



Cellular Wisdom Decoded
Class 1, July 26, 2020

09:39:10 From Deke's : Hi Donna Karras from Sioux Falls South DAKota
09:39:40 From Deke's : Deke is Donna Karras

09:41:33 From Sandy Rakowitz : HI Donna! Welcome everyone to Cellular Wisdom Decoded.

09:42:12 From Sandy Rakowitz : PLease let us know where you are from, what bring you to TTouch, and If you are new, how did you hear of us?

09:47:27 From Claire : Hi everyone, I'm Claire from France. I discovered TTouch by coming upon a book on a second hand book stall in Amsterdam! It was so timely as only a couple of weeks later my very dear cat fell ill and it helped me accompany her through her last weeks. I have just adopted a very nervous rescue cat and am using it with him. I have also suffered a lot from migraines and I am sure there's a way out of it...

09:51:37 From Karan : Good morning from Alberta Canada. New to TTouch, looking forward to learning.

09:52:04 From Lisa Hoskins : I'm Lisa Hoskins, from Berkeley. I'm a Feldenkrais practitioner and originally was introduced to TTouch for my dog (who is joining us today)

09:52:23 From Karan : found it via facebook

09:52:38 From Adrienne Brockway : Adrienne Brockway from Cleveland, OH... I am a companion animal practitioner and have been attending these TTouch For You zoom sessions since their beginning

09:52:45 From DAWN Kelley : Hello to all! Dawn Kelley from Connecticut,USA.

09:53:03 From Marge In AZ : This is Marge in Phoenix, AZ. I went to my first T-Touch class 20+ years ago. I've followed along casually since then.

09:53:55 From Paula Josa-Jones : Hi Linda, Paula is on!

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09:54:43 From Elaine Garley : Elaine Garley from Prescott AZ. Marge there are several practitioners in Prescott.

09:55:03 From Pamela Beets : Hi everyone! This is Pam Beets, from the Denver, Colorado area. i am a Feldenkrais Practitioner and TT led me to take a Feldenkrais training inhale 80”s. I mainly do TT with horses and my Feldenkrais clients.

09:55:16 From Deke's : donna karras from Sioux Falls, I had two weeks of classes with Linda when I lived in Colorado. I don't have a camera right now.

09:55:31 From Ruby Rubin : Hi All, So wonderful to be here with you again. Ruby from Maine

09:56:43 From Paula Josa-Jones : Paula Josa-Jones from Kent, CT

09:56:56 From Elizabeth Keith, Phoenix AZ : I'm Elizabeth Keith from Scottsdale, AZ

09:57:18 From Denise Müller : Hi Denise from Germany, Munich

09:57:21 From Friedel Brunner : Friedel brunner from Geneva switzerland

09:59:28 From Donna's iPhone : donna Shugrue from Massachusetts

10:00:27 From Dana : Hi Im Talia /shafir, I just registered today and am sitting with Dana at the moment

10:00:41 From yonah gershator : hi from noo yawk...

10:00:50 From gretchen langner : From the Feldenkrais Summit-

10:00:57 From Dana : Paula let us know about this!

10:01:32 From Charlotte Walker : Hey Donna, Charlotte Walker from Jurassic Coast, Isle of Purbeck, Dorset, England

10:01:32 From Chrish Kresge : My name is Chrish and I love and live in Washington, DC

10:01:32 From Sarah Hauser : Sarah in nyc 🐱

10:02:01 From Linda : Hi, everyone from Irvine, CA. Linda Claire

10:02:08 From Kathleen Jorden : Hello, Kathleen from Alberta Canada. So happy to be here!

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10:03:01 From iPhone : Hello from Renee in Minnesota!!!!!!💖💖💖

10:03:21 From Juel Duke : I'm in North Carolina.

10:04:49 From Elinor Silverstein : Hello Kona, her mic is part of her ear set. I don't think she can move it further away

10:05:47 From Morgine Jurdan : I just wanted you to know. the link never worked for me. I had to open the zoom app and input the meeting I'd and pass code in case others have problems. Had to do it yesterday too.

10:11:54 From Charlotte Walker : Hi I come from the Animal Healing & Eco-Therapy World, I was told I looked like I was doing TTouch with my Dog but I wasn't, I just did it intuitively. Then I did a CPD Workshop with Toni Shelbourne in England. Then I went to the website and signed up for this course and the Intro to TTouch for Dogs. I have volunteered with my Therapy Dog in a Nursing Home and know how valuable this can be. I have also Healed myself from Fibromyalgia. I am Happy & Excited to be here! :) xxx

10:25:24 From Victoria Ahrens Dorf : Sorry her poem is hard to read. can it be posted here please?

10:26:20 From Sandy Rakowitz : The Message from the Fig Tree is in your membership site as a handout under Cellular Wisdom Handouts.

10:26:34 From Victoria Ahrens Dorf : thank you! yum!

10:47:07 From Karan : left hip and lower back needed the loving. Feels open more.

10:47:16 From Marge Haberman : I cried when I saw all of my animals again. I was surprised that I like my shoulders and face

10:49:28 From Denise Müller to Sandy Rakowitz (Privately) : Hi Sandy, Kirsten wrote to me that the mails might have gone into my spam Folder. I checked it, but there was Nothing. I have another E-Mail address, Maybe it works better: info@tabmilia.com

10:53:00 From Victoria Ahrens Dorf : I cried too, when I saw my animals who have passed. Had CoVid and pretty vicious aftereffects... this was helpful.

11:00:15 From Charlotte Walker : Gretchen-Do you have a Cat? Their Purr vibration will heal you. My Cat healed my broken finger in 11 days!!! The surgeon couldn't understand why my bone healed so quickly!

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- 11:00:48 From Elizabeth Keith, Phoenix AZ : The vibration of a purring cat is the same vibration for building bone cells
- 11:01:14 From yonah gershator : yes, which is also why trager and bones for life is so great
- 11:01:15 From Charlotte Walker : Elizabth-yes it is! I did an essay on it!
- 11:17:55 From Paula Josa-Jones : I find also that a somatization with each of the lobes of the lung and the pleura as well as the juncture of the lobes can be helpful.
- 11:23:15 From Ferry C. Sudirga : Can you suggest some reading about this relationship of 1 1/4 circle and the golden ratio?
- 11:24:11 From Sandy Rakowitz : this is the leading edge of this work. we have not yet written about the golden ratio and 1 and 1/4 circles!
- 11:24:14 From csuecr@hotmail.com : so ur talkiming genetic disorders?
- 11:24:20 From yonah gershator : so when you do the circle, it activates the entire system...the entire garment of the skin reacts...everythings reacts...
- 11:24:48 From yonah gershator : it's like throwing a stone into the water...and the ripple effects
- 11:27:03 From Sarah Hauser : paula can you explain what you mean about somatizatiion of the lobes?
- 11:27:18 From Victoria Ahrens Dorf : THANK you, Linda, for your courage to talk about cells early on!
- 11:28:31 From csuecr@hotmail.com : so when the genetic defects come out after being mutated by nuclear isotopes from nuclear reactor disasters perhaps with light the cells that are genetically damaged can be healed? because thats comi g two generations ahead
- 11:33:21 From yonah gershator : is tellington touch used in hospital settings? or accepted by the medical community?
- 11:34:29 From Kathleen Jorden : Eight years ago I had a profound experience where I believe I encountered the light from within. I was camping out in a tent in a field with no electricity. I was awakened about 2am in the morning by a light in my tent. I was sharing to tent with my then spouse. I looked over at him and he was sound asleep. I remember looking around to see where the light was coming from and realized it was coming from the centre of me. I felt so peaceful, it was the me, who

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really was without all my stuff. It was the most beautiful loving present moment experience. I did not want to go back to sleep, I wanted to stay in that light.

11:36:17 From Kathleen Jorden : I also had no pain during that encounter with the light.

11:36:33 From Kathleen Jorden : Perfect Love casts out all fear. from the bible

11:36:38 From yonah gershator : can you address the question re how this work is accepted by mainstream

11:37:56 From Elinor Silverstein : Kathleen, so beautiful. I have woken up a few times with the light also waking me and realised it was not from outside me. Wow, wonderful your realisation and experience :))!

11:44:25 From Kathleen Jorden : I was attending a workshop and the next day the instructor kept looking at me through out the day and then asked me in front of about 70 participants if I had had a profound experience. I asked why. He said because all day you have had a white light around you and it is very bright. Many of the other participants turned and nodded that they saw the same thing. That Light experience inspired a poem called Waiting for Me July 26/12

Light from within illuminates this space,
I Am, the presence that shines in this place.
Hearing the music clear as a bell,
Heaven inside me where once there was hell,
No hope for the future, no peace that would last,
Seemed like forever I was stuck in my past,
I have been waiting, waiting for me,
To stop all my doing and begin to just be,
Present from this moment, I am home to stay,
I Am that I am and I like me this way.

11:44:33 From Kathleen Jorden : Quiet transformations, blossoms on the vine,
The song I am singing is finally mine.

My heart speaks louder than any other voice,
A curse or a blessing, I've made my choice,
Space on the inside, there is room for me,
Letting go seems easy, forgiveness is key,
New hope for the future, not stuck in my past,
I have found freedom and a peace that could last,
I'm no longer waiting, waiting for me,
To stop all my doing I have begun to just be,
Present in this moment, I Am home to stay,
I Am that I am and I love me this way

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11:44:47 From Denise Müller : dr. popp means the body or better the cells produce here own light, because they need it to transport the information from cell to cell. for this Information-Transport they need the interference (overlay) of light-shafts that the right Information Patterns are formed. If this interference is disturbed than can the mechanical 1 and a quarter as an energetic impuls help the cells to find back in the healthy own frequency

11:46:25 From Victoria Ahrensdorf : And, when I was in the forest, and began to outline my body... I was outlining my thinner body... my more natural shape. Nice.

11:48:08 From Victoria Ahrensdorf : My face and jaw wildly tight since CoVid19... I have done some circling... but now see I can/will refine how I do this... and, work with light... any suggestions or meditation/focus would be much appreciated.

11:50:32 From csuecr@hotmail.com : i was so scared for u. i didnt want to lose you elinor. thank God you are well.

11:52:57 From Deb B : So many of us were praying for you Elinor and sending you strength and love.

12:00:44 From yonah gershator : I just did a workshop with Deborah Bowes on touch for well being and interesting of some of the similarities...

12:03:56 From yonah gershator : can you repeat the ear finger position again please?

12:04:49 From Kathleen Jorden : what is a beamer? What does it do?

12:05:46 From Charlotte Walker : This is sooo interesting because when I used to have Fibromyalgia Flare Ups I would burn up and I would wrap myself in a heated blanket and sweat it out, and I would imagine undoing my pains, and switching areas of in my Brain to release (I was later told this is Self Hypnosis. The Immune System Response is key! That Head issue I used to get and also your face work. I am sure this virus has such similar symptoms as Fibromyalgia!!! Wow what a Story!!! So wonderful to hear and so glad you are Okay. Love & Light xxx PS Anyone else with Fibromyalgia have you experienced the same? This is important as loss of appetite and smell linked to Vit Def and very common in Fibromyalgia patients! As well as Intense Fatigue, Pain, Brain Fog etc etc.

12:05:56 From Jacqueline de Pierrefeu : I wish I had known TTouch 17 years ago when I had SARS. It would have helped enormously.

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12:06:36 From Sage Lewis : Eleanor, I knew you were healthy when you asked for a latte. :)

12:06:39 From Victoria Ahrens Dorf : I was VERY grateful for my BEMER while I had CoVid at worst... the 3rd week was the worst for me with breathing...this is 4.5 months now that I am not recovered completely.

12:07:34 From yonah gershator : please info re the ear again?

12:11:33 From Deb B : My Aunt was hospitalized with covid and on a ventilator. We weren't able to be with her obviously and there was no positive change. I connected with her energy and didn't see any light, but I felt a heavy, still energy and fear. She wanted someone she loved with her. I held space for her and I did ear TTouch and TTouces around her lungs imagining she was in front of me. I worked until I felt to stop. Each time I thought about her and checked in, I would do more - for two days. I felt her fear melt away, I felt her energy become lighter and more relaxed. The third day I felt like I shouldn't do any TTouch so just held space. I felt like her body was catching up. I found out later they had been able to take her off the ventilator for short periods of time that day. Throughout this process, I felt the TTouch and intention

I sent her allowed her body to find light and strength again. She came off the ventilator. After several more days, she woke up.

12:12:57 From Deb B : Unfortunately, she did pass away - her heart was already not strong, and I believe the strong medications they were using were too much. But I believe she passed at peace and feeling no fear and that she wasn't alone because of the gift of TTouch during this time. It was a blessing to us when we could not be together with her.

12:15:46 From Victoria Ahrens Dorf : Deb, thank you for sharing this. I will do this with my mother. I have been singing to her on the phone and other times... I will do TTouch... she is dying and isolated due to the pandemic in a REhab facility. I had my one allowed day with her late May... the intensity of preparing for travel and the 2,000 mile drive set me back considerably.

12:17:03 From Deb B : Victoria, I hope TTouch can help you connect with your mother during this time. Sending you and your mother peace and blessings.

12:17:41 From Kathleen Jorden : That is so beautiful Deb. Thank you for sharing.

12:18:32 From Charlotte Walker : Bless you Deb B, thank you for sharing with us
xxx

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12:18:35 From Sandy Rakowitz : **In becoming an affiliate member** you are rewarded with a 20% commission for each who registers using your unique affiliate link.

Once you register as an affiliate, you'll receive sample emails, social media posts, and graphics that you can send to your friends, colleagues and to your email lists.

Click the link below to get more details and register as an Affiliate for the TTouch-for-You Online Program: Cellular Wisdom Decoded:

<https://www.ttouchforyouonline.com/affiliate/>

Contact Kirsten@TTouch.com or Jodie@TTouchforYouOnline.com with any questions

12:23:39 From Sandy Rakowitz : So beautiful Deb. I am so sorry for this loss. and, how beautiful you were able to connect with her in this way and be so present with her. So moving and touching. Thank you.

12:24:36 From Sandy Rakowitz : Victoria - let's bring this into the 'after class.'

12:25:35 From Elinor Silverstein : Dear Deb, thank you for sharing your aunt with us. Wow, she was so gifted with you working with her like you did. Bless you.

12:31:23 From Charlotte Walker : WOW Kathleen Thank You for sharing xxx

12:32:32 From Glen Stephen : I can't seem to find a suitable link to The Golden Circle apart from many references to Simon Sinek

12:34:18 From Sandy Rakowitz : All the books referenced in class are in a handout in your membership site under Cellular Wisdom Handouts.

12:34:44 From Sandy Rakowitz : HearthMath Institute - Heart Coherence

12:35:56 From Elinor Silverstein : Dr Rollin McCraty from the HeartMath Institute is going to be the Feldenkrais Guild of North America Conference Keynote speaker Sept 11th.

12:36:21 From Elinor Silverstein : He is the researcher who teaches about Heart Coherence and Global Coherence

12:37:26 From Sandy Rakowitz : The 9 Elements is a handout also in the membership site.

12:38:00 From Chris Haggard | Washington, DC : 👍

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- 12:40:47 From Ferry C. Sudirga : Can you indicate how much pressure is 10?
- 12:47:19 From Victoria Ahrens Dorf : The liver is the largest organ of the body... if I remember correctly weighing 7 or 8 pounds... please correct me if that's wrong. Fantastic info in the book Liver Rescue by Anthony William.
- 12:47:50 From Elinor Silverstein : the skin is actually the largest organ. But, yes, the organ is large
- 12:48:41 From Victoria Ahrens Dorf : Oh, of course! lol thanks! Sandy's info is a beautiful!
- 12:58:32 From Kathleen Jorden : I think GRACE is part of the experience of the light - it is sacred and healing - the dictionary defines GRACE as unmerited (unconditional LOVE) divine assistance given to humans for their regeneration or sanctification
- 12:59:01 From csuecr@hotmail.com : so when u spial into form ur spiraling into the fear imagining vibrance and this increases the light?
- 13:01:14 From yonah gershator : Thank you Sandy...the minute I put my hands on liver, i burst into tears...everything you said made total sense and resonated completely. I have so much on my plate and this really had me rethink some things.
- 13:01:48 From Sandy Rakowitz : Ahhh, Yonah....blessings
- 13:02:34 From Teresa Cottarelli-Guenther : thank you Sandy !
- 13:04:34 From Deb B : I love that! I welcome a sense of vibrancy in my liver! Empowering!
- 13:07:15 From csuecr@hotmail.com : i think its called the fibinochi sequence or something like that
- 13:08:05 From Victoria Ahrens Dorf : Sorry I need to get on another seminar.
- 13:08:26 From Elinor Silverstein : love to you Victoria
- 13:09:02 From Victoria Ahrens Dorf : Love and blessings to you all. Blessings Abound!
- 13:09:45 From Charlotte Walker : I feel I am carrying the Fear of Others being an Empath so I am okay but sometimes it is hard holding other peoples Fears!

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- 13:09:47 From csuecr@hotmail.com : i was wondering about gamma state thank u
- 13:10:19 From Deb B : Is this the second class? Was there a class last week?
- 13:10:59 From Sandy Rakowitz : This is the first class of the four months for this program Deb. We had a previous program that ended in June.
- 13:11:05 From Glen Stephen : Thank you Linda I have now found The Golden Ratio :)
- 13:11:11 From Sandy Rakowitz : For Cellular Wisdom Decoded.
- 13:12:01 From Sandy Rakowitz : Please do share in our Facebook group. Share your experiences, you're doodles, journaling.
- 13:12:07 From Deb B : Thank you, Sandy. I was hearing references to a call that was on Tuesday and thought they were connected.
- 13:12:34 From Pamela Beets : thank you Linda, Sandy & Elinor! :)
- 13:13:44 From Jean Stoner : When will this class be available to watch again from the beginning as I missed the first part. Thanks
- 13:14:11 From Jean Stoner : Is the first
- 13:15:35 From Morgine Jurdan : divine proportion <https://jain108academy.com/>
- 13:16:30 From Sandy Rakowitz : the recordings will be available sometime this week in the membership site.
- 13:16:34 From Jean Stoner : Is the first 'cellar wisdom' class available for watching with registration for this class, as I feel like there are things I am missing? Thanks
- 13:17:18 From Sandy Rakowitz : the entire Cellular Wisdom Library from the previous program is included in the membership site. Have fun Diving In!
- 13:17:36 From Deb B : What a beautiful soul Griffin is - and how fortunate to be part of Linda's family. He will bring so many blessings to them!
- 13:18:56 From csuecr@hotmail.com : ohhh Linda we are so so happy for u

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13:23:44 From Ferry C. Sudirga : Can you share some guideline about how to vary the pressure and time of the 1 1/4 circle?

13:25:44 From Kathleen Jorden : Listening though your headset helps

13:29:00 From Jean Stoner : Thank you Sandy! I can't wait to find them!!!

13:29:10 From yonah gershator : there is the situation of touch hunger now with this covid...so this work is so important

13:29:16 From Ruby Rubin : Linda and Sandy, I noticed your B Pad is red or a covering. Wouldn't mind hearing more about Bemer for shingles which just popped up again.

13:29:45 From Sarah Hauser : ii am a reiki practitioner as well as tt so i did reiki from a distance for long time. one day when i was working with a cat w balance problems, i started to incorporate the ttouches from afar as well. The cat was much better afterwards! so after that, I started incorporating ttouch as well as Reiki in remote sessions

13:30:11 From Ruby Rubin : Elinor I am so thrilled you are ok and didn't know about it til today. This is an amazing community

13:30:14 From Deb B : Yes, Sarah, TTtouch is amazing from a distance too, isn't it?
:)

13:30:38 From Sarah Hauser : yes deb:)

13:31:05 From Deb B : Hi Sandra! Good to see/hear you.

13:32:04 From Charlotte Walker : How can they say that as Hugs strengthen your immune system

13:32:56 From Ruby Rubin : Linda, I love your swirl jewelry. I am imagining that it was a bday gift. Looks beautiful on you

13:34:02 From Susanne Peschel : It's getting late so I say Good night.

13:35:02 From Sandy Rakowitz : good night Susanne!

13:36:25 From yonah gershator : deep massage can be dangerous

13:36:45 From yonah gershator : most of the methods out there are violent i feel

13:37:44 From yonah gershator : yesssss....biotensegrity....

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- 13:38:06 From Deb B : Elinor, can you write the name of that here please?
- 13:38:31 From Elinor Silverstein : Biotensegrity
- 13:38:32 From yonah gershator : Hallelujah!
- 13:38:38 From Deb B : Thank you.
- 13:38:40 From Elinor Silverstein : It is soooooooo amazing!!
- 13:38:51 From Elinor Silverstein : So much of it explains TTOUCH
- 13:39:04 From Deb B : I want to learn more :)
- 13:39:24 From Elinor Silverstein : and I hope we can include it in this course, yea!
- 13:39:39 From yonah gershator : YES PLEASE
-
- 13:39:46 From Jean Stoner : What is the name of the book Linda talked about - by someone named Joanne and about light in cells (I think)
- 13:40:45 From emily : Joan C King The Code of authentic living cellular wisdom
- 13:40:59 From Sandy Rakowitz : The article Linda referenced about the study of Light Touch is referenced in the article Robin Bernhard wrote about the self-help group I created on TTouch for Traumatic Brain Injuries. The full article is in the booklet on TTouch Wraps for Humans available in TTouch.com. There is an excerpt of the article in the Cellular Wisdom handouts under Class 4 called: Light Touch with Traumatic Brain Injury. Sorry I do not have the actual study on light touch that is referenced.
- 13:44:30 From Kathleen Jorden : <https://www.anatomytrains.com/fascia/tensegrity/>
- 13:45:24 From Ruby Rubin : Elinor is the TN and shingles all related? What would you suggest to calm the nervous system down?
- 13:46:50 From Elinor Silverstein : Ruby, what is TN?
- 13:47:02 From Elinor Silverstein : trigeminal nerve?
- 13:47:15 From Ruby Rubin : Trigeminal Neuralgia
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- 13:47:29 From Kathleen Jorden : Tom Myers
The originator of the Anatomy Trains Myofascial Meridians

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<https://www.anatomytrains.com/fascia/tensegrity/>

13:48:49 From Elinor Silverstein : Ruby, it depends where the shingle virus is settled, it can settle on any nerve. That is the thing about viruses.

13:49:28 From Ruby Rubin : I usually get it either at the bra strap area or bum. This time it is the bum and My TN is still active

13:53:45 From Charlotte Walker : Yes this is what my Pain OT told me and I have got Zero Balancing done with Acupuncture to 'Balance' through the Body Meridians the Body System!

13:53:59 From yonah gershator : or kindness to oneself

13:56:08 From yonah gershator : thank you...must leave. glad i stuck around for this whole session. :)

13:56:24 From Sandy Rakowitz : glad you were here Yonah!!!

13:58:01 From Deb B : Sometimes that choice for gratitude and focusing on something positive comes moment by moment, day by day. I think we are all feeling this right now.

13:58:32 From Deb B : I feel it comes down on me in waves. And I just stop and say a prayer of thanks for anything I can think of in that moment.

13:58:51 From Adrienne Brockway : Have to go... thanks for a great opening session to this series!

13:59:07 From Sandy Rakowitz : great to have you be with us again Adrienne!

13:59:32 From Charlotte Walker : Glen- Anxiety is also Fear, Please work on your Solar Plexus Chakra look for Yellows in especially Nature=Flowers/Insects. When this started in March in the UK I could see all Yellow in Nature, now I see Blue Throat Chakra and Communication, Take Care & Blessings xxx

14:00:22 From Morgine Jurdan : we also CREATE with every thought we think...Spend a few minutes every day IMAGINING THE NEW WORLD WE ANT TO LIVE IN where we are all healthy again and traveling and people are worried instead of focusing on what I desire and GRATITUDES

14:00:45 From Deb B : Indeed Morgine - so important!

14:01:59 From Glen Stephen : Thank you Morgine. It takes effort doesn't it?

14:03:06 From Charlotte Walker : WOW!!! That's Great & Amazing

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- 14:03:23 From iPhone : love the magical ponies you two!!!!
- 14:03:24 From Teresa Cottarelli-Guenther : I send HeartHugs to all of you. Thank you Linda, Sandy and Elionor for these wonderful and important moments we can spend together. Thank you for the TTouch. I have to go, it is late.
- 14:03:30 From Morgine Jurdan : go to YouTube and put in the search gratitude Louie Schwartzberg. play it daily and it will change your life!!
- 14:06:06 From Glen Stephen : Thank you Morgine
- 14:07:17 From Denise Müller : I have to say good night. I'm very grateful for the Meeting today. See you Tuesday.
- 14:07:47 From Deb B : Fabulous class today - thank you everyone for sharing your stories and resources!
- 14:08:25 From Teresa Cottarelli-Guenther : See you on Tuesday
- 14:08:51 From Ferry C. Sudirga : Where's the doc for the 9 elements?
-
- 14:09:52 From Lois Kohlmeyer : from Lois Kohlmeyer.....aloha to all.
- 14:10:11 From iPhone : Aloha!!!!!!!!
- 14:10:28 From csuecr@hotmail.com : aloha!!! thank you!!!
- 14:10:40 From Sarah Hauser : thank you all 
- 14:10:50 From Charlotte Walker : Thank you!!! xxx
- 14:11:39 From Sandy Rakowitz : Ferry the handouts for 9 Elements is in the membership site under handouts
- 14:13:56 From Nancy Lund : Thank you so much!
- 14:13:57 From emily : thank you!!
- 14:14:32 From Jean Stoner : Thank you all
- 14:15:31 From Françoise from France : Tank youuuuu. Tale Care of you.   

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14:16:26 From Jean Stoner : Elinor I am so grateful you are recovering so well.
Many blessings.....

14:17:21 From DAWN Kelley : Thank you all!