



Linda Tellington-Jones

Chat - March 15, 2020

10:03:29 From elaine@animalbridges.com : Good morning everyone from Arizona.

10:03:43 From Maureen : Hi Elaine!

10:04:10 From Sage Lewis : Good morning everyone from up the hill from Elaine in Arizona! :)

10:05:19 From Adrienne Brockway : Hello everyone from Cleveland, OH

10:17:10 From elaine@animalbridges.com : Heart, ears, eyes

10:17:20 From Catherine Seale : Legs Breasts and eyes when I smile

10:17:25 From Janella : Hello all! My Eyes, my Hands, my Legs :-)

10:17:37 From Suzie : From Suzie to everyone,

10:17:38 From Maureen : Heart, brain and hands

10:17:40 From Penny Case : Heart. Legs. Hands. Head. Belly. Back.

10:17:41 From Elinor Silverstein : my brain, lungs, eyes

10:17:43 From Heidi Mosbarger : Brain, intestines, limbs

10:17:44 From shirasalzberg : Shira: hands, hair, breathing

10:17:53 From Suzie : My heart my hands my vagus system



10:18:01 From Sage Lewis : Eyes, Smile, Heart, Waist/Belly, Length, Laugh!

10:18:07 From Sandy Rakowitz : when light shines through my eyes. my heart. my hands

10:18:12 From Penny Case : Brain. Eyes. Through this class I'm learning to love all my parts. :)

10:18:18 From Adrienne Brockway : Brain, Heart, Hands

10:18:26 From Juel Duke : I love that my body is resilient, my feet for supporting me, and my hands for continuing to be so able.

10:18:27 From Pat Hennessy : My mind for knowledge, my heart for love, my eyes to see

10:18:30 From Kathleen Murray : I want to say heart, ears & eyes, but I want to say strong muscles, and now I want to say everything.....

10:18:31 From Elizabeth : Eyes, ears, hands. If I can have 4, heart. Sensing.

10:18:39 From annraabe : I love and honor that I “came” from the particular parents of mine...and their parents...all my ancestors. They have given me extraordinary brilliance, qualities of humor, kindness, unique characteristics that came from them. I am SO grateful. And we all have this...the gifts of our ancestors.

10:19:08 From Liza Weaver Brickey : I am so grateful for my brain and thinking ability. What ever clearness of thinking I have, wow, I am so grateful. Also clear breathing and the how my body loves to balance. I am so grateful for my body being able to balance.



10:19:19 From Sally Boulding : The wisdom of each cell to do its work of wellness; choice to see abundance & beauty in all nature; peace in my ❤

10:20:37 From Linda Tellington Jones : Itj I deepkyappreciate my hair which is an extension of my nervous system - mycibception ti my intuition. my feet who carry me, my cute belly , my arm

10:21:40 From marylou : I appreciate my eyes that help me see the best in others, my breasts, and immune system, which have helped me overcome cancer.

10:21:41 From Linda Tellington Jones : and i love my smile that comes naturally thanks to my darling mother Marion

10:21:45 From Shannon's iPad : I love my hands, they are big and strong and allow me to do so much from operating a computer to unloading hay for my horses. My eyes to take in the sights and colors of my world. Ears for giving the traps for sound. communication from others and for listening to music, which inspires my creative process.

10:22:10 From Suzie : from suzie to everyone, my heart, brain, and hands because they allow me to connect

10:53:52 From Catherine Seale : he came to the forest

10:55:02 From Suzie : from suzie to everyone

10:55:46 From annraabe : Hard to put into words. Light, beauty, suspended "time", gratitude, awe.

10:56:12 From Liza Weaver Brickey : I am so grateful for you mentioning the angelic beings that are near us all. I got a strong sense of three that



were near. Thank you Linda. And the colors that came in for me were pink, crimson and golden light.

10:56:38 From Maureen : Lightness; peace; warmth; gratitude. I got very strong colors and light.

10:56:39 From Kathleen Murray : This meditation has felt like a filling of love into me & through me --- like the Orca breathing... more love then I knew possible.... now to share with all....

10:56:53 From Pat Hennessy : As I painted down my body, I colored in the nervous system and as it lit up down my body and I sent out the message of love and light to all those people around the planet who need it to protect themselves or heal themselves during this time.

10:56:53 From elaine@animalbridges.com : I'm very audible and heard a quiet forest. I felt my body relax into a meditate state. I just got deeper into a meditative state. I asked for my guardians and they said who they were. I could feel the love of the group. Thank you!

10:57:34 From Penny Case : Experiencing myself as part of a totally Light-filled Universe, and painting myself with many colors of love, is moving me into such an expanded, joyfilled place of Love for All!

10:57:51 From Diane's giddings : Found this session to be relaxing. I have so much going on in my life which contributed to mental confusion. Feel relaxed, that my head is clearer and my sneezing, which has been almost constant, is much less. Felt drawn to my head and thymus areas for TTouch. I'm hoping this cold will calm down. Much, much more relaxed

10:58:00 From Sage Lewis : I just spent a week in the Amazon jungle of Peru with one of the last true jungle shamans, don Antonio, so I took all of



you there with me to meet the jungle and to meet him. There is nothing that compares to the love and light of being surrounded by millions and millions of acres of deep nature and the medicine of a man who has centuries of lineage connecting with the plants and animals of the jungle. Mother Earth IS pure light and as I found myself back in the jungle with all of you, her light shined in, around, through and out of from of us. Pure white light. Pure jungle energy. Deep, deep, deep nature.....pure love.

10:58:16 From Sandy Rakowitz : I was leaning back with a big lion, on board my horse Ibis, embraced with golden and rose arms of compassion with Quan Yin...visited with Archangel Raphael.... I saw the horses who I used to take lessons on as a teenager, my favorite loves who taught me so much about being with horses - the gratitude from them and lightness was incredible... so many colors, so many animals through the years... new colors came into and surrounding my body, new messages of strength through my pelvis... new connections between my shoulder - neck, brain and heart..... so much....

10:58:22 From Janella : It's been a long time since I remembered that we can send energy and love to the entire planet and it feels very real and very needed. Also that we have to ASK the angels to help us and then they will. Thank you for this beautiful meditation!

10:58:29 From Heidi Mosbarger : I always feel calm during these workshops. That all is well in the world for the time we are together. Thank you for this gift.

10:58:30 From Cindy Ketchbaw : I thought of the Northern lights and have new understanding of why I feel a connection to them.

10:59:06 From Suzie : thank you linda and all of you. what we did today was why we are here together. I have not seen anything like the chaos of recent times. may our work together bring healing to all beings. words,



and the light and love that we have and our abilities to radiate it out to the world, may we remember this in all the days to come, and strongly feel and know that it will pass and we will be together.

10:59:07 From Linda Tellington Jones : wow! the gratitude i feel for this gathering is like a movement of the ocean waves gently washing over my body, cleaning my cells, filling them with light . my color is a lovely peach.. like the sky at sunset and at dawn when the sun is first kissing the sky above our Mona Loa. It is time for new beginnings on the planet. this is an opportunity without war to re-member what is important. WHY WE ARE HERE

10:59:26 From Sandy Rakowitz to similalaiatci (Privately) : we began an hour ago... she had us connecting with our body, with what aspects want love, need love, filling with light, connecting with animals and angels, etc.

10:59:32 From marylou : Wow...the boundary is so very important allowing only light in and out. My guardians...Mary and St. Michael, as well as my brother appeared. The light also penetrated all of my body, giving thanks. Thank you for this gift. The eagle came to me for nurturing, the elk and buffalo to protect me.

10:59:43 From Sally Boulding : My guardian was a dolphin and we kept diving into deep clear water of different colours of blue with the light streaming from above & below.

11:00:11 From Catherine Seale : So much happened for me. My guardians are supper powerful as bumble along in my life They have always been there. I need to send them so much gratitude.

11:00:13 From shirasalzberg : That was awesome. I saw so much that was good and loving and happy. There was a dark place that i became



poignantly aware of - painting through and around it to brighten it was so helpful and uplifting.

11:00:47 From Shannon's iPad : That was quite lovely. However, your voice brought in close the two dogs that claim you as their Godmother. They love standing in your love and light and feel close the the power of your voice. As I do too.

11:03:46 From Adrienne Brockway : Peaceful, Deep soft surrounding supporting my body, Swatches of deep browns and greens, rich golds, and warm crimsons, then all the colors engulfed me and traveled through and between my open fingers and between my legs, wrapping me in supportive circles.

11:03:51 From Catherine Seale : an observation for my is both my dogs suddenly appeared as we were starting to do our writing. one after another.. Now one is lying at my feet which she never does. Both are really prefer to sleep by the door because they get to hot in the house.. one found my stash of chocolate in the room. Naturally I took it from him and had chocolate. Anyone with any ideas about this?

11:04:24 From Saskia Blok : Did you start one hour earlier? It is 7pm in Holland now.. Sorry to have missed the first part

11:04:41 From Catherine Seale : I also saw lotsof gold and warm colours I am finding it interesting that these colours come from a lot of us

11:05:12 From Susanne Peschel : I have missed it too... daylightsaving time chaos.

11:08:11 From Elinor Silverstein : Saskia, did you have a time change?

1:09:20 From Saskia Blok : No not yet, that is end of march



11:09:31 From Elinor Silverstein : maybe that ws what happened?

11:09:51 From Janella : Linda, I love that you let your emotions show - the enthusiasm and the tears. During the meditation I focused on healing my heart from the cynicism that I've allowed to settle in over the years. The color I mostly saw was a beautiful, clear aquamarine, soothing and healing.

11:09:57 From Sage Lewis : Elinor, I want to be in your kitchen right now.

11:10:07 From Saskia Blok : Yes I think time at your side is changed, we're behind.

11:10:16 From Elinor Silverstein : I love you Sage!!

11:14:01 From Sandy Rakowitz : **Norman Doidge, The Brain's Way of Healing - this book is not yet in the book list on your memberships site.**

11:23:52 From Sage Lewis : I love chocolate, so I

11:24:09 From Liza Weaver Brickey : You are so amaing

11:24:16 From Sage Lewis : I love chocolate so I'm going to punt....creativity, imagination, intuition and possibility

11:24:50 From similalaiatici : Right brain connect to all!

11:25:13 From similalaiatici : ...I mean connect with ONE ;)

11:25:14 From Catherine Seale : The circles activate neuro path ways to the brain



11:25:37 From elaine@animalbridges.com : Sage, I'll drive it over. I have Lindt 85 dark chocolate.

11:26:18 From Sage Lewis : Feeling, creativity, compassion....and chocolate? I missed the first one.....Elaine, toss it over!

11:26:42 From Sandy Rakowitz : The Secret World of Nature by Michael J. Roads page 29

11:27:13 From Janella : I missed the first one, too - I think it was Healing?

11:28:13 From Elinor Silverstein : Feeling

11:29:25 From Sage Lewis : Feeling, creativity, compassion, intuition?

11:30:18 From Sandy Rakowitz : Judy Gee's definition of Intuition
"Intuition is the manifestation of the divine consciousness within you. The messages it sends are essential to our emotional, physical and spiritual health. Receiving and understanding these truths will change your life and help you find your true path."

Judy Gee, Intuition – Awakening your Inner Guide

11:30:47 From Sandy Rakowitz : Joan C. King The Code of Authentic Living: Cellular Wisdom

11:36:05 From Diane's giddings : Can we please get a copy of that on TTouch for you site?

11:40:49 From Catherine Seale : Thank you for the reminder to stay present and clarity of the circle when I teach the circle that is so important thank you for the reminder



11:43:22 From Sandy Rakowitz : The handout of TTouches with Animal Names is in the handouts section of your membership site.

11:47:10 From Catherine Seale : The activation opens the cells to the oxygen

11:48:13 From Catherine Seale : They know what they need to do and they need oxygen and you remind them and activate them to trust themselves

11:51:10 From Catherine Seale : chocolate

12:06:32 From Sage Lewis : I'm doing a 1/14 circle and a lift up on the back of the neck (with my shirt draped over my neck) and can feel it all the way down my spine. Totally different than just with my hand.

12:12:54 From Sage Lewis : One of the things I really love is doing this with a shirt I love! :)

12:12:55 From Shannon's iPad : So often we do this on others so it's nice to take the time to TTOUCH ourselves.

12:13:14 From Catherine Seale : I am discovering pain in my arm

12:14:41 From Catherine Seale : Question on the back just now are you using both hands moving

12:15:23 From Janella : Having problems with internet connection :- (finally able to reconnect...

12:15:44 From Pat Hennessy : If you go down your butt/gluts it will release your low back



12:16:18 From Catherine Seale : I love it thank you

12:16:20 From Pat Hennessy : It was awesome - because I have low back issues

12:16:47 From Janella : Looks like when you leave the session, you lose all the chat entries...

12:17:39 From Juel Duke : so nice and such a good reminder to me to do this especially on my knees.

12:29:06 From Sandy Rakowitz : Janella, Each chat is made into a handout for each class so that you have it after class. Plus, the chat is included in the recording when you go back to listen again, or to listen and watch any of the other recordings.

12:29:30 From Janella : THANK YOU, Sandy :-)

12:30:20 From Sage Lewis : This global situation is a beautiful opportunity for us humans to rebalance.

12:33:12 From Sally Boulding : Yes I love the reminder of setting the boundaries of light. We have the opportunity to share ho'oponopono with the world.

12:33:15 From Saskia Blok : I feel connected to my body again, thank you. Have been so busy and stressful these last weeks with care for my mother, who wanted to stop her life. I have been lost in action. Now I feel grounded again and feel love streaming through me. I know I can be there even more for her AND for myself. Thanks for reminding me of the things I can do for my own body. I lost it a bit these last weeks.



12:35:46 From Catherine Seale : I am feeling happy and energetic and full of love

12:38:20 From Liza Weaver Brickey : Linda,

12:38:33 From elaine@animalbridges.com : I need to explore more fabrics to figure out what is the best one for me. The fleece shirt didn't work for me. After the class I'll search for the "perfect" fabric to help my body.

12:38:38 From Liza Weaver Brickey : I love the you say, love the virus! That is something I needed to hear.

12:39:34 From annraabe : I LOVED the protection shield of the mirrors. It was not so much a "protection" as it was a gift to the "other" person. And I might use it the opposite way....if I feel negative energy from someone, it will look at them with "their" mirrors up...and I can see MY high self. We are all connected.

12:43:33 From Janella : LOVE ITR!!!

12:43:40 From Janella : LOVE IT!!!!

12:43:40 From similalaiatici : Thank you Linda, Italy need that light <3

12:44:03 From Shannon's iPad : I'm grateful for forums like ZOOM where we can still be together while people are staying home.

12:52:07 From Sage Lewis : It's SOOO great that the heart tells the brain what to do!! ;)

12:52:53 From Sandy Rakowitz : This picture is already in the membership site from previous classes in the handouts.



12:53:44 From Shannon's iPad : Now I wonder what makes people's heart reactions so vastly different.

12:57:24 From annraabe : Extraordinary!

12:58:45 From Sandy Rakowitz : i am noticing something new today with the HH and this description of the Vagus Nerve System - as we do the HH, and use the coiled python, I have a release up into the neck and up into the back of my neck up to the skull and a big release into the nerves coming dome from my brain...

12:59:05 From Sandy Rakowitz : and down my neck and shoulders

13:00:32 From marylou to Sandy Rakowitz (Privately) : Sandy - can you explain how you use the coiled python with the HH...whenever there is time

13:01:08 From Sandy Rakowitz to marylou (Privately) : ...ask this at the end in the "After the Class" with Linda

13:01:41 From marylou to Sandy Rakowitz (Privately) : ok

13:03:01 From Sandy Rakowitz to marylou (Privately) : basically it is a lift at the end of the 1 and 1/4 circle.

13:03:19 From marylou to Sandy Rakowitz (Privately) : Thank you. Got it.

13:04:03 From marylou to Sandy Rakowitz (Privately) : I am having an electrician come over and may not be able to stay on for the after class session

13:04:53 From Sage Lewis : I am needing to move my body outside to play with Reggae right now. Sending my love to all of you, everyone and



that COPID-19 who's been getting a bad rap. One love. One heart. Let's get together and feel alright!

13:05:07 From Sage Lewis : COVID-19

13:11:45 From Sandy Rakowitz to marylou (Privately) : i can also feel my jaw release when I use TTouches down the sides of my neck.

13:12:14 From Sandy Rakowitz : i can also feel my jaw release when I use TTouches down the sides of my neck.

13:13:38 From elaine@animalbridges.com : Thank you! My neck is more relaxed! Was getting very tight sitting and looking at the computer Thanks for the explanation Elinor.

13:14:13 From Janella : FANTASTIC, Elinor, thank you SO MUCH!

13:14:21 From Elinor Silverstein : awesome :)

13:14:42 From Elinor Silverstein : thank you for your feedback

13:15:19 From Suzie : Elinor

13:15:54 From Catherine Seale : I have always noticed when I children were on screen time they were always monsters when the y come off ven if what they were playing was positive. now I know why. Thank you

13:16:41 From Janella : Actually, I can envision sending love to the virus easier than to you-know-who in the WH! Sorry, but it's true (up until now) ;-) But I LOVE your idea because there are many things we can use this technique with!!!



13:18:51 From Cindy Ketchbaw : Isn't sending love Ho'oponopono?

13:19:12 From Shannon's iPad : Thank you Linda, Sandy and Elinor.

13:19:17 From marylou : Thank you Linda, Sandy, and Elinor and everyone for making this possible

13:19:21 From Maureen : Aloha!!

13:19:36 From Catherine Seale : Linda Sandy and Elinor are some of my blessing

13:20:50 From Penny Case : Such deep gratitude to Linda, Sandy, Elinor and all of you! Love!!

13:21:27 From Maureen : I felt electric energy to my entire body along with lightness and peace. I love the balance of Right Brain and Left!

13:31:46 From Janella : My internet is acting up again... if I disappear, it's unintentional and I THANK YOU ALL very much!!!

13:37:20 From Laurence : It is the first time with you for me, I have to leave right now. Thank'you for all. I will have to catch up a lot to understand more. I am ready to do it.

13:37:49 From Elinor Silverstein : thank you Laurence

13:37:52 From Amy from Maryland : I'd like to talk

13:37:56 From Janella : All the sessions are recorded, Laurence - how cool is that?!



13:43:04 From Janella : BEAUTIFUL story.

13:46:59 From similalaiatici : Yognanda in “life of a yoga” book says he was saving an animal from death with his powers but the animal saw him... ”why are you taking me in this life? I’m ready to reborn as a human....” <3

13:47:39 From similalaiatici : The book’s name of Yogananda is Life of a yogi

13:50:44 From Betty Queiro : These sessions are so powerful and emotional for me. Everytime I connect with you and with myself and all these stories ❤️ I feel grateful for being here. Thank you, it's just amazing .

13:52:21 From Catherine Seale : I tooj my notebook to my Grandparents and wrote down the stories I found that this also reminded them about the wonderful things they have done and that it is important.

13:52:45 From Maureen : I hope Saskia has video'd some of those conversations. Those recordings are some of the most precious things my daughter and I have left of my mother-in-law!

13:56:26 From annraabe : Such a beautiful sessions. Thank you all.

13:56:42 From annraabe : Saskia, blessings to you and your mum.
LOVE!

13:57:02 From Sandy Rakowitz : This book, Jane Roberts, The Nature of Personal Realty, and Oversoul 7 are in the book list

13:57:26 From Martin Lasser : Thank you so much HH Martin and Karin Austria



14:02:10 From Pat Hennessy : I need to go. Sending love and light to everyone here and around the globe!!! Thank you so much for this gift for ourselves and the planet!

14:05:34 From Susanne Peschel : Saying goodnight. Thank you for today.

14:07:16 From Maureen : I have to go! Aloha, Everyone!

14:09:58 From similalaiatici : Thank you both....from inside and from outside light contact!

14:10:44 From Catherine Seale : I am so excited for this It is m son who has the severe concussion I believe this will so be wonderful for him

14:11:40 From Catherine Seale : so ask higher self and imageing it?

14:12:50 From Sandy Rakowitz : Yes Catherine. it is very powerful for head injuries. There is an article in the membersite on light touch with TBI. It outlines a self help program I offered for a year. The full article is in the book Wrap It Up for Humans on the TTouch.com website.

14:22:31 From Sandy Rakowitz : the afterlife of Billy Fingers and all the books linda is mentioning are in the book lsit

14:22:51 From similalaiatici : Is there in the book Wrap it up for humans?

14:24:09 **From Sandy Rakowitz : For creating a legacy video, or life journal: www.CrssroadsHospice.com**

14:27:13 From Cindy Ketchbaw : My mom wrote down stories from my grandmother. I took these stories and added family recipes then made rememberance books for my family.



14:27:22 From Janella : Thank you, Joyce! My internet connection went down so I missed the first part but I'm going to listen to this whole meeting again.

14:27:38 From Janella : <https://www.crossroadshospice.com/>

14:30:41 **From Sandy Rakowitz : Uncommon Prayer by Ruth L. Miller - how to order this book is in the book list as it is not available on Amazon.**

14:31:02 From Catherine Seale : Thank you Joel

14:31:16 From Janella : Yes, thank you, Joel!

14:32:04 From Amy from Maryland : it's a great place to be stuck

14:32:19 From Amy from Maryland : Social distancing is NOT isolation

14:32:26 From Janella : Yeah, no kidding! Ha!

14:32:33 From Saskia Blok : thank you all! xx

14:32:33 From Amy from Maryland : Social distancing is NOT social; isolation

14:32:40 From Catherine Seale : Thank you and Aloha

14:32:44 From similalaiatici : Aloha

14:32:56 From Kathleen Murray : Thank You!!!!