

**Tellington TTouch-for-You®**  
**Cellular Wisdom**  
**Class 5-17-2020 - From Class Chat**

08:27:47 From Sandy Rakowitz, TTouch-for-You : Welcome Everyone!

09:55:19 From Diane Lade, Victoria BC : Diane Lade, Victoria BC, Feldenkrais summit

09:55:24 From Ruby Rubin : Ruby here from Maine and I came in through Ttouch

09:55:42 From Lois : I'm Lois in Mesa, AZ.....came from Feldenkrais.

09:56:10 From Adrienne Brockway : Adrienne from Cleveland Ohio... TTouch companion animal practitioner

09:56:29 From Teresa Cottarelli-Guenther : Hi, I'm a TTouch Practitioner TTouch 4Y, Horses and dogs from Switzerland

09:57:43 From Denise : I'm Denise from Germany, Munich

09:58:55 From Elizabeth Keith : I'm Elizabeth Keith from Scottsdale AZ

09:59:26 From donna shugrue : Weather always joins the fray!

09:59:52 From Hagit Vardi : Hagit Vardi, coming from Feldenkrais

09:59:59 From Lyn : Lyn from Grafton Ontario Canada

10:00:00 From Elizabeth Keith : I'm a Feldenkrais Practitioner and Bones for Life Trainer

10:00:03 From Pam Wanveer : Pam Wanveer from Silver Spring, MD

10:00:19 From Debby Potts : Hello from Newberg, Oregon!

10:00:20 From Juel Duke : Juel here from NC.

10:00:20 From Sylvia Diane : Sylvia, Massachusetts, Energy Medicine Practitioner, TTouch Fan!

10:00:24 From Maureen Murphy : Hi All!!! Maureen from NJ here! so happy to be a part of this and a TTouch Practitioner Student!

10:00:25 From moyraearnshaw : Hello I'm Moyra and I'm from Nairobi, Kenya

10:00:28 From Sherran's iPad : I am from Burnaby BC Canada. Fairly new to T Touch

10:00:29 From Cheryl B : I'm Cheryl B (Becker), Feldenkrais Practitioner since 1994; been following you, Linda, and finally happy to study directly with you!

10:00:35 From donna shugrue : Donna from Cape Cod, Massachusetts

10:00:38 From Mattie Coll : Hi from Richmond, VA. New to T-Touch but familiar with energy work.

10:00:43 From Cheryl B : Oh, Cheryl B, Lake Bluff, IL (north of Chicago)

10:00:45 From Liz Thompson : Hi Liz from London here, lovely to connect with you all!

10:00:45 From Sandy Rakowitz, TTouch-for-You : Sandy, from San Luis Obispo, CA

10:00:48 From Saskia Blok : Saskia Blok from the Netherlands. TTouch Pract companion animals

10:00:53 From Lyn : Lyn . New to TTouch. Heard about at Move Better Summit.

10:01:05 From Barbara's iPad : Barb: Wisconsin

10:01:29 From Lois : Lois....Hi Linda, I read one of your books many years ago when I was in a Feldenkrais Training.

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10:02:35 From donna shugrue : Donna - forgot to put I am a Touch Practitioner Level I. Real trouble with Zoom today according to others trying to use it.

10:02:51 From Jana Bobokova : Hello everybody, I am Jana, from Slovakia, living in Switzerland, I am new to Ttouch, I attended the Feldenkrais summit and heard about Ttouch and it fascinated me. I am a Gyrotonic trainer (but also very new). Looking forward to this class.

10:04:17 From Juel Duke : I also forgot to mention that I'm a P1 TTouch Practice for Companion Animals.

10:04:18 From Bruce Strickland : hi Linda, glad to join you. I do massage and am beginning to incorporate TT. good results already. Bruce Strickland

10:04:26 From Allice : Allice from BC Canada. New to TTouch. An Animal Reiki practitioner.

10:04:31 From jacquelinepierrefeu : Hello. I'm Jacqueline from Honduras. Am currently in Wellington Florida. I'm also new to TTouch.

10:04:40 From Juel Duke : and I forgot to say this is Juel!

10:05:11 From Lisa Leicht, switzerland : Hi Jana, Welcome ! I'm Lisa TTouch Instructor for companion animals and TTouch for You teacher in Switzerland ! Great to meet you !

10:05:51 From Mary Ann Wilkens : Thank you Linda, Elinor and Sandy. You are appreciated.

10:11:45 From Lisa Leicht, switzerland : lisa@lisaleicht.ch. Also on facebook. Please feel free to contact me.

10:16:52 From Sandy Rakowitz, TTouch-for-You : Lol, it has been 2 years of TTouch-for-You online!

10:20:21 From Janella : Hello, I'm Janella in Vancouver, Washington (north of Portland, Oregon), TTouch :-)

10:21:15 From Mary Ann Chicago IL : Mary Ann Wilkens Chicago IL - started TTouch journey in 1997. Love this work. info@holistic.energy

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10:22:46 From Sage Lewis : My TTouch journey began in 2002 and I've been teaching this amazing work for 18 years! [www.DancingPorcupine.com](http://www.DancingPorcupine.com); [sage@dancingporcupine.com](mailto:sage@dancingporcupine.com)

10:25:08 From Sandy Rakowitz, TTouch-for-You : Yes, I began 'automatic writing' in the late 1980's with many of these types of messages - soon after I began TTouch!

10:26:36 From Catherine Seale : I definitely have and I discovered the tissue was very tight at first but not now

10:26:47 From Mary Ann Chicago IL : I have started many meetings with heart hug to calm and set the tone. Students are amazed at how quickly they connect and calm.

10:31:55 From ann guhman, utah : use mouth and ear for self comfort and with my mule and donkey for calm while tacking up

10:32:12 From Barb: Bruce, Wisconsin : can you demonstrate the mouth t touch slowly?

10:41:15 From Sandy Rakowitz, TTouch-for-You : **The 9 Elements Mind Map is a handout in your membership site under handouts.**

10:43:06 From Elinor Silverstein : Anna Wise

10:43:21 **From Sandy Rakowitz, TTouch-for-You : Anna Wise - Mind Mirror - The Awakened Mind State**

10:43:52 From Janella : Thank you!

10:46:00 From Sandy Rakowitz, TTouch-for-You : **In the article on using TTouch for Self Help for Traumatic Brain Issues in the book All Wrapped Up for Humans - refers to the study about using Light Contact with Skin - a 2,000 person study. Excerpts from this article is in your handout section in the membership site.**

10:48:13 From Debby Potts : We have often talked about Linda being 20 years ahead of her time, in having so much of what we do validated with science years later.

10:48:33 From Sandy Rakowitz, TTouch-for-You : **If you want a copy of Cellular Wisdom, please email me your name and the state - or country you live in. We will determine the amount of shipping to your location and create a special order link. Book orders will take 3-5 weeks to get to you once your order is places. i will send out an email with this information as well.**  
[sandy@TTouchForYouOnline.com](mailto:sandy@TTouchForYouOnline.com)

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10:48:51      **From Elinor Silverstein : Linda and my book club, free to watch:**  
<https://www.youtube.com/playlist?list=PLQR18e4UTNx0nHbiqHvUOImiRggl4Q6hu>

10:50:54      From csuecr@hotmail.com : i just figured out how to use chat lol. its channelle from kamloops BC. just wondering what benefit you had of using 6 pressure for extreme pain of your arm .. re 9 elements: pressure vs 1/2 pressure

10:51:19      **From Sandy Rakowitz, TTouch-for-You : Joan C. King - The Code of Authentic Living: Cellular Wisdom**

10:52:49      From csuecr@hotmail.com : i used dr garry flint work to reduce emotional flooding while healing trauma. ie ask god to help to heal trauma aspect without emotional flooding so we can experience bliss while removing emotionalpain

10:56:53      From Ruby Rubin : I had a Trigeminal nerve attach twice yesterday Can I do this while in the midst of the episode? if I can work thru the pain

10:56:54      From Sage Lewis : This is SO exciting!!! I was pulled out by a forceps when I was a baby and my left side of my head near the ear is more sensitive, left sinus, left eye....and I'm also sound sensitive. Hooray!!!

10:56:58      From Lyn : I am noticing the thumb under the jaw and the fingers doing the 1.25 circle is lovely.

10:57:55      From Janella : left side is more implicated... not sure what that means...?

10:58:06      From Sage Lewis : Sinuses draining

10:58:49      From Lyn : Jaw feels much looser.

10:59:48      From Sylvia Diane : It also helps relieve TMJ

11:00:03      From Maureen Murphy : Wow. It isn't often that my ears aren't ringing, but they aren't right now!

11:00:13      From ann guhman, utah : i am sensitive to sound and light. i have been looking for ways to calm myself when i am trapped with sounds that feel penetrating. thank you so much for one more tool. also i have tinnitus so look forward to seeing how this helps

11:00:20      From Elinor Silverstein : yea!!!

11:01:00      From ruth evans : Thanks Elinor I have hyper hearing great tool xx

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- 11:01:20 From Elinor Silverstein : me, too Ruth, it's a blessing
- 11:01:31 From Rachel - Ft Worth : will that work for smell sensitivities, too?
- 11:02:16 From Saskia Blok : It's more quiet and even feels more focussed.
- 11:02:38 From Elizabeth Keith : It's probably releasing the fascia around the nerve sheaths
- 11:03:21 From csuecr@hotmail.com : wow i was going to ask about how to help with extreme sensitivity after ttouch this face injury. it was extremely over sensitive with ear pinging and top of my head overnerve functioning. now i feel so much relief!!!
- 11:03:54 From csuecr@hotmail.com : i feel like crying you help people sooo much thank you
- 11:06:16 From Anne Bigi : I have to leave, looking forward to the recording! Have a good night/day! xox
- 11:17:48 From Elizabeth Keith to Sandy Rakowitz, TTouch-for-You (Privately) : Sandy I could not find the 9 element hand out in the handouts on the website when I logged in.  
From Sandy - **The 9 Elements Handout** can be found in the Handouts section under class 3.
- 11:28:04 From Harper's Ipad : this was very helpful thanks
- 11:28:09 From Lois : do I use my thumb to get a deeper pressure?
- 11:28:13 From Nancy Randall : is it different over the bone than not?
- 11:28:34 From Laurence Hervouet France : is it Always in the circle from 6 to 9 or can it be from 6 to 3 ??? thank for your answer.
- 11:28:57 From Sage Lewis : I use Bear on my belly.
- 11:29:40 From Ruby Rubin : will it help with tic bites to avoid lyme?
- 11:29:51 From csuecr@hotmail.com : do u do ttouch on both sides of body to balance with same pressure?
- 11:31:55 **From Sandy Rakowitz, TTouch-for-You : You Can Fix Your Brain by Dr. Tom O'Bryan**

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- 11:32:56 From csuecr@hotmail.com : elinor you are amazing!!
- 11:33:30 From Pat Hennessy : You mentioned lowering blood pressure, are you talking about the Bear touch or TTouch in general?
- 11:37:05 From Harper's Ipad : one time you tried it on me wn
- 11:38:01 From Harper's Ipad : hen you didn't know that I have low blood pressure. you couldn't do it slowly
- 11:38:23 From Elinor Silverstein : right, Harper
- 11:39:34 From moyraearnshaw : How would you treat arthritis
- 11:47:52 From csuecr@hotmail.com : past life or pre birth perhaps
- 11:48:39 From Janella : works on a horse's hoof, too - inexplicably
- 11:49:01 From Sandy Rakowitz, TTouch-for-You : Weaving back and forth between the bod and off the body around injuries can feel so wonderful and is so helpful.
- 11:51:03 From Lois : is it incorrect to go past the 1/4 circle?
- 11:52:21 From Elinor Silverstein : you don't need to go further. But its not wrong but it can become something different also
- 11:53:29 From Mary Ann Chicago IL to Sandy Rakowitz, TTouch-for-You: I would love to hear more about Barbara Brennan experience. I trained in Donna Eden's Energy Medicine program - 4 year program. My understanding that the Barbara Brennan school is reopening
- 11:53:56 From Mary Ann Chicago IL : It's amazing with scar tissue as well.
- 11:54:09 From Sandy Rakowitz, TTouch-for-You : Lois, try it out and see what is your personal experience - it is so helpful to tune in and feel the responses of your body - and ask your cells, what is preferred.
- 11:55:06 From Carolyn Nyland : What was that book you use mentioned?
- 11:55:11 From Sandy Rakowitz, TTouch-for-You : Mary Ann, the Barbara Brennan School has been open. I am happy to speak about it -

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11:55:51 From Sandy Rakowitz, TTouch-for-You : I just gave a Healing Medicine and Disease Lecture two weeks ago for the school.

11:58:40 From Sandy Rakowitz, TTouch-for-You : **Dr. Fritz Alfred Popp**

11:59:27 From Saskia Blok : Does TTouch help with hayfever? Any suggestions for TTouches?

12:01:48 From Catherine Seale : My understanding is that the cells know their job but they also know the jobs of every other cell in the body

12:02:24 From Nancy Randall : Is TTouch okay for cancer patients?

12:02:24 From Lois, TTouch-for-You : should my head be still when I am doing circles on my head / neck?

12:06:12 From Lisa Leicht, switzerland : I have to leave . I 'll be watching the last hour one the recordi;g. Thank you all, good night.

12:07:48 From Denise : @linda: You said you see the light in the cells and I would like to know: When you make the touches then you see the light does it go into the cells or does it come from the cells? Unfortunately, I can't see it.

12:08:50 From csuecr@hotmail.com : just read your enews article regarding nature returning to the city. i agree its so beautiful!!

12:12:09 From Lynn Coleman : I have a question about restless leg syndrome and how to help or reduce

12:15:17 From Barb: Bruce, Wisconsin : I get headaches, do the ear t-touches, they reduce but when I stop, they come back.

12:16:15 From ruth evans : Barb I find hair circles with the hair and then down to the end also helps with my headaches too

12:17:01 From Barb: Bruce, Wisconsin : oh good! I'll try that. I have one right now.

12:18:14 From Mary Ann Chicago IL : I do TTouch along the seam across the top of the head and down to the top of the spine to relieve headaches

12:18:21 From Adrienne Brockway : I have used raccoon touches on brown recluse spider bites on myself (twice) and this past week on one of my dogs who got a bite on the back of her hock.

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12:20:03 From Catherine Seale : I was part of the Tea time discussion at the Feldenkrais summit . The day Linda spoke and from that day on everyone was talking about it and one person that night helped their partner with MS who was having a very painful spasm and totally helped her

12:20:26 From Barb: Bruce, Wisconsin : Wow! the hair circles are helping! I'll also try the top of head to spine. Thank You!

12:22:18 From Jana Bobokova : What is your experience with headaches and Ttouch? Sometimes I get really bad head ache - it feels like the pain originates in the middle of the head and spreads to the surface in all directions to almost "explode"

12:22:40 From Sage Lewis : Ear TTouches for headaches are an amazing help!

12:23:09 From Sylvia Diane : The sensations from the neck touch were different between the areas of existing thyroid and the area where part of the thyroid was removed. The removal was in 1980 and there's still residual discomfort, which can now be released.

12:27:04 From Saskia Blok : When you work on the other side of the body do you then imagine working on the other (hurtful)side? Or do you just do the work and the body takes it to the other side?

12:27:46 From Barb: Bruce, Wisconsin : Ear TTouches weren't helping but when I moved to hair circles down to the end it helped and touched also some deep emotional response/release

12:28:39 From Elizabeth Eckert : We can affect the entire body alignment by affecting the cranial fascia in a targeted way -- reflected in Paul St John's cranial work, which I have been practicing since 1994, until recently interrupted.

12:29:06 From Elinor Silverstein : so awesome!

12:52:47 From Cheryl B : Silence. Thank you.

12:53:09 From Malia Kulp : "you are doing great, dear one. feel how much has shifted." I focused on my hips. central core. thank you.

12:53:16 From Rachel - Ft Worth : I felt at peace. I even had tears in my eyes.

12:53:34 From Liz Thompson : "sunlight,brilliance, peace'






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- 12:54:19 From Debby Potts : "Remember who you are. It was great to feel the connection with the group too.
- 12:54:34 From Lyn : "Believe in yourself"
- 12:54:58 From Teresa Cottarelli-Guenther : gratitude, peace and hope
- 12:54:59 From Sage Lewis : Gratitude
- 12:55:04 From Mary Ann Chicago IL : When you went into the woods, what struck me was I was walking with the trees ....not beside them. Courage to believe. A strong message of appreciate my health, recognize the miracle of my body and we are all part of it all.
- 12:55:21 From Catherine Seale : My neck was what I painted Red. In pain from an injury I thanked the cells for doing such a good job for me. a Red fox came and wrapped himself around my neck
- 12:55:48 From Mattie Coll : Mattie- Stay open to the connection.
- 12:56:08 From Maureen Murphy : Peaceful - Connected
- 12:56:08 From Lois: my horse, Pepsi, nodded his head.....threw it up and down.....and rubbed/ scratched / pushed against me. Then, he turned into...or I saw....a white glowing Unicorn.....rearing and nodding to me.
- 12:56:42 From Barb: Bruce, Wisconsin : A dog named Kuma who I have been communicating with came and told me to keep on doing this work(animal communication) as it's very important.
- 12:57:07 From Barb: Bruce, Wisconsin : My eyes are happier.
- 12:57:42 From Saskia Blok : Be you. Speak out. Connect. We are here. The trees were talking. So many animals from during my life were there. The left part of my body is working less good. I gave it attention now, and coloured it orange,felt warm and more connected now.
- 12:57:56 From csuecr@hotmail.com : this was a very sacred experidnce. i saw a white unicorn and the u i
- 12:58:02 From Denise : everything I do feels right
- 12:59:31 From csuecr@hotmail.com : i saw a white unicorn and she said wrap your hands into my mane. i loveyou. iwill never leave u

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- 13:00:26 From Sage Lewis : Heart Hugs to all of you!! I need to go play outside now! Gratitude!!!
- 13:02:03 From Mattie Coll : Thanks everyone. I need to go. See you again soon.  
Mattie
- 13:02:16 From Elinor Silverstein : see you soon Mattie
- 13:03:08 From Françoise : My cells said it is our role to get together assembled. We are glad to be seen and be with you for your life. We Don't ask any thing but we are so happy to be given attention and smile.
- 13:04:24 From Saskia Blok : Thank you all. Have to go, early to work tomorrow.
- 13:04:35 From Elinor Silverstein : hugs, Saskia
- 13:04:58 From Saskia Blok : hugs to you too xx
- 13:06:28 From Malia Kulp : Yaaaaaayyyy!!! Happy Birthday Linda!!! 🧡💖💖💖💖  
💖💖💖
- 13:06:55 From Hagit Vardi : **What time are the meetings on Tuesday?**  
**11am Pacific**
- 13:08:06 From Melinda Murphy : will it be recorded? Yes.
- 13:11:11 From Malia Kulp : I had a headache for two days. feel it was energies. Ah ha! forgot the ear. thank you. reminded.
- 13:12:46 From Sandy Rakowitz, TTouch-for-You : **If you are not on Facebook, and want to ask questions, email Kirsten@TTouch.com**
- 13:13:52 From Eleanor Chan : Thank you very much.
- 13:13:53 From Debby Potts : Much love and Heart Hugs to Everyone. See you next time!
- 13:14:07 From Pat Hennessy : Blessings to everyone! I have to drop. See you next month.
- 13:14:15 From Elizabeth Eckert : Thank you!

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- 13:14:34 From Teresa Cottarelli-Guenther : Thank you Linda for this wonderful moment!
- 13:14:54 From Betty Queiro : Blessings for all. I feel really really blessed for connecting with you   
- 13:15:13 From Liz Thompson : thank you all, much love and gratitude
- 13:15:45 From Lynn Coleman : Can you answer the way to reduce restless leg syndrome?
- 13:16:01 From Françoise : Thank you very much. I have to go to bed. It is 22h11in France. A lot to do tomorrow.
- 13:16:41 From Lynn Coleman : I will need to leave, thank you.
- 13:16:52 From Françoise : Thank you very much. I have to go to bed. A lot to do tomorrow. Take care of you.
- 13:17:13 From Denise : I have to say good night, for me it's late and my dog is waiting for their Evening- TTouch session. Thank you Linda and all and a nice time for everyone.
- 13:19:09 From Amy from Maryland : With the Bells Palsey, did you find a connected opposite "mirror" spot anywhere?
- 13:20:45 From csuecr@hotmail.com : i have to leave to pick up my daughter . love n light! wishing to see u tuesday
- 13:23:37 From Jana Bobokova : Linda, about the Q&A session on Tuesdays, we exchanged shortly via email about whether it would be possible to delay it by 30 minutes (due to the overlaps with the course by David - maybe it affects more of us) - could we possibly start at 11:30am Pacific Time?  
We will have the class at 11am pacific.
- 13:24:30 From Elinor Silverstein : Jana, which course by David, (who?)
- 13:25:03 From Liz Thompson : Goodnight from Hackney, London, thank you all. Will be sharing your gift and revisiting the forest again later, it was magical
- 13:32:04 From Nancy Randall: Is a stroke considered a TBI? - Yes.

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13:35:55 From Amy from Maryland to Sandy Rakowitz, TTouch-for-You: HI... and these AMAZING and life changing improvements were as a result of ttouches??????  
Yes.

(I've had a lot of head trauma- so personally interested as well as interest for others)

13:37:01 From Sandy Rakowitz, TTouch-for-You : **DVD's though the Upledger Institute called: Strolling Under the Skin - Fascia in Surgery; And another called Interior Architecture - exploring Fascia**

13:40:24 From Rachel - Ft Worth : Has anyone worked with an EDS (Ehlers-Danlos Syndrome) patient?

13:41:23 From Mary Ann Chicago IL : There is so much power behind the statement of "remember your perfection"

13:45:30 From Andrea Sattler Pferde D : thank you very much much for the wonderful lecture and meditation Linda. I appreciate it a lot. Heart hug to every body  
Good night

13:45:43 From Joy Morris : For people who get irritated by doing the body blessing - what would you suggest?

13:46:27 From Amy from Maryland : I have a question about facial & head touches

13:46:58 From Rachel - Ft Worth : Yes, thats the type she has!

13:47:32 From Mary Ann Chicago IL : I use TTouch when working on meridians...it makes things happen faster and gets energy moving. It is amazing to see how acupressure points react to a TTouch.

13:48:25 From Maureen Murphy : Thank You All! very much enjoyed this time with you! Must go!

13:51:31 From Maria Zandstra : Bye to every one, I learned so much. I enjoyed being with you all from over the world. Love.

13:51:32 From Ruby Rubin : I had a trigeminal neuralgia episodes twice yesterday  
When It is so painful what do you suggest in the moment

13:52:23 From Janella : Amy said she I has a question about facial & head touches

13:53:05 From Lyn : Thank-you so much for this. The changes during this class have been noticeable.

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13:54:10 From Laurence Hervouet France : Hve you work with people with multiple sclerosis ?

13:55:26 From Teresa Cottarelli-Guenther : Thank you Linda, Sandy and Elionar, for this meeting, it was so helpful to me to go through a very difficult time, my huspand is back from hospital. I wish you all a good time, looking forward for the next time. With a HeartHug

13:55:49 From Elinor Silverstein : bless you Teresa

13:57:17 From realjuel : I need the knee info, too, please! Juel

13:59:35 From Mary Ann Chicago IL : Linda did some amazing work on the knee when she was in Chicago a few years back. The woman could barely walk and Linda worked on her knee and reminded her to remember her perfection. Linda worked around the knee, then on the knee. Probably about 15 minutes...and the woman was able to stand up and walk comfortably. Reminding the cell of its perfection was amazing.

14:00:52 From Betty Queiro : I use hair slides for my migraines. Amazing!

14:01:11 From realjuel : Must go! thank you all for this time.

14:01:48 From ruth evans : Thia

14:01:50 From Ruby Rubin : would the hair work help TN??

14:02:07 From ruth evans : this is great for my migraines

14:04:06 From Betty Queiro : Amy, There is a video of hair slides on utube. I think it's on Elinor's channel. very useful to watch

14:04:38 From Betty Queiro : Amy, There is a video of hair slides on utube. I think it's on Elinor's channel. very useful to watch. It's Linda doing hairslides on someone.

14:05:36 From Sandy Rakowitz, TTouch-for-You: **If you are not on Facebook and want to ask questions, please email: Kirsten@TTouch.com**

14:08:43 From Lois to Sandy Rakowitz, TTouch-for-You: how do I not be too empathic? take on too much? Lois

14:08:45 From Sylvia Diane : Great session! Thank you.

14:12:03 From Amy from Maryland : The vet looked SOOOOO GRATEFUL

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- 14:12:27 From Amy from Maryland : PLEASE repeat the bubble quote...Thank you
- 14:12:35 From Mary Ann Chicago IL : Can you type those words into the chat?
- 14:21:46 From Mary Ann Chicago IL : Bubble light ...words please
- 14:22:27 From Janella : Thank you SO MUCH, Linda, Sandy, Elinor!!!
- 14:25:17 From ruth evans : Thank you for an amazing session will have to say good night at its 10.30pm here Pembrokeshire UK and the horses must have their evening hay!! xx
- 14:28:47 From Hagit Vardi : Thank you! See you Tuesday
- 14:35:07 From Mary Ann Chicago IL : Love this....Thank you
- 14:35:18 From Diane Lade, Victoria BC : Wonderful inspiration and experience today!Thanks so much, Linda and all - see you Tuesday, or soon!
- 14:37:00 From Betty Queiro : Can you help someone who doesn't really believe in the infinite wisdom of our body ? 🤔 I'd love to help my mum who has a lot of aches and pain due to arthritis, osteoporosis...
- 14:38:41 From Sandy Rakowitz, TTouch-for-You : Yes Betty! You hold the intention.
- 14:39:23 From Betty Queiro : ahh,ok 😊
- 14:44:59 From Jana Bobokova : it was definitely worth staying up almost to midnight! thank you very much and looking forward to Tuesday! good night and heart hug
- 14:45:31 From Betty Queiro : will try to be there
- 14:46:03 From Betty Queiro : 🙏🌈💜