my town giving a talk. He,Äôs awesome. Amazing.
- 11:53:52 From ann guhman, utah : lifeless trifocals limit you more than the lined trifocals with magnifications that go all the way across
- 11:56:13 From Penny Case : Pedestrian deaths are increasing in Nashville, often for people on phones.
- 11:56:18 From ann guhman, utah : not lifeless but lineless
- 11:56:51 From Amy from Maryland : I wish/hope there is a way to cross the midline while doing the scm TTouch
- 12:00:35 From Saskia Blok : Does it also influence depression?
- 12:04:29 From similalaiatici : Good question Saskia. At what do you exactly refer?
- 12:05:08 From Valentina : anyone know of any studies looking at a relationship between long term forward head and dementia?
- 12:05:58 From Saskia Blok : Thank you Elinor  
12:06:30 From Elinor Silverstein : you are welcome :)

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- 12:06:53 From Elizabeth : How is this affected in the opposite posture? I'm sure it is, just wondering how. Where the person is rigidly upright. Like they have a stick up their spine.
- 12:09:53 From similalaiatici : This position block in some how the function of pineal and pituitary? And thyroid?
- 12:10:06 From Elizabeth : Thank you. Is this more of a freeze response?
- 12:11:07 From ann guhman, utah : Mensendiak -may not be spelled right
- 12:11:10 From Susanne Peschel : We have worked on this muscle before in class and I remember, doing this the first time than, it was like a reset for my whole neck and shoulder region. It was incredible.
- 12:11:19 From annraabe : This information is soooo helpful-:)
- 12:11:41 From Galaxy Tab S2 : I intuitively use heat hugs everytime I feel anxious and I feel relief. It helps me relax, calm and breath so I can cope better. I do enjoy the baby chip around my chest under the clavicle.
- 12:13:52 From Elizabeth : Walking outdoors helps switch to side angle vision
- 12:13:54 From ann guhman, utah : Mensendieck Method of phsiotherapy
- 12:14:07 From Elizabeth : \*wide
- 12:15:35 From Cindy Ketchbaw : The increase in oxygen is another part of the picture.
- 12:16:11 From Sally Boulding : I am remembering a suggestion at Edie Jane,Äôs TTouch for You session to check where your horizon is. That helps remember to let my head be on my shoulders and not in front or down.
- 12:16:21 From adrienne brockway : Doing that same neck (scm muscle) release works wonderfully to release my sinuses and stop sinus headaches
- 12:16:22 From Saskia Blok : My mum is having a hard time with depression and today she was in a very bad state and wanted to give up life. It gives me stress also and I feel my body stiffen. heart hugs help me relax and then I can think again. I can see her head coming more forward during time. Thanks for the helpful tips, I will see if I can help her with it. And also myself
- 12:16:32 From Linda Tellington Jones : great one Sally!
- 12:17:10 From Saskia Blok : Feldenkrais helps me a lot for my own body
- 12:17:12 From Elinor Silverstein : Yes, Saskia, you are on the right thing to help her and yourself, ahhhh
- 12:19:46 From ann guhman, utah : i wear a riding helmet. doesn,Äôt seem like it weighs much but trail riding for a few hours can create neck pain, numbness in my arms, goofy thinking and sensations in my head. i have started doing very simple, gentle exercises when i

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wake up, ttouch like we're doing now, and wearing helmet for a time on days when i don't ride. It has improved the happiness of these muscles and nerves a great deal.

12:24:37 From simlalaiaitici : Elinor can it help a 3 years old girl with SCN3A gene (problem in view, mental retardation and development and epilepsy)?

12:25:06 From Saskia Blok : Sorry have to go. Very helpful information and glad to have been her for a while. Will look the rest in the replay. Thank you all.

12:25:59 From Saskia Blok : Where can I find the article Linda was talking about, about depression?

12:27:27 From Elinor Silverstein : Simila, yes, if you see that she carries her shoulder up and forward which they frequently do. Then it can also mean the Vagus system is effected with her gene variation. When you can work with her this way and see her shoulders rearrange themselves and her head carriage improve you will also see other part of her will also improve and especially heart rate variability

12:29:34 From Cindy Ketchbaw : I read somewhere that breathing charges the entire bioplasmic body and renews our reserves of vital energy.

12:37:23 From Cindy Ketchbaw : Can we get more information on the hummingbird touch?

12:41:28 From Elizabeth : Are we moving lymph?

12:41:52 From simlalaiaitici : I loose the chat, do you save somewhere?

12:42:40 From Sandy Rakowitz : Yes, Simila, the chat text is always posted for each class in the handouts section after every class.

12:43:08 From simlalaiaitici : Would love see hummingbird touch

12:49:32 From simlalaiaitici : Thank you Sandy

12:52:37 From Sandy Rakowitz : Each of you can switch to the larger picture of Linda by scrolling over the upper right side of the zoom screen and switch from Gallery view to speaker view. You can control which you see. The recordings have speaker view.

13:02:58 From Sally Boulding : Please remind about Orca breathing? Lovely mind map!

13:06:52 From Janella : Thank you, thank you, thank you! I must leave, will catch the rest on replay. Best wishes, everyone! :-)

13:13:38 From simlalaiaitici : The hold of the breath is called kumbaca in yoga and it increas the effects of what we are doing

13:14:46 From Martin Lasser : Karin: I used this breathing, when I gave birth to my son. Very strong to empower the own body.

13:18:14 From Diane giddings : I noticed we don,Äôt have the Inch worm, technique on the list. I learned this in my early training and our residents loved it.

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- 13:18:53 From Pat Hennessy : I find the inch worm on the shoulders to be an excellent release.
- 13:23:09 From marylou : you are breaking up
- 13:26:37 From annraabe : Thank you everyone-:)! I need to run to an appointment. Will check on the rest of this discussion later when I get back. Blessings!!!!
- 13:29:26 From Sally Boulding : Sorry must go for now. Brilliantly ideas as always!
- 13:34:46 From Martin Lasser : We have to go to bed, all the best for you all - HH Martin and Karin
- 13:35:04 From similalaitici : it can be used for pain in the supraspinatus? this pain is very difficult to resolve
- 13:35:30 From Elinor Silverstein : what a wonderful time we all had together today. See you Karin and Martin
- 13:39:12 From Sandy Rakowitz: **HeartMath.org**  
Inner Balance is a program with a small device and program you can get. it is wonderful to learning about using your breath and regulating how you feel and think
- 13:41:57 From Susanne Peschel : What is the titel of the book of the heartmath insitute
- 13:42:01 From gands : thank you for all the wonderful information!! we need to go!! heart hugs to all!!
- 13:42:12 From similalaitici : Using heart hug we can stimulate the thymus job.  
13:44:50 From similalaitici : Which is the hearthmatqh book?
- 13:46:18 From Valentina : must go early--love and thanks to everyone
- 13:49:51 From Sandy Rakowitz : **This Pegasus reading** is in your handout section of the membership site.
- 13:50:41 From Susanne Peschel : Getting too tired so i am saying good night now. Thank you for this wonderful, important class.
- 13:52:15 From similalaitici : Aloha
- 13:52:25 From Elizabeth : Thank you!
- 13:56:10 From Juel Duke : I think this is the book.  
**Heart Intelligence <https://store.heartmath.com/heart-intelligence-connecting-with-the-intuitive-guidance-of-the-heart/>**

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14:04:41 From simlalaiaitici : It is interessante how strange animals come in the starting meditation. The snake (my mother hate snakes and is afraid) was soooo gently and non invasive, and the puma was so nice and no aggressive. And she make me a very good TTouch with the head and jump on my arms like a baby,  
Is it possible they come to resolve inner feeling/problems we don't see? Or they are the animals we are inside?

14:18:45 From Diane giddings : Thank you Linda for another great, informative session. I learn so much to take away and put to work in my life. Mahalo. Diane

14:23:19 From Juel Duke : TTOUCH4UBODYWISDOM

14:24:33 From Juel Duke : the name of the Private Facebook group page is above!

14:29:05 From simlalaiaitici : Love to all, I,Ãm going to sleep. See you soon and thank you again

14:29:53 From Sandy Rakowitz : **our facebook group address**  
[www.facebook.com/groups/tt4ubodywisdom/](http://www.facebook.com/groups/tt4ubodywisdom/)

14:40:06 From Juel Duke : Thank you all! hope to read more in Facebook. looking forward to next month. Good evening.