

**Tellington TTouch-for-You®**  
**Cellular Wisdom**  
**Class 4-26-2020 - From Class Chat**

09:51:09 From big jyl : hello,  
09:53:00 From Adrienne Brockway : Hello from Cleveland Heights, Ohio  
09:53:38 From Denise : Hello from Germany, munich  
09:54:02 From Eva Williams : Hi everyone, I am Eva Williams from Hampton Bays, NY I am new to TTouch.  
09:54:19 From Anne Bigi : Oh, hello Denise, I'm German, but I actually live in Italy  
09:54:26 From Jeff Spencer : Chesapeake, Virginia I am new to ttouch  
09:54:30 From Linda : Linda Claire - Irvine, CA. I've used TTouch on feral kitties I rescued/adopted over 20 years ago. I learned a bit from reading Linda's TT book and video for kitties. Have received newsletters from Linda and Sandy and always enjoy them. Thanks for making this available. These are the first chats I've done so forgive any flubs I make!  
09:54:53 From Cindy : Madison WI  
09:55:11 From elaine@animalbridges.com : Prescott AZ -- 2 hrs north of Phoenix and 1 hr to Sedona.  
09:56:16 From Paula : Hello from Maine, USA  
09:56:23 From Rachel Novak : Ft Worth, Texas  
09:56:36 From Ronna : hello from Arvada CO  
09:56:44 From gands : Hi Everyone!! We're from the Northwoods of eastern Wisconsin.  
09:57:00 From Janice : hello from Memphis, TN!  
09:57:11 From Sylvia Diane : Massachusetts  
09:57:24 From Mattie Coll : New to T Touch. In Richmond, Va  
09:57:42 From Debby Potts : Hello from Oregon!  
09:57:45 From gands : Sure!! We're Gary and Sandy  
09:57:57 From Rachel Novak : I,Ãm completely new to TTouch. but, I,Ãve been wanting to do this for a long time ...  
09:58:08 From Sandy Rakowitz, TTouch-for-You : Welcome Everyone! San Luis Obispo, CA  
09:58:16 From Paula : I am an animal communicator new to TTouch. The animals would like more body work. I would also like to use it on myself.  
10:00:14 From Barbara, iPad : I'm from Colorado and Bruce, Wi. I am also an animal communicator and what to deepen my intuitive skills  
10:01:30 From Barbara, iPad : I have taken a 3 day workshop with Linda and use what I have learned so far with animals and myself  
10:01:54 From donna shugrue : Hi from Donna at the Cape in Massachusetts - cold here!  
10:02:12 From Maureen : Hi! Maureen from Williamstown, NJ here!  
10:02:17 From Susanne Peschel : Hi everyone, I am in Germany. Started with TTouch about a year ago.  
10:02:37 From Alice : Alice in Penticton, BC Canada. Animal Reiki practitioner & keen to learn more about TT  
10:02:42 From Sage Lewis : Sage from Prescott, AZ - Advanced Prac for Companion Animals & People for 17 years! LOVE this work!!  
10:02:48 From marylou : Hello. I am MaryLou Mylant from Hermosa, SD. You probably know where SD is with all the national news  
10:02:52 From Ruby : Hiya Ruby up here in Maine  
10:03:16 From randall zerangue : hola, from los angeles  
10:03:22 From Joel Muller : Joel from Switzerland. Practitioner for dogs  
10:04:12 From Saskia Blok : Hi everybody, Saskia from the Netherlands. TTouch Pract for Companion animals, especially cats  
10:05:42 From Juel Duke : Juel Duke here from North Carolina, I've been a Companion Animal Practice for about 10 years and am interested in many of the other aspects of life that overlap with what TTouch brings.

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- 10:21:28 From Sage Lewis : During the Heart Hug, when you got to the word soul just now, a hummingbird came right next to me.
- 10:30:22 From Catherine Seale : lovely
- 10:31:44 From Lynn Baskfield : yes
- 10:32:43 From donna shugrue : yes
- 10:40:02 From Sandy Rakowitz, TTouch-for-You : The books Linda is referring to is in the handout section of your membership site.
- 10:43:19 From Sally Boulding : We are seeing a miracle of cellular wisdom watching Linda using both arms with such fluid motion after her close encounter with the airport only 4 or 5 months ago...
- 10:44:57 From Sandy Rakowitz, TTouch-for-You : yes Sally!!!!
- 10:49:59 From Sandy Rakowitz, Cortisol is Stress hormone. Oxitocin is the Trust Hormone
- 10:52:42 From elaine@animalbridges.com : left bicep muscle
- 10:52:49 From Barbara, iPad : the flabby skin on my waste
- 10:52:54 From Sandy Rakowitz, TTouch-for-You: my left shoulder
- 10:52:55 From Ronna : my left elbow, I appreciate you with all my heart
- 10:52:55 From Rachel Novak- right foot
- 10:52:56 From Malia Kulp : my left hip
- 10:53:00 From ruthevans : right shoulder
- 10:53:03 From Saskia Blok : my left foot
- 10:53:06 From Jeff Spencer : left wrist
- 10:53:08 From Maureen : Feet! Have Bone Spurs and Platar Fasciitis, but they hold me up anyway!
- 10:53:12 From Joel Muller : my right index finger & wrist
- 10:53:16 From Catherine Seale : neck and belly
- 10:53:18 From Sage Lewis : My left pinky who lost its tip when I was 9.
- 10:53:30 From Christine Dombroski : my left elbow
- 10:53:44 From Janella : right shoulder and right hip
- 10:53:49 From Barbara, iPad : right neck
- 10:54:08 From Elizabeth Eckert : Left lower back
- 10:54:13 From Sylvia Diane : lower back, left foot
- 10:54:24 From Eva Williams : left knee and molar that was infected recently.
- 10:55:06 From randall zerangue : right knee & right brain
- 10:55:35 From Adrienne Brockway : left ring finger
- 10:55:42 From randall zerangue : 2 teeth - one on right upper one on left lower
- 11:00:27 From Sandy Rakowitz, TTouch-for-You-Æ to Sage Lewis (Privately) : ok, i took your video off. awesome. ok.
- 11:02:14 From Barbara, iPad : after doing just. this amount, I am seeing better
- 11:03:32 From Catherine Seale : Barbara that is wonderful thankyou for sharing

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11:27:18 From Catherine Seale : Can you help me? My ex husband is in huge amount of back pain has been for our entire 20 year relationship and before.. I will and never has allowed me to to TTOUCH with him. in fact he is picking up the boys at this moment. During the break I offered again again he right out refused.

11:28:11 From Catherine Seale : he brought me TIMS with additives lol

11:36:01 From Janella : That is an excellent question, Catherine. I hope this can be addressed...

11:39:25 From Diane Giddings : my grandson has been seizure free for 9 years. yesterday he had a grand mal seizure that lasted 4 minutes and it took a full hour for his body to recover. then was tired the rest of the day. has anyone used Ttouch during a situation like this?

11:43:34 From Sandy Rakowitz, TTouch-for-You: Heart Math Institute

11:44:24 From Sandy Rakowitz, TTouch-for-You: Yes, Diane, many have used TTouch to assist in recovery - and during seizures as well. This will be an important discussion.

11:48:23 From Janella : This is a situation we can all relate to, I think!

11:48:24 From Eva Williams : Aha moment ...Love your wonderful insight. This is very healing!

11:52:17 From Denise : My english is too bad to speak, so I just describe it: I actually have 3 reasons to learn TTouch and Cellular wisdom, 1) I want to implement the TTouch as a part of "body-physic" in my school-lessons for Student-Experiments as practical part of Quantum Physik 2) self-relaxation- &Attention (perception and mindfulness) for example as High-school-preparation and to overcome exam Panic 3) to help myself, my dog and other

11:53:04 From Elinor Silverstein, TTouch-For-You: Releasing Fear on cellular level by increasing molecular vibration rate. Yes, wow!

11:54:20 From csuecr@hotmail.com : because of what we are experiencing is sacred we realize our language is limited, we can understand we can express sacred the 5th dimension through songs without words. its then when we reach through to the sacred core of our being its like standing on a mountain close to the creator that we can understand everything around us. nature, the wind the animals. spirit. because half our life is physical half is spiritual its a circle of life. in our life where ttouch does work as u are teaching me because of our connection to everything. even past present and future is one connection like our cells remember their perfection like a time cominium. where we understand everything. our cells remember thats because we are here for a reason.

11:54:24 From Barbara, iPad : purple

11:54:31 From Sage Lewis : Lime green, turquoise, orange!

11:54:32 From Joel Muller : green

11:54:34 From Saskia Blok : blue

11:54:34 From Sylvia Diane : red, white, blue, purple

11:54:35 From csuecr@hotmail.com : green and red

11:54:35 From Maureen : Phtalocyanine Blue and Phtalocyanine Green

11:54:36 From Eva Williams : Purple Turquoise and Yellow

11:54:36 From ruthevans : Pink and purple

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11:54:36 From Janella : red, greens, pinks  
11:54:37 From Larry : Orange  
11:54:38 From Barbara, iPad : aqua green  
11:54:39 From Rachel Novak : purple and blue  
11:54:40 From Alice : blue, green  
11:54:42 From elaine@animalbridges.com : purple and sky blue  
11:54:43 From Ruby : purple  
11:54:44 From Christine Dombroski : yellow and orange  
11:54:44 From Mattie Coll : Green and blue.  
11:54:45 From Sandy Rakowitz, TTouch-for-You : turquoise/ blue green, pink/ purple  
11:54:45 From Natalia Chybiak : Green, purple, yellow  
11:54:48 From gands : blue and green  
11:54:48 From Betty Queiro : black ang blue  
11:54:48 From marylou : Purple green  
11:54:49 From Ronna : blue  
11:54:50 From Elinor Silverstein, TTouch-For-You: pink red turquoise  
11:54:50 From Anne Bigi : purple, acqua green  
11:54:51 From Adrienne Brockway : Green orange maroon  
11:54:52 From Pat Hennessy : purple and orange  
11:54:54 From Denise : orange green  
11:54:55 From Janice : violet/perple  
11:54:56 From Jeff Spencer : sky blue green  
11:54:56 From Juel Duke : Orange and teal.  
11:54:58 From Elizabeth Eckert : Lavender, rose, peach  
11:55:08 From Catherine Seale : fusia pink but I wear a lot of blue  
11:55:08 From donna shugrue : TURQUOISE, PURPLE, PINK  
11:55:08 From Carolyn Nyland : red purple  
11:55:11 From Paula : purple orange  
11:55:18 From Lynn Baskfield : Turquoise, green, red/orange  
11:55:20 From randall zerangue : turquoise, violet  
11:55:35 From Simila Laiatici : White, orange, lavender, rose, torquese  
11:55:36 From Maureen : And Dioxycine Purple  
11:55:42 From Saskia Blok : turquoise, white  
11:56:10 From Martin Lasser : green orange yellow  
11:56:38 From Simila Laiatici : Grass green <3  
11:57:01 From Ruby : can she repeat that please  
11:57:03 From sally alasin : blue turquoise,

12:00:40 From Saskia Blok : my feet are very heavy now. I feel more whole  
12:01:02 From Sage Lewis : Happier heart!  
12:01:11 From ruthevans : lightheaded  
12:01:14 From Barbara, iPad : I feel a sense of hope  
12:01:14 From Janella : Feeling more hopeful  
12:01:25 From gands : feel more connected to the earth.  
12:01:28 From Ruby : Linda will you repeat the I am encapsulate in.... pls  
12:01:39 From Rachel Novak : my body and head feel lighter  
12:01:50 From Ruby : filled with light  
12:02:10 From Jeff Spencer : feeling grounded and expanded  
12:02:15 From Catherine Seale : I feel hot. I got less balanced bringing the energy from  
the universe to the earth  
12:02:17 From Maureen : Light, peaceful, grounded

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12:02:39 From Adrienne Brockway : more buoyant

12:02:39 From csuecr@hotmail.com : there are so many transformational being with us that we cant see but can if we use our intuition and are here to help us. legends like sasquatch that we dont need to feel fearful of but can connect w like light. our fairies, etc.... i feel full of light

12:05:18 From Catherine Seale : can I see the male fairy with the Raven I am raising two men I like to see the male energy

12:06:25 From Simila Laiatici : This light clean what in yoga we call our nadi (ida, pingala end Shushumna in the center) where our kundalini flow thru if this not blocked

12:06:29 From Sage Lewis : I have been spinning my cells and it feels FANTASTIC!! Mine are white with rainbows!!!

12:06:57 From Sandy Rakowitz, TTouch-for-You for those who felt dizzy, light headed, less balanced - breath into the earth more and ask the earth energies to assist you in harmonizing with Gaia Earth so you are feeling more grounded.

12:08:16 From ruthevans : Thanks Sandy

12:10:16 From Elizabeth Eckert : Very cool!

12:10:40 From Catherine Seale : Thank yoy Sandy

12:18:15 From Betty Queiro : I find quite amazing today, listening to Linda about how to overcome fear or go beyond. I shared this on the Facebook page with a photo of my safe place. Also amazing how at first, instead of the walk I was inviting my loved ones into my light bubble and then shifted to the walk. Linda has read my mind, or we might have connected through the heart hug

I'd like to share what I have been meditating for the last month and a half before bedtime. I go for a walk through the forest (like Linda takes us). A long this walk, which is my safe walk, I invite all my loved ones, animal and human loved ones, they invite their loved and this goes on and on and we end up on this beautiful beach. When we get to the shore , we hold hands, connecting all our love and we send it out to the world to feel. We do the heart hug together with the words I'm Sorry, Please Forgive Me, I Love You, Thank You  
I go there every night hoping it will make a difference. It definitely makes a difference to me

12:25:34 From User1 : Hi everyone...I am new here and had trouble hooking up...I am so happy to be here .

12:25:47 From Malia Kulp : my phone died, and missed the last exercise before the animal touch chart.

12:26:02 From Malia Kulp : spinning our cells?

12:27:15 From Sandy Rakowitz, TTouch-for-You So glad you are with us! Welcome! User1 - can you let us know who you are?

12:28:59 From ruthevans : Having done this journey today so far I feel so peaceful and grounded

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- 12:30:08 From Catherine Seale : Could you show us the Raven with the male fairy. I am raising two men and I like to see the male energy
- 12:30:25 From Catherine Seale : I might have missed it
- 12:30:32 From Sandy Rakowitz, TTouch-for-You: this handout is in the membership site and facebook group so ou can download it.
- 12:30:43 From Jeff Spencer : how do you spin the cells?
- 12:31:50 From randall zerangue : can you explain more about Forgiveness & the Horse Energy (Linda mentioned Syria i think?) please
- 12:33:20 From Sandy Rakowitz, TTouch-for-You: Jeff, Spin cells with Intention and visualizing, while holding the notion/idea/image to be connecting with the cells, asking them to all spin
- 12:35:18 From Jeff Spencer : Thanks
- 12:38:47 From Sandy Rakowitz, TTouch-for-You:  
**BOOK:** Healing Yourself with Ozone
- 12:39:46 From Simila Laiatici : Who write this book I mean the Author
- 12:45:16 From Lynn Baskfield : yes
- 12:46:05 From Sandy Rakowitz, TTouch-for-You:  
**BOOK** Jane Roberts Author - titles in book list
- 12:47:01 From csuecr@hotmail.com : this is what my son was asking me about why ttouch works... its connecting with that divine knowledge.. yes it makes sense. its everything. transformational. i learn something each class !!! that connects w what i learned . and am tryint to learn
- 12:47:44 From Sage Lewis : I have to go, but Heart Hugging each of you! Blessings on the rest of your day and see you next month!
- 12:48:08 From Sandy Rakowitz, TTouch-for-You Love you Sage! Blessings to you
- 12:48:33 From Maureen : Bye, Sage! TTYS!
- 12:51:33 From Betty Queiro : have to go
- 12:56:41 From randall zerangue : some people have drawn/sewn mouths on their masks
- 12:56:59 From Larry : How did T-Touch arrive with 1-1/4 circular motions as apposed to a continuous circular motion?
- 13:00:32 From Catherine Seale : i have a story on a dog
- 13:00:55 From Sandy Rakowitz, TTouch-for-You:  
**BOOK:** Emotional Intelligence - Daniel Goldman
- 13:00:57 From Valentina Lert : Would work around the eye sphincter do the same?



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- 13:03:50 From Sandy Rakowitz, TTouch-for-You: In our pilot studies on looking at the effects of TTouch on EEG brain wave patterns we consistently found Clouded Leopard TTouches and Heart Hugs balanced all brain wave patterns that the Limbic area of the brain was calmer. This balance for all brainwave patterns allows calming, and thinking vs fear reactions.
- 13:05:20 From big jyl : love this! I can't put my hands on humans, but when I do therapy dog visits I work on my dogs while he is sitting with (loving on) clients, the combo is lovely!
- 13:06:36 From Sandy Rakowitz, TTouch-for-You: We can show people how to do Ear TTouch, Heart Hugs, and the Basic TTouch quite readily. Many therapists do this, so effective and empowering.
- 13:12:23 From Natalia Chybiak : I can show you
- 13:12:30 From Natalia Chybiak : Llsa thought me
- 13:13:00 From Debby Potts : Thank you, Diane. This is so important. Staff in the nursing home I worked with had very similar results. With just a little instruction, the staff had a tool they could use at any time.
- 13:14:25 From Elinor Silverstein, TTouch-For-You: Oh my goodness, this wrap makes complete sense! She is wrapping all around the Vagus nerve branches and trigeminal nerve branches
- 13:16:48 From Mattie Coll : Loved it. I need to go now. See you again soon.
- 13:17:00 From Sandy Rakowitz, TTouch-for-You: For people with Traumatic Brain injuries, this wrap around may be too much. When I worked for a year in our pilot study with Traumatic Brain injuries, each person had to explore which wrap felt right for them. They consistently found that just around the forehead was enough, and they loved it with a tail off the back of the extra wrap.
- 13:17:49 From Elinor Silverstein, TTouch-For-You-Æ : Great and important to know, Sandy, thank you!
- 13:18:31 From Sandy Rakowitz, TTouch-for-You: You can usually purchase ACE bandage brand wraps 1, 2, 3 or 4,À from CVS and Walgreens online.
- 13:19:07 From Ruby : I love the colors.... where can you find the colors?
- 13:19:56 From Sandy Rakowitz, TTouch-for-You: Colored Ace Bandages are made by dying them.
- 13:20:10 From Debby Potts : The Ace Bandages are also available from Amazon. Get the ones with velcro rather than with the clips. Dylon Dye works well.
- 13:20:19 From Catherine Seale : Robyn Hood sells the colured ones on her web site
- 13:20:42 From Ruby : What is her website
- 13:20:56 From Sandy Rakowitz, TTouch-for-You: google ttouch canada

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13:21:33 From csuecr@hotmail.com : i love wearing a stretchy touque or a hat. i nicely fitting hat

13:23:04 From Anne Bigi : I need to let the dogs out and then will go to bed!  
Thanks everyone, Good Night!

13:23:43 From Denise : have to say bye, my dog needs her daily\_TTouch-evening session good night

13:23:47 From Saskia Blok : During a training we did a lift with a wrap at the base of my skull. Very lightly, but it made me very nausea then. What could be the cause of that? Some influence on the nervus vagus?

13:23:47 From Christine Dombroski : yes please, what is the website for the book?

13:24:00 From Elinor Silverstein, TTouch-For-You bye bye Denise :)

13:25:08 From Catherine Seale : All Wrapped up is also on Robyn website google TTOUCH Canada

13:26:44 From Debby Potts : <https://ttouch.ca/product-category/tt-bodyw/>

13:27:24 From Catherine Seale : I see the fear around me sometimes comes out as anger not me so much but in others

13:28:01 From ruthevans : Great class thank you have to go now as its 9.30pm here and I have to feed the horses xx

13:30:59 From marylou : Thank you everyone!

13:31:00 From Ruby : Many thanks to you all. Heart hugs

13:31:02 From Maureen : Blessing to you all! Until next month!

13:31:09 From Sylvia Diane : Thank you!

13:31:48 From Pat Hennessy : Love & Light to all! See you next month

13:31:49 From Saskia Blok : Thank you everyone. Off to bed now.

13:33:20 From Simila Laiatici : I loose your voices and the connection

13:33:48 From Juel Duke : Good evening, everyone! May we be together in less fearful times, next time,

13:37:19 From Larry : How did T-Touch arrive with 1-1/4 circular motions as apposed to a continuous circular motion?

13:37:33 From Debby Potts : Heart Hugs to all! See you next time!

13:37:46 From Elinor Silverstein, TTouch-For-You: we loooove you Debby!!!!

13:37:48 From Alice : what touches might best help a dog with an arthritic back leg?

13:38:41 From Rachel Novak: does it matter which hand you use? do you cross over sides? or do it on the same side? or does it matter? can you do both side at the same time, ie knees?

13:43:35 From Martin Lasser : Thank you all! HH



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13:48:20 From randall zerangue : maybe diffuse essential oils into the area could help

13:50:06 From Sandy Rakowitz, TTouch-for-You:

**BOOK:** Greg Braden's new book: The Wisdom Codes

**BOOK:** Love is Letting go Of Fear: Gerry Jomplosky

13:53:50 From Janella : Hope and magic? This webinar, THANK YOU! I really needed this today. :-)

13:57:55 From marylou : could you repeat the title and author

**AUTHOR:** 13:58:24 From Elinor Silverstein, TTouch-For-You Dr Kenneth Stoller

13:58:26 From Sandy Rakowitz, TTouch-for-You: Ken Stoller on Oxitocin how oxytocin helped him go on living after deep grief.

13:59:49 From Elinor Silverstein, TTouch-For-You: his book is called,

**BOOK:** Oxytocin, the Hormone and Healing and Hope,

14:00:29 From marylou : Thanks Sandy and Elinor

14:03:32 From Catherine Seale : please show me the Raven with a male fairy you have  
Please

14:04:19 From Allice : Thank you for this class. I'm off with my dogs now.

14:07:42 From Janella : I have to leave now. THANK YOU SO MUCH and BEST WISHES  
to ALL!!! :-)

14:08:03 From Sandy Rakowitz, TTouch-for-You: The recordings and chat, and the  
handouts will be in the membership site within a few days. Will include this after class  
recording also!

14:08:42 From Catherine Seale : Thank you

14:09:05 From Rachel Novak : thank you!

14:11:17 From Larry : Magnetic radio waves

14:15:00 From donna shugrue : Is this what they talk about now for the cell phone 5G  
Network?

14:15:12 From Sandy Rakowitz, TTouch-for-You: yes Donna

14:15:38 From donna shugrue : Oh, no!

14:19:52 From Catherine Seale : I would like to share

14:24:45 From Amy Gann Polinger : I have a question & comment about 5G

14:24:58 From Jeff Spencer : Can Ttouch be done as distance healing?

14:25:02 From ruthevans : No not unpleasant - cant unmute as having to use old  
technology at mo until new laptop arrives!! Got a lot going on though as I have bad eczema  
across whole body which is inflamed but doing ear work today has helped.

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14:29:18 From ruthevens : Heart hugs really help with the asthma to. I have a very active immune system because of allergies and histamine intolerance so visualising the cells is very helpful.

14:30:18 From ruthevens : Also at the end of the session felt very cold which was interesting.

14:32:34 From ruthevens : No not working sorry. Old computer.

14:32:48 From ruthevens : No havn't used prayer yet

14:33:00 From Elizabeth Eckert : I tell people changing an old pattern to celebrate noticing it when it happens! That indicates increased awareness which is awesome. ì†Ωì□Å

14:35:25 From Malia Kulp : Aloha: Thank you so much Must go for another call. Love, Light, Sound Blessings, Malia

14:38:35 From Elizabeth Eckert : Thanks so much for today's class!

14:43:50 From Catherine Seale : Humming I find helpful too for breath

14:47:26 From Sylvia Diane : Thank you!