



### Chat for 9-20-20 Class 3

09:48:12 From Donna Karras : Hi from Donna Karras in Sioux Falls South Dakota

09:52:38 From Donna Shugrue : Donna Shugrue from Massachusetts

09:57:11 From Friedel Brunner : Hello to everybody, Friedel Brunner from Nyon-Geneva, Switzerland

09:59:35 From Morgine Jurdan : Nice Break after one of the longest weeks in my life!! FRESH air is something I will not take for granted again!! After wearing a mask 24/7 for almost five days!

10:01:26 From Morgine Jurdan : Usually when you mute everyone at once, WE have to unmute ourselves after that.

10:01:53 From Glen Stephen : Good evening everyone from Botswana where our 'spring' day today was 37 degree C!

10:02:13 From Heidrun Lange : Hello from Heidi from Sicily :)

10:02:34 From Peter Snowdon : Greetings from Belgium!

10:02:41 From Juel Duke : Juel Duke from NC where it is a gorgeous day.

10:03:31 From Denise Müller : Denise Müller from Munich, Germany :)

10:06:11 From Elaine Garley : Greetings from Arizona US to everyone! Glad to see all of you from around the world.

10:07:20 From Morgine Jurdan : Lovely weather here in Washington with the smoke gone right now!! Rain washed away the ash! So grateful for the shiny sparkle on all of nature around me!

10:07:39 From Chris Haggard : Greetings from Washington, DC. Sorry to be late. Wonderful to be with you all!

10:08:14 From Chris Haggard : Morgine, SO happy the smoke has cleared away. I've been following the fires from afar <3

10:08:19 From Claire Grégoire : Hello from the north of France :-)

10:09:12 From Valentina : It's honey harvest weekend here in beautiful Montrose, Colorado---sticky fingers on the keypad!

10:11:11 From Veronika Fiamoli : Hello from Czech Republic, today I could be present just one hour because I am at work and I have to go check up my patients.

10:16:29 From Valentina : I like to think of the diaphragm as the floor of the thorax and the ceiling of the abdomen--as Paul Simon sang, "One man's ceiling is another man's floor....."

10:18:21 From Nancy Red : It would be great if Sand

10:21:07 From Nancy Red : It feels very different on my right lung. A little more uncomfortable..



10:21:51 From Charlotte Walker : I actually did this for my Lungs when I got an Anxiety attack a few weeks ago, it allowed me to take deep breaths which one cannot do while in 'panic' mode. It was about the breathing out that was the issue, breathing in was ok but shallow. After doing this my breathing went back to 'normal'.

10:28:19 From Victoria Ahrens Dorf : Elinor is right, it feels hard to write...

10:28:29 From Glen Stephen : I had an astounding capacity for breath when I did abalone on each side of my chest under the armpits, with a lift - it opened by CAVERNS of space for breath!

10:28:37 From Valentina : I felt as if my breath wanted to start in my pelvis and expand up and all the way into my forehead, as if my lungs were breathing my whole body...

10:29:14 From Sarah Hauser : this was especially helpful because I had just been outside and had anxiety/ difficulty breathing. this helped so much and brought tears to my eyes.the message was to let go

10:29:24 From Nancy Red : I would love to share

10:29:33 From Peter Snowdon : Glen, yes, - same here!

10:30:37 From Dawn Kelley : I felt a sense of love and appreciation of the awareness. My left lung is dominant lung due to my right side nasal passage is often blocked which I never knew. I opened up my right side and it expanded.

10:31:56 From Victoria Ahrens Dorf : My heart and lungs told me: "We are happy and whole and ready to help you feel this LOVELY wholeness/happiness."

10:33:34 From Morgine Jurdan : I liked reaching under my breasts to work the top rib on each side, where there is more tenderness. That is why I am off camera .

10:34:11 From Victoria Ahrens Dorf : Sandy, really love this idea/image of the lungs holding the heart.

10:34:57 From Nancy Lund : I had an experience that's more familial and maybe helpful in a different way.



10:35:23 From Morgine Jurdan : I did a lot of Deep Breathing during the fire with the mask on inside my house and I was always SMILING during that time. I try and remember to Smile always when doing theses things

10:35:34 From Victoria Ahrens Dorf : Why do you purse lips when you exhale?

10:36:13 From Elinor Silverstein : Victoria, we will go into it more in a little bit :)

10:38:15 From Denise Müller : it's verry interesting to feel how the golden spiral moves from the Surface over the lungs into the heart an how good this Energy path feels -thanks sandy

10:38:55 From Morgine Jurdan : Wow I can do it a lot longer! Thanks

10:38:57 From Sandy Rakowitz : Love this awareness and tracking Denise!

10:39:05 From Lois Kohlmeyer, Mesa, AZ : Lois Kohlmeyer, from Mesa, AZ, being reminded of the light between cells strengthened the experience of calmness and pleasure of breathing. Thank you, Sandy, so much for this moment of peace.

10:39:17 From Victoria Ahrens Dorf : Linda, focusing on doing the exhale in a special way... Dr. Moshe Feldenkrais taught to focus on one aspect of the breath... either the inhale or the exhale... and the other would take care of itself.

10:39:27 From christine : Greetings from Canyon Lake Texas1

:40:25 From shannon : Shannon Weil from Cool, California. Sorry for my tardiness, had a colic emergency this morning. Thank heavens for TTouch!!!

10:44:15 From Paula Josa-Jones : I wrote this several years ago and wanted to share: A recipe for entering the body:  
Attention: because the body is precise.  
Listening: because the body is subtle.  
Kindness: because the body is tender.

10:44:41 From Elizabeth Eckert : I felt strongly guided to do some stretching, so I did. This was after using abalone on both sides. The combination / sequence was really helpful.



10:45:03 From Victoria Ahrens Dorf : I had pneumonia 4 times, was very ill with CoVid for 2 months with many post effects that continue on... but the first thing my lungs said today referred back to 44.5 years ago when I lost consciousness in a asphalt shingled on the sides and top... house fire (my father saved me by throwing me out a 2nd story window)... today, my lungs said,"The fire was hot & hard and we are ok." Simple, powerful message.

10:45:43 From Sandy Rakowitz : Wow Victoria! Such powerful healing.

10:46:16 From Paula Josa-Jones to Sandy Rakowitz (Privately) : I think you will enjoy this: <https://www.youtube.com/watch?v=ZBiEwcn4bMc&feature=youtu.be>

10:46:38 From Morgine Jurdan : Wonderful Victoria! Thanks for sharing!

10:47:19 From Valentina : Paula--that is so beautiful and resonates so deeply--thank you so much.

10:47:39 From Sandy Rakowitz : One of the affirming statements from my lungs - I am glad to be alive.

10:47:42 From Morgine Jurdan : Thanks Paula!

10:49:03 From Charlotte Walker : In Traditional Chinese Medicine it is associated with autumn with the Lungs, and with the element metal. The emotions associated with the Lungs in Chinese medicine are sadness or grief. On the other hand, a healthy energy (or Qi), in our Lungs is associated with clear thinking, openness to new ideas and good communication.

10:49:59 From Claire Grégoire : My lungs were drinking up the light and joy like drinking cold water from a fountain when really feeling hot and thirsty.

10:50:17 From Valentina : Thanx Charlotte, such useful correlations.

10:50:27 From shannon : The Afterlife of Billy Fingers.

10:50:37 From Sandy Rakowitz : How beautiful Claire!

10:51:05 From Elaine Garley : The book The Afterlife of Billy Fingers is a fantastic book. It shows a way of connection.



- 10:51:09 From marylou mylant : Thank you Charlotte
- 10:52:25 From Elinor Silverstein : Ho opono pono
- 10:52:34 From Sandy Rakowitz : These books are also listed in the book list in the membership site.
- 10:52:35 From shannon : Ho'oponopono: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment Paperback – Illustrated, September 1, 2012 by Ulrich E. Duprée (Author)
- 10:52:36 From Elinor Silverstein : Ulrich Dupree
- 10:52:48 From Morgine Jurdan : Nancy I do Ttouch on myself dedicated to another person or an animal and often it works. It by passes their doubts and worries.
- 10:54:39 From Heidrun Lange : My son lives in Germany, he has health issues. I have been visualizing ttouching him. Somehow the ttouch mingled with Reiki.
- 10:58:19 From Victoria Ahrens Dorf : I appreciate your recipe, Paula!
- 10:59:19 From Teresa Cottarelli-Guenther : so sorry I missed the first hour!
- 10:59:32 From Sarah Hauser : heidrun I combine ttouch and Reiki and it can work so well!
- 11:00:05 From Heidrun Lange : It was not willingly, it came all by itself.
- 11:00:06 From Denise Müller : Hi Teresa!!! :)
- Hour 2**
- 11:03:01 From Glen Stephen : What happened there?
- 11:04:06 From Sandy Rakowitz : Welcome back everyone! Sorry I pressed wrong button!
- 11:05:26 From Teresa Cottarelli-Guenther : Hallo Martin, ein Grüsschen aus der Schweiz!
- 11:08:03 From Martin Lasser : Auch Hallo liebe Therese von uns aus Österreich



11:15:35 From Sandy Rakowitz : The entire chat contents from hour 1 will be included in the handout - even though we can't currently see it because I mistakenly ended the class at end of hour 1. Thanks for coming back!

11:15:53 From Valentina to Sandy Rakowitz: And the lymph nodes underneath!! Tons of them!!

11:16:13 From Nancy Red : a dome tent as well

11:20:04 From Denise Müller : no Problem sandy, once a day you should laugh warmly and you gave me that with this - so thank you to you :)

11:21:12 From Donna Karras : I'm back, I got kicked off when the break occurred and lost all previous chat comments

11:21:25 From Nancy Red : Is that actually the diaphragm connecting to the lumbar vertebra

11:22:03 From Sandy Rakowitz : The entire chat contents from hour 1 will be included in the handout - even though we can't currently see it because I mistakenly ended the class at end of hour 1. Thanks for coming back!

11:22:13 From Charlotte Walker : It is being recorded in the UK with Government lead research study. What is interesting is that many chronic invisible condition survivors are stating the Covid-19 after effects are very similar to auto-immune system conditions, thus they need to be treated similarly. The issue is that many of these invisible condition survivors have been dismissed as hypochondriacs! So hopefully these research studies will also make these chronic invisible conditions credible.

11:22:54 From Sandy Rakowitz : Yes, Nancy, I believe so - the diaphragm is all muscle and connected with the vertabrae

11:23:05 From Nancy Red : so interesting!

11:23:12 From Nancy Red : Nice to have the visual!

11:25:08 From Peter Snowdon : Is that also where the psoas connects to the diaphragm - in the back?

11:25:54 From Sandy Rakowitz : Laughing warmly - thank you Denise!



11:26:09 From Charlotte Walker : I was just going to say baby breathing, we are taught not to breath in this way through social consciousness, which is wrong!

:28:08 From Elaine Garley : Yoga helped me to breathe full body. Made a huge difference..

11:28:37 From Sandy Rakowitz : The psoas is attached to the diaphragm through fascia and the medial arcuate ligament. With each breathe, psoas and diaphragm work together to provide anterior spinal stability. The diaphragm and hence the psoas, react to fear and to stress with constriction. (I just googled this)

11:29:50 From Peter Snowdon : Thanks Sandy!

11:30:33 From Nancy Red : I DO think that for “normal” breathing, it’s best to breath in and out through the nose. Something about the oxygen/carbon dioxide balance (The Presence Process by Michael Brown)

11:31:30 From Nancy Red : wow

11:34:01 From Elaine Garley : My chiropractor released some of my psoas in the front and wow -- it totally released the tension in my back.

11:35:06 From Sandy Rakowitz : I am imagining doing TTouches directly along the length of my psoas as you are speaking - following it down, connecting with it’s strength. I was barely able to walk last night. My psoas is really liking this!

11:35:42 From Glen Stephen : L 1 and L2

11:36:32 From Nancy Red : This is really great info!

11:36:41 From Morgine Jurdan : The psoas muscle (pronounced SO-as) may be the most important muscle in your body. Without this essential muscle group, you wouldn’t even be able to get out of bed in the morning! In fact, whether you run, bike, dance, practice yoga, or just hang out on your couch, your psoas muscles are involved. That’s because your psoas muscles are the primary connectors between your torso and your legs. They affect your posture and help to stabilize your spine.

11:36:53 From Amy Polinger : L4



11:40:17 From Nancy Red : The “lung holler” thing?

11:40:26 From Sandy Rakowitz : Long Hauler

11:40:34 From Sandy Rakowitz : The Long Haul

11:41:01 From Victoria Ahrens Dorf : They are telling me it can last 6-12 months... I hoped it would go away, but hit my 6th month last week.

11:41:06 From Chris Haggard : Also a trucking term

11:43:10 From Paula Josa-Jones : This is from Bonnie Bainbridge Cohen: Opening our awareness to our breathing in the cells and alveoli (air sacs) of the lungs engenders a quiet, meditative state of being. It is a state of receptivity to what is, rather than what we think or wish would be.

In doing this, we release the frontal lobe of our brain from directing the pattern of our breathing and open the back of our brain to receive our immediate cellular experience without judgement or commentary.

11:43:20 From Charlotte Walker : They don't really know the length of time, in the UK they state up to 2 years for some. However with auto-immune conditions it is years, depending on the individual and what help they get or not, or the ability to heal oneself (this is the key to surviving these conditions)!

11:43:25 From Nancy Red : Love this group!

11:44:15 From Glen Stephen : Elinor do you have a chart/diagram showing the psoas muscle and where it travels from thoracic 12?

11:46:07 From Victoria Ahrens Dorf : I'm working with an osteopath from England... I improved ALOT last Wednesday when she did lymphatic (really unusual) work with me... She said she is hearing from her colleagues in England is that Lymphatic work (in the osteopathic tradition) is helping a good deal.

11:47:57 From Charlotte Walker : Yes Victoria! I had Fibromyalgia and by getting Lymphatic Drainage with Acupuncture and Zone Balancing I healed myself.

11:48:13 From Victoria Ahrens Dorf : THank you, Charlotte... it was my nurse practitioner who told me 6-12 months... interesting to gather more info. Zero balancing?



11:48:52 From Victoria Ahrens Dorf : I have to keep pulling the mask away ... holding it out a bit to talk and breathe at the same time.

11:49:49 From Sarah Hauser : i have noticed what elinor spoke of with the animals, the more they are used to the ttouches, the more quickly they recognize and respond to it.

11:51:11 From Charlotte Walker : Vitoria-TCM-Meridian Line work <https://zerobalancinguk.org/about-zero-balancing/>

11:51:57 From Charlotte Walker : sorry for the spelling Victoria!

11:52:03 From Victoria Ahrens Dorf : Yes, Charlotte, I do love Zero balancing but have only done it sporadically. Will do more!

11:52:05 From Morgine Jurdan : I used this when wearing the mask. I did a LOT of Conscious Breathing and smiling and I imagine in the hospital it is more intense. I did not like wearing the mask. I took it off naturally to eat and drink. It was refreshing taking it off, except the intense smell of the smoke. It was such a different experience. I too was grateful to the mask for keeping me safe and appreciated I could Breathe safely. I had a new relationship with the mask and breathing.

11:53:12 From Nancy Red : hahah!

11:54:39 From Morgine Jurdan : I too breathe in and out my nose. It made a real difference in using the mask. Breathing out with the mouth did not work for me. Thanks to know someone else does that!!

11:56:19 From Paula Josa-Jones : I ride in a mask, which I used to find really difficult, but it has gotten easier - I think that my breathing has gotten more toned and easeful in a way that I find surprising.

11:57:56 From Nancy Red : There is a pretty new book by James Nestor called "Breath". Our noses are made for breathing, not our mouths. Not that we cannot use our mouth for exhalation when we are deliberately using a technique for specific purpose.

11:58:45 From Paula Josa-Jones : We breathe in through the spirilic, warming structures of the nasal concha.



11:58:58 From Morgine Jurdan : I have a wonderful friend still having symptoms for months and yes her doctors tell her its all in her mind! SAD sad sad...

11:59:19 From Elinor Silverstein : thank you Nancy, beautiful

11:59:27 From Glen Stephen : Here in Botswana we have to wear masks in public, Inshops, offices. banks. I struggle all the time with breathing in a mask. When I get to me car and remove it, I usually feel light headed and nauseous. I cannot manage 20 minutes max and have to find a place to remove it and BREATHE

12:02:06 From Charlotte Walker : Elinor-So to the point! To he heard! This is the key and the key to healing oneself

12:02:26 From Charlotte Walker : \*To be heard!

12:02:29 From Elinor Silverstein : yes, it is key, Charlotte :)

12:02:41 From Victoria Ahrens Dorf : We have to wear masks everywhere in Massachusetts... seems to be helping reduce the virus. But sooooo great to breathe without it when we can! I'm grateful I don't have to wear it all day like so many people do now.

12:04:12 From Nancy Red : In The Presence Process (by Michael Brown), he talks about connected breathing—just breathing without pausing. I have noticed my thoughts, feeling (of stress etc) affects by breathing. So, I imagine going though my life as though I am on a very fast horse and have to just keep moving with it—just keep breathing. Breathe through those difficult moments....

12:04:12 From Talia : Along the lines of what Elinor demonstrated, the immediate diminishing of the breath also is triggered by the speed with which one puts the mask on. Take a moment to move gradually, stopping when the breath begins to seize up, allowing the breath to return, then keep going until it's on properly.

12:04:21 From Adrienne Brockway : My staff and I are wearing double layer long bandannas at my animal care business... we are all active but having a bottom escape for the carbon dioxide helps.

12:04:22 From frances : I have developed a way that works for me t breathe using a mask. I'd be happy to share.



12:04:37 From Morgine Jurdan : In evacuating my daughter called and me wanted me to come to her condo. I have not had TV for over 25 years, and she had the news on all the time. Constant news with same reports of fire and virus every fifteen minutes with the same news and ads for hours! I sort of do the Heart Hug in my mind to remain relaxed and in a loving state. In those few hours, I was exposed to WHY so many people area in stress and might keep the body in that TIGHTENED tight space of fear!!

12:05:02 From Joyce's iPhone : When masking, I find that I begin to habitually open my mouth, become conscious of it & breathe purposely. I was connecting it to newborns first nuzzling due to neural connections on the face.

12:06:04 From Paula Josa-Jones : From the Secret Teachings of Plants: Analysis of information flow into the human body has shown that much of it impacts the heart first, flowing into the brain only after it has been perceived by the heart. What this means is that our experience of the world is routed first through our heart which "thinks" about the experience and then some of the data to the brain for further processing.

12:06:04 From Claire Grégoire : I teach in high school. Didn't think I would but I've actually more or less got used to breathing with the mask. What I can't get used to though is not seeing my pupils' faces. Not being able to see emotion or whether or not they can understand what I'm saying I find much worse than not being able to breathe all the oxygen I would like to be breathing...

12:06:11 From Peter Snowdon : Thank you Elinor! Is there a book about the vagus nerve you recommend in particular?

12:06:15 From Sarah Hauser : i am in nyc which is very dense population so i have to wear the mask whenever leaving the house.if i can visualize a safe bubble around me, that can help when i start to get nervous and have trouble breathing .

12:06:31 From Adrienne Brockway : I do find that if I am only being physical and breathing regularly through my bandanna I can go for many hours at a time.... when I am teaching and speaking lots I find I am less able to breathe efficiently through the bandanna

12:06:51 From Jean Stoner : Thank you Elinor for your depth of sharing your understanding and comprehension for cellularly body's wisdom that in micro and macro simultaneously - in our bodies and in community. I am so grateful for your ability to communicate



12:07:23 From Morgine Jurdan : YES children in school. I forget what country, however, just read they are not making clear masks to see people's faces, read lips and see those emotions!! I thought it was so beneficial in so many ways.

12:08:02 From Teresa Cottarelli-Guenther : Thank you Elionor for this extraordinary presentation, very helpful for the daily life with the mask!

12:09:18 From Françoise from France : we can put one drop of essential oil of ravintsara for instance in the mask. It is very helpful to breathe with the mask and protective.

12:09:28 From Chris Haggard : The pericardium (sac around the heart) rides along/ is attached to the diaphragm

12:09:49 From Nancy Red : You are all such great resources!

12:11:04 From Morgine Jurdan : There are DOZENS of videos on Youtube showing you how this muscle works! Just so you know!!

12:12:21 From Chris Haggard : Glen — do you have sciatica? If the pain is going down the leg?

12:12:28 From Nancy Red : So the psoas muscle passes along the SI joint?

12:18:27 From Amy Gann Polinger : Sometimes, sciatica can also be pain from ileocecal valve ...Ttouch can help that. ( I'd love to get relief from my L4 pinch!)

12:18:45 From Joyce's iPhone : Sandy, TY for the realization that the beautiful ❤️ Hug is actually a hug w/ the lungs, too! my realization of the depth of our gorgeous ❤️ Hug is infinite! every ❤️ Hug is a specific lung hug,

12:20:21 From Joyce's iPhone : Sorry for typos, hit send w/wild fingers! Loved your presentation! ❤️

12:22:00 From Joyce's iPhone : Also, the releasing the diaphragm is what we always do for horses, equine fear releases & was taught in human courses,too! ❤️

12:22:18 From Nancy Red : It's hard to hear



12:22:33 From Cathy Wright : Please give the name of the book? Is it Netters or another anatomy book?

12:24:00 From Victoria Ahrens Dorf : When I studied with Bonnie Bainbridge Cohen, she also spoke of the muscles and bones all being spiralic in shape.

12:26:54 From Paula Josa-Jones : And from that Bonnie Bainbridge Cohen perspective, also our movement is spiralic - we are trained in conventional physical education/sports training to flatten our movement.

12:27:33 From Cathy Wright : What is the wave length of the infra red that you use for t touch?

12:30:27 From Morgine Jurdan : The first mask I wore I almost passed out in the store. I had to sit down and needed some water. It was ONLY my Calmness to myself and talked to my beloved body how I needed to walk across the store to get some water. The store person did not offer any help. So it was lovingly talking to my body and asking it to help me, I got across the store and had some water and rested I avoided a really challenging moment. Something I had not experienced before. Partly due to this work as well.

12:35:15 From Diane's giddings : What is the name of the last book Linda mentioned?

12:35:23 From Sandy Rakowitz : Cathy, interesting question! I am not sure that any one has been able to measure the wave length of the Laser TTouch.

12:35:34 From Morgine Jurdan : The Intention Experiment

12:35:40 From Sandy Rakowitz : The Intention Experiment by Lynn MacTaggart

12:35:45 From shannon : The Intention Experiment: Using Your Thoughts to Change Your Life and the World Paperback – February 5, 2008 by Lynne McTaggart

12:36:03 From Victoria Ahrens Dorf : I experienced fear with the CoVid extreme breathing challenges... the worst days were at the end of the 3rd week, (which can be the worst week I read later), I thought it I was a normal person, this is when I would go to the hospital. But I'm not a normal person, so I am going to keep exploring how to help



myself feel more well within it all. Did many things (won't go through the list here) in the context of weakness & super low energy... did what I could. And, kept getting through the fear to something more pleasant and through each day.

12:36:10 From Sandy Rakowitz : The books are in the book list in the membership site. Thanks Shannon

12:36:17 From Morgine Jurdan : [https://www.amazon.com/dp/B002RI9SH4/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B002RI9SH4/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1) here is your link

12:36:55 From Morgine Jurdan : I could not hear the name of that book... go through fire to hone the soul!!

12:38:20 From yonah gershator : YES! EXACTLY!

12:42:24 From iPhone : stuffed animals

12:58:06 From Denise Müller : It was again very intense and very nice with all of you. I have to get up at 5:30a.m. and a new busy special week starts with teaching all day with mask- so I have to say "good night", Need to go to bed. Have a nice time until soon, Thank you Linda, Sandy and Elinor. Heart Hugs @all :)

13:04:14 From yonah gershator : CELLebrate ourCELLves

13:04:35 From Morgine Jurdan : When you said go inside I simply reached my hands inside and painted blue pain on my soles muscles themselves and it was lovely

13:05:10 From shannon : Released all the tension and stress.

13:05:39 From Linda Claire - Irvine, CA : Such a lovely peaceful quietude and sense of healing -- releasing tensions. Thanks for a beautiful journey.

13:06:11 From Elinor Silverstein : Linda Claire, I am down the road from you in Tustin :)



13:06:28 From Morgine Jurdan : I also just used my hands in the paint and used my hands doing the Ttouch on muscles and other places

13:06:39 From Elinor Silverstein : my mind feels so quiet and peaceful

13:07:13 From Sandy Rakowitz : With paint brush, painting details of psoas muscle, lower vertebrae and disks in Rosie gold. As I was painting, it flicked off old debris, emotions, stagnant stuff. Very peaceful and loving.

13:07:14 From Linda Claire - Irvine, CA : Elinor -- let's connect sometime! Would love to meet you in person. You have my contact info.

13:07:28 From Claire Grégoire : Feeling very empty (in a lovely way), easy, soft and warm, thank you!

13:07:40 From Lois Kohlmeyer, Mesa, AZ : My meditation pillows never felt this good before meeting you, Linda! Thanks. I always felt guiltily for not sitting.....now I'm looking forward to the ride. awesome!!!

13:07:56 From Peter Snowdon : Having the imaginary body there in front of me seemed to make it so much easier to feel gratitude and tenderness towards myself - through the self outside myself:-)

13:08:45 From Teresa Cottarelli-Guenther : I'm so thankful that I can walk !

13:08:55 From Elizabeth Eckert : It was so nice. We are sitting out on the deck in the sun. I painted yellow and orange swirls on a certain spot where my left psoas attaches to the spine. Higher up than I usually imagine. Very easy to imagine painting light in the area while sitting with the sun shining on my face. ☀️

13:09:09 From Françoise from France : it is beyond words but i painted my body with gold and silver. Sun and moon and love ++++ Imagine....

13:09:11 From iPhone : hi from Renee

13:09:17 From Anna Oeste : To the Crow that sings, to the bees that buzz and give me with honey, to the Western Red Cedar that gives breath, I am eternally grateful with love and adoration. Thank you for my round purple carpet as I sail in the universe.

13:09:28 From Sarah Hauser : feel much more peaceful and clear. i painted on myself sometimes with hands and sometimes with the paintbrush, with bright yellow.



- 13:09:56 From Cathy Wright : Very peaceful, which is difficult to feel sometimes these days.
- 13:10:17 From Glen Stephen : Overcome with emotion, I cling to Gibran
- 13:14:39 From Claire Grégoire : I have to go, thank you very much to all for another very rich evening - love
- 13:15:45 From shannon : The Code of Authentic Living: Cellular Wisdom 1st Edition  
by Joan C. King (Author), Karin Kuhlmann (Illustrator)
- 13:17:53 From Nancy Red : When my mom was dying, she felt betrayed by her body. I regret (still) not honoring her wonderful body for her. It served her SO well!
- 13:18:09 From Joyce's iPhone : Such a lovely journey, at the end of our last heart hug, my fingers & palm of my hand slowly met & I felt an increased depth of awareness of my body, most especially my head, first the left side, then the right, then the head as a whole. When get a new level w/ the work I sense a clear, calm center line head & upper chest, ie, heart to head! TY for this LOVEly LOVE!
- 13:19:08 From shannon : Ho'oponopono: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment  
by Ulrich E. Duprée | Sep 1, 2012
- 13:19:10 From Nancy Red : Love yourself as your neighbor!
- 13:19:21 From Nancy Red : Biblical, right?
- 13:19:49 From Teresa Cottarelli-Guenther : Be your best friend!
- 13:24:07 From Paula Josa-Jones : Thank you to all! What a blessing to have this time together. Sending love.
- 13:24:13 From Joyce's iPhone : A beautiful, magical book of LOVE...the Boy, the Mole, the Fox and the Horse by Charlie Mackey...sigh...in step w/the wonderfulness of loving ourselves!



13:26:52 From yonah gershator : In Feldenkrais, we don't work ON, we work with....this concept was drummed into me by a mentor...but Yael is speaking about happens in Feldenkrais all the time. I don't understand what she is saying...

13:28:33 From shannon : Have to leave to go check on my sick donkey.

13:29:06 From Elinor Silverstein : hoping your donkey feels better

13:29:14 From Charlotte Walker : The channel of healing brought through the vessel which is of the 'giver' as well as the 'receiver' both healers in each and every way; as one.

13:29:16 From Teresa Cottarelli-Guenther : HeartHugs to you aand your donkey!

13:32:38 From Pamela Beets : i must leave, thank you everyone!

13:33:01 From Liz Thompson : Thank you all so much, I feel so much better, more connected and mote grounded. it's been a very tough week but my cells and therefore myself are happy again !! Heart hugs and gratitude to you all, Liz from London x

13:33:08 From Peter Snowdon : Thank you so much! I can't stay for the next segment, but look forward to seeing you all again soon:-)

13:33:32 From Glen Stephen : Thank you everyone.

13:33:41 From Valentina : Off to my beehives---hugs to all-xoxoxo-

13:33:47 From Dana : Bless you all, everyone!

13:33:51 From Morgine Jurdan : Wonderful class!! Amazing! Thanks!

13:34:01 From Dawn Kelley : Thank you to all. I must leave too.

13:34:05 From realjuel : Goodnight all.

13:34:22 From Teresa Cottarelli-Guenther : Thank you so much for this wonderful journey, ful of love and hope"!

13:34:30 From Linda Claire - Irvine, CA : Thanks so much. I learned a lot, which I'll share with others. Must sign off now, but see you next time. Love to all.



#### **Hour 4, After Class**

14:01:54 From Victoria Ahrens Dorf : Thank you, Chris H. ...Powerful that your sweet dog helped you support your mother. Thank you for your sharing.

14:05:43 From Nancy Red : Chris, your face lit up when you said Hugo's name...

14:07:08 From Cathy Wright : It really did light up. It was beautiful to see.

14:09:10 From Adrienne Brockway : have to go... thank you Sandy, Elinor, and Linda for a very good session

14:12:05 From Nancy Red : There is a lovely book by Karen Anderson "The Amazing Afterlife of.." Helped me deal with my beloved dog's transition.

14:22:37 From Nancy Red : That is so amazingly beautiful, Elinor!!

14:22:40 From Victoria Ahrens Dorf : Brilliant mom... sharing that with you.

14:22:59 From Teresa Cottarelli-Guenther : WOW!

14:23:05 From Nancy Red : It's perfect, Elinor!

14:23:15 From Morgine Jurdan : WOW Is that OUTSTANDING!! AMAZING! WOW we all need to hear this!! Thanks so much!!

14:26:23 From yael grinberg : So moving

14:28:50 From Chris Haggard : Amazing, Elinor! <3

14:31:15 From gretchen langner : Need to leave- THANK YOU ALL.

14:35:03 From Cathy Wright : Thank you all. This has been wonderful.

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14:43:36 From Morgine Jurdan :

[https://smile.amazon.com/Oversoul-Seven-Trilogy-Education-Further-ebook/dp/B006XKWEZA/ref=sr\\_1\\_1?](https://smile.amazon.com/Oversoul-Seven-Trilogy-Education-Further-ebook/dp/B006XKWEZA/ref=sr_1_1?dchild=1&keywords=jane+roberts+oversoul+seven&qid=1600638189&s=books&sr=1-1)

[dchild=1&keywords=jane+roberts+oversoul+seven&qid=1600638189&s=books&sr=1-1](https://smile.amazon.com/Oversoul-Seven-Trilogy-Education-Further-ebook/dp/B006XKWEZA/ref=sr_1_1?dchild=1&keywords=jane+roberts+oversoul+seven&qid=1600638189&s=books&sr=1-1)  
Oversoul Seven book

14:44:19 From Morgine Jurdan : <https://www.monroeinstitute.org/>  
Monroe Institute

14:46:40 From Victoria Ahrens Dorf : May I ask what is the body blessing?

14:48:52 From Sandy Rakowitz : We will have Linda lead it either today or next class. And, here is a link also <https://www.youtube.com/watch?v=tf2ongjFaIM>

14:49:07 From Sandy Rakowitz : What is it? Delicious!

14:49:08 From Victoria Ahrens Dorf : Thank you, Sandy. HH

14:50:07 From Chris Haggard : Thank you so much <3 I need to leave. Sending heart hugs...

14:51:06 From Morgine Jurdan : Sandy included the video to the body blessing. it is good to give you an idea.

14:55:24 From Françoise from France : Thank you very much and a lot of Gratitude. Lots of good things for you.

14:56:54 From Donna Karras : Thank you for a wonderful session. I must go take care of my dogs.

15:02:11 From Morgine Jurdan : I understand FB. I don't enjoy the energy there either. When I am called to be there. You are not alone!

15:05:21 From Sarah Hauser : thank you ❤️