



Cellular Wisdom Decoded, Class 4, October 25, 2020

Chat

09:52:42 From Donna Karras : Hi from donna karras. I'm in the beautiful black hills of south dakota today! We have about 8" of snow, a flock of turkeys in my yard and deer in the field. It's amazing!!!

09:53:32 From Dawn Kelley : Hello Dawn from Niantic, Connecticut.

09:54:32 From realjuel : Juel Duke signing in from wet, grey North Carolina. TTouch Practitioner for Companion animals. Im working on a craft project so will be moving around some in the background.

09:55:28 From Adrienne Brockway : Adrienne Brockway from Cleveland, OH

09:57:05 From Françoise from France : Hello Linda. What a wonderful news this Bonus of the Bonus until décembre 29. i will make a donation. With Happiness!

10:00:16 From Glen Stephen : Hi everyone. Glen from Botswana. It is STILL 104 degrees here and has been for 1- frays. Wicked.

10:02:17 From Chris Haggard : Wow, Glen! Chris here in Washington, DC (Rockville, MD TTouch companion animal training and Feldenkrais trainee — Seattle program)

10:02:48 From Chris Haggard : And 46 degrees F ;)

10:17:29 From Glen Stephen : 10 days I meant to type!

10:20:18 From Glen Stephen : Elinor could you jot down the reference?

10:21:11 From Glen Stephen to Sandy Rakowitz (Privately) : Sandy could you jot down the reference of the work Linda is quoting?

10:21:57 From christine : Hello Everyone--Christine Shaw here from Canyon Lake, Texas

10:25:24 From Anna Oeste : Good morning, Anna Oeste from Bainbridge Island, Washington

10:26:05 From Denise Müller : Hi Denise Müller from Munich, Germany



- 10:26:45 From Ruby Rubin : Ruby from Maine
- 10:36:44 From Glen Stephen : Thanks Sandy. I found the bubble really interesting and I found of exciting to test the boundaries of my bubble. The spiral of light did not work for,me
- 10:38:51 From Valentina : sorry--Barn---back in few minutes....
- 10:42:58 From Sarah Hauser : doing air ttouches around my body seems to activate the light inside
- 10:43:37 From Sandy Rakowitz : Cool right Sarah?
- 10:45:34 From Sarah Hauser : yes!
- 10:45:35 From Charlotte Erika Walker : Hi everyone Charlotte Erika & Skippy my Boxer dog beside me today from Dorset, England. I am starting to notice more people in 'general life' are making references to Sparks and Light. I believe this is new, this journey that humanity is taking on Mother Earth at the moment is becoming more the norm/main stream so look out for the references to Sparks and Light, it might surprise you were you see/ hear it as it has for me in the last few days!
- 10:46:14 From Charlotte Erika Walker : *where
- 10:51:55 From Sandy Rakowitz : Synchronicity - as you open to this more and more in your awareness, you'll hear it more and more!
- 10:52:26 From Sarah Hauser : this is giving me ideas for visualization in working w the animals as well
- 11:04:09 From Claire : oh sorry I realize I'm one hour late! We have just changed time here and so it's not the same time difference anymore. Sorry!
- 11:04:31 From Elinor Silverstein : welcome, Claire
- 11:04:40 From Claire : thank you :-)
- 11:04:46 From Heimke Moll, Cornwall UK : I am late to, sorry!
- 11:04:53 From andrea : Also joining one hour late here in South Africa. Did time change there!
- 11:05:44 From Elinor Silverstein : time changes in the US in certain States Nov 1



11:07:31 From Linda Claire - Irvine, CA : I've been putting a bubble of light around myself (and my home/car/kitties) since 1974. It has been very protective and prevented me from being in a car accident when a car spun around on the damp road and headed toward me. I projected the light strongly (thinking "LIGHTS ON!" to intensify the protection) and the car amazingly continued in its circular direction and missed my car by inches. I was entirely relaxed and knew I was entirely protected. Your suggestion to add the spirals within the column and bubble is terrific and I'll definitely be thinking in that way from now on.

11:07:31 From Lily Peters : I'm here instead of Gonnie Houmes. She will have an operation tomorrow: new hip.

11:08:13 From yael grinberg : Oh,I am late too..

11:08:20 From Elinor Silverstein : oh my, Lily. Maybe you can help her using this beautiful way of touching from a distance.

11:08:50 From Nancy Addison (Helmerts) : Linda, can you send it to all of us?

11:08:55 From Charlotte Erika Walker : Time change in UK last night too.

11:10:31 From Charlotte Erika Walker : No pain anymore since 2 Tuesdays ago :) Thank you everyone.

11:11:46 From Victoria Ahrens Dorf : Linda, also, it helps to eat an anti-viral diet as per Anthony William... Medical Medium... his fantastic info comes from Spirit of Compassion.

11:12:07 From Victoria Ahrens Dorf : I also, deal with Epstein Barre from age 16, just understanding it now.

11:13:54 From Pat Hennessy : I love the blowfish image :)

11:14:49 From yonah gershator : the spirals bring to mind the ritual when lighting candles on shabbat...interesting. :)

11:16:31 From Charlotte Erika Walker : Raise above Sandra

11:17:15 From Sandy Rakowitz : Beautiful Yonah!



- 11:17:36 From Victoria Ahrens Dorf : Yes, that is so beautiful, Yonah.
- 11:19:13 From ronnierugys : Thank you Yonah, I will bring that in when I light the candles on shabbat --and send it out to others
- 11:22:07 From christine : Many years ago I found this helpful affirmation/ declaration that helped me and many others with whom I have shared it through the years: "I now close my auric field (biofield as per Alfred Popp)
- 11:24:38 From Charlotte Erika Walker : So when I was listening to Zac Bush MD he said we should not be Empathic we should have Reverence instead. I think is interesting and made me think he stated that Empathy can be negative to us because of the affect it has on us. Having Reverence gives us power to protect ourselves while still have compassion for others, maybe? Should be discuss to help us all at this present time. It is hard as we are all empathic beings as we are here! xxx
- 11:24:47 From Nancy Addison (Helmerts) : One hand or two?
- 11:24:50 From christine : (I wasn't finished) to all uninvited energies, entities, or frequencies. Only the frequency of the Christ Consciousness (if that bothers you use Source or Prime Creator) may reside in my biofield.
- 11:27:02 From Nancy Addison (Helmerts) : Are you doing the circles with both hands
- 11:27:23 From Elinor Silverstein : mostly with both hands
- 11:27:50 From Charlotte Erika Walker : Nancy-I think whatever works with intuition :) x
- 11:30:56 From Ruby Rubin : people are fearful of those which have had covid
- 11:31:34 From Claire : it seems a bit silly as they are the least likely to have it!
- 11:34:26 From Charlotte Erika Walker : Elinor-so is TMJ apart of your symptoms?
- 11:53:05 From Anna Oeste : From Anna Oeste THANK YOU also to Elinor and Sandy for your insights and sharings ...are magical gifts. Like the beautiful flower that is always blooming.



- 11:56:06 From Victoria Ahrens Dorf : Buckminster Fuller... Tensegrity ... Geodesic dome
- 11:56:36 From Victoria Ahrens Dorf : Biotensegrity... bio for both building & body? cool.
- 11:57:31 From Sage Lewis : LOVE THIS! What it reminds me of is jumpstarting a car....getting that DNA in complete alignment with all that is and reminding us of our mental soul, physical soul and oversoul. ONENESS!
- 11:58:05 From Sandy Rakowitz : YES Sage!
- 12:01:44 From Nancy Addison (Helmert) : This is so great
- 12:02:18 From Ruby Rubin : Truly wonderful and informative Thank you to Linda, Elinor and Sandy
- 12:02:19 From Jean Stoner : You women are like a musical jam session. I never want it to stop either!!!
- 12:02:37 From Ruby Rubin : Love that jam session yes
- 12:08:55 From Amy from Maryland : I'd like to speak about/get help with a stumble irritating my spinal nerve - again--- & my covid wheeze since January
- 12:11:43 From yonah gershator : musical jam session...good one!
- 12:14:58 From Amy from Maryland : looks like animals as leaves
- 12:14:59 From yonah gershator : that tree network looks like the bronchi and alveoli of the lungs
- 12:15:25 From Morgine Jurdan: There us FUNGI underneath the trees that is connected ALL under the ground for the entire planet larger than any other system in the world.. bigger than the internet so to speak.. I saw the documentary about that recently...
- 12:17:06 From Morgine Jurdan: Fantastic Fungi is the name of he documentary..<https://fantasticfungi.com/trailer/>
- 12:17:13 From Charlotte Erika Walker : Ah Linda, these were my questions when I was a child sitting in front of a mirror for hours!



- 12:17:31 From Victoria Ahrens Dorf : Linda broke up
12:17:35 From Charlotte Erika Walker : Yes Linda broke up
12:17:35 From Victoria Ahrens Dorf : just at the end
12:17:41 From Chrish Kresge : Just say the last few sentences after the third side
of the tree
12:17:49 From Elizabeth Eckert : Just the last question.
12:17:55 From Victoria Ahrens Dorf : just at the part of the 4th question... her
question
- 12:18:12 From Sandy Rakowitz : Questions to ask Tree in the Forest with your
back to the tree: 1) Who Am I - (2) go to another side of tree ask - Where Do I come
From (3) What Am I doing Here on the planet - (go to a 4th side of the Tree). Ask What
Does this time of Covid 19, mean what is the Gift of this, What is the Message for me in
this?
- 12:19:24 From Charlotte Erika Walker : who am I? where do I came from? what am
I doing here? what is the special gift in this time of covid-19 for me?
- 12:20:31 From Victoria Ahrens Dorf : The usual question is "Where am I going?"
- 12:33:58 From Charlotte Erika Walker : Thanks Victoria! :) x
- 12:42:30 From Elizabeth Eckert : This is just a moment in time -- in the vast
universe of experience.
- 12:42:35 From Elizabeth Keith : I am the reflection of the Divine Source
- 12:43:07 From Victoria Ahrens Dorf : Luminescence, beautiful colors. I came from
the light of Divine Consciousness.
- 12:43:27 From Glen Stephen : Who am I? I wrote nothing. Nothing really came to
me of any significance
- 12:43:27 From Pat Hennessy : connect the light
- 12:43:41 From emily : A sense of calmness and peace
- 12:43:46 From Sage Lewis : "You come from within the heartbeat of the Great
Mother and are a spark of creativity, joy, life, light."



12:43:48 From Linda Claire - Irvine, CA : I am a Being of limitless potential for expression love and appreciation for life.

12:44:00 From Amy from Maryland : I felt a smooth ,solid, peaceful quietness

12:44:05 From Karen Ingebrigtsen : Love

12:44:20 From Charlotte Erika Walker : 1) I am an unearthly Soul. 2) I come from another dimension. 3) I am here providing guidance to others. 4)This time has made me realise my true potential to help others.

12:44:23 From Claire : I am space. I am here. To discover who I am. I have no time to waste on other than the essential

12:44:33 From Ruby Rubin : AN overwhelming heart connection with my Mom and Daughter

12:44:40 From Talia Shafir : I'm a healer & seeker of ancient knowledge to be brought forth - sensing an urgency , a push from inside to out - from a land long forgotten, a culture reforming

12:44:46 From Adrienne Brockway : I am a positive point of light and an ambassador for hope.

12:44:57 From Lois Kohlmeyer, Mesa AZ : I'm just so happy to see and be here with the group....as I had to join late today....so many Blessings.

12:44:57 From Heimke Moll, Cornwall UK : 1. ME 2. Mother earth 3. Forward - Stepp by stepp 4. Completion of ideas through new, experienced knowledge! Thank you!

12:45:08 From Chrish Kresge : we are all one with nature, in authenticity and love



12:46:15 From realjuel : The gift, for this time, to endure with grace, health and beauty.

12:46:26 From Adrienne Brockway : I come from the earth and the light... I feel as if a part of me is coming from inside each of the others there.



12:48:07 From Dawn Kelley : 1. I am me- a part of all kin. 2. I am a split soul of light. 3.gift is rest, knowledge, and mind expansion. 4. A butterfly just sat on my nose and said to remember its journey.

12:48:42 From Morgine Jurdan : Sitting at the base of a thousand year old Redwood tree I am All That Is... “god in drag” as a human being coming from All That Is/Divinity/Universe sharing the Love/Creativity/Joy/Curiosity I am with the world expanding all of life through our amazing interconnectedness. Going inside during this time to have a more deeper experience of knowing myself and deepening my love of myself and therefore all of life, seeing everyone and everything through the eyes of Source/All That Is.... seeing everyone as they are inside..... brighter, loving, more brilliant than ever before at their heart center, their true authenticity shining through... Thank you

12:49:09 From Adrienne Brockway : My goal is to find community; spending time to listen, hear and share; finding a deeper appreciation of all the beings and elements of nature

12:49:40 From Françoise from France : i come from a Love Galaxy. Where love is simple, deep and circulates as a natural element. The gift is that there is more reception of this at this time and i can share. Wow tears in my throat.... Thank youuuu very very much.

12:50:39 From Nancy Addison (Helmerts) : Yael, that’s a good word—“friction”

12:50:42 From Adrienne Brockway : The gift of this time is sharing hopefulness, relishing my time to be in nature, and finding a new thankfulness and appreciation of breath and quiet

12:51:05 From Pamela Beets : when we first started I remembered a very clear experience from Ocamora NM when we did this ceremony. Question #1 the answer was “ i was a cat pillow”. I realized 2 of my dear cats that had died years ago were with me, which i had not ever experienced their presence . i finally felt the overwhelming grief of losing them. i also found myself in the Redwoods at peace in the quietness

12:51:22 From yonah gershator : Gift of COVID. Coming “home”

12:53:22 From Chrish Kresge : Two books about trees I recommend: Overstory, and The Secret Life of Trees. Covid has brought us closer to the appreciation of nature.

12:53:32 From Nancy Addison (Helmerts) : what is the name of the forest



- 12:55:27 From Adrienne Brockway : Pando
- 12:56:03 From Morgine Jurdan : <https://unbelievable-facts.com/2018/04/pando-tree.html> pando forest
- 12:57:11 From Glen Stephen : Thank you Morgine
- 12:57:23 From gands : Thank you, Glenn. When I asked where do I come from? I got the answer "It's a secret!"
- 12:57:37 From Joyce's iPhone : COVID-19: a loss of love & compassion for others forced the creation of this pandemic! You all only want to destroy w/\$ & force...CV sprang up to stop this arrogance & save the planet! know that goodwill come out of all this danger & pain. W/o breath a bring dies. CV is strangulation & stagnation, exactly what we are doing to the planet. knowing t what
- 12:59:42 From Joyce's iPhone : sorry hit send accidentally...This awareness will end CV & save the planet...we can be the miracle for the planet!
- 13:00:08 From Elinor Silverstein : Joyce, what is CV?
- 13:00:18 From Sage Lewis : COVID: An opportunity to go deeper, simplify, hold still, remember what matters, love!
- 13:00:52 From Elinor Silverstein : Oh, I am bad at acronyms
- 13:01:26 From Joyce's iPhone : CV shorthand for the Corona Virus! sorry, Dearie!
- 🙏
- 13:01:41 From Elinor Silverstein : yeah, ha ha for me!
- 13:01:49 From Nancy Addison (Helmerts) : Question about this process—am I asking the tree or myself or source (God)?
- 13:01:58 From Joyce's iPhone : 🥰🙏
- 13:02:59 From Chris Haggard : Wonderful, Charlotte!



- 13:04:22 From Sandy Rakowitz : My Magic Carpet was an Elephant! Then I was amidst the trees and the roots connected together. Who AM I? Surfer of the Stars, Alchemist of the Ages, Heart with Humanity, Bridge between the Realms, The Mystery of All that Is...
- 13:04:46 From Charlotte Erika Walker : Thanks Chris :) x it is wonderful!
- 13:05:24 From Sandy Rakowitz : Nancy, is there a difference?..... Ask both and see....
- 13:07:14 From Chris Haggard : Is the Mic part of the webcam?
- 13:08:28 From Beth Glass : “I come from the stars” is what I was told, too. Also “You’re part of the mist that connects us all.”
- 13:08:29 From Elizabeth Eckert : Who am I? I am starlight. Stardust. Timeless energy that changes shape ... shifts with the seasons and the wind.
- 13:10:39 From Elizabeth Keith : Blessings to everyone. I have to go. Be well
- 13:16:29 From Glen Stephen : Heart hugs to you all., Time for me to go
- 13:17:03 From Victoria Ahrens Dorf : Bye, Elizabeth and Glen! HH.
- 13:21:54 From Victoria Ahrens Dorf : Yes, that God is within... to feel this deeply with a slower paced life.
- 13:25:23 From gands : Blessings and heart hugs to all!! Tis time for us to feed our wildlife!!
- 13:25:31 From Lily Peters : thank you everyone, I have to go. Hope to see you next time.
- 13:26:19 From Pat Hennessy : Love, light and heart hugs! This was a lovely sharing event. See you all next time.
- 13:31:30 From Joyce’s iPhone : Sandy, love your Elephant ride & your beautiful messages! 🥰
- 13:35:11 From Sandy Rakowitz : Thank you Joyce!
- 13:37:09 From Joyce’s iPhone : 🐝🐘🐝 of course, 😊!



- 13:42:34 From Nancy Addison (Helmerts) : Denise, was it a sudden loss of hearing?
- 13:47:27 From Lois Kohlmeyer, Mesa AZ : “Forever Grateful” says it for me, too.....for the phone calls with my sister, Ruthanne, before her passing....and to Linda Tellington-Jones for being here now.
- 13:49:01 From Denise Müller : @nancy addison, no it wasn't. it happened over days
- 13:50:03 From Victoria Ahrens Dorf : THank you, Lois K. HH
- 13:50:58 From Jean Stoner : During my work, I have been utilizing t touch technique to facilitate muscular tightness for past few months - it is with much gratitude the ease I experience softening of hypertonic tissues for my clients.
- 13:51:20 From Lois Kohlmeyer, Mesa AZ : I started humming at the end of the last recording....We are One....haven't done that in years. it just popped into my head and felt so good to sing.
- 13:51:42 From Talia Shafir : It's about Mycelium
- 13:53:40 From emily : it's on Netflix
- 13:53:46 From Dana Davison - Kingston, NY : <https://fantasticfungi.com>
- 13:56:16 From Lois Kohlmeyer, Mesa AZ : Paul Stamets, D.Sc. has done TED talks that are awesome on Fungi and how they help us.
- 13:56:18 From Victoria Ahrens Dorf : Spontaneous Healing & Beliefs by who?
- 13:56:45 From gretchen langner : Thank You Linda & All... I had a GREAT restoration
- 13:57:01 From Dana Davison - Kingston, NY : My Octopus Teacher on Netflix!
- 13:58:32 From Morgine Jurdan : Many of them have escaped their containers all over the world. They are MORE intelligent than most people know! They are so so wise!!



13:58:46 From Pamela Beets : When a friend was unconscious and dying I sat with her and did long stokes on her hands and fingers. It was the only touch she liked. She started cooing and her partner said that was her sound she made when she liked something. Victoria-, maybe that is something a hospital person can do easily and be connected with you as you talk on the phone

14:00:18 From Pamela Beets : i saw the Octopus show on PBS

14:00:34 From Victoria Ahrens Dorf : THank you, Pamela. nice.

14:01:23 From Chris Haggard : I need to go. Thank you so much! Much ❤️ and ❤️ hugs.

14:01:33 From christine : Octopi are known to be highly intelligent.

14:01:36 From Victoria Ahrens Dorf : Can you please keep it on Tuesday? We can choose to vote other times. Thank you! - YES, it is on Tuesdays through December.

14:03:31 From Adrienne Brockway : Need to run.

14:03:55 From Amy from Maryland : May I ask for help?

14:04:21 From Morgine Jurdan : I read this DECADES AGO to my children. It is one of my favorite children's books. He passed away years ago. However it more applies today than ever before

14:04:25 From Victoria Ahrens Dorf : The Giving Tree in english, by Shel Silverstein.

14:05:31 From Lois Kohlmeyer, Mesa AZ : the time change will put me at work on Tuesday.....will catch you as I can. good news is that I have finally decided to retire from the current full time job....on Feb 4, 2021 I will turn to a new page. Hope to be more often with you then.

14:05:32 From Morgine Jurdan to Sandy Rakowitz (Privately) : Adrienne Brockway is wanting to ask for help in case you missed it in the chat

14:05:54 From christine : This is a little out of context, but I had to miss last Tuesday's session with Linda. I thought that every week a link to the session would be sent out to us to watch or re-watch but I could not find such a link after last Tuesdays



14:06:26 From Morgine Jurdan; the Pando grove is estimated to be 80,000 years old :-) Love these things...

14:06:57 From Nancy Addison (Helmers) : I don't remember that part about it being light (in The Giving Tree). Could this be a different book?

14:08:01 From Nancy Lund : Old Tjikko is a 9,550 year-old Norway spruce, located on Fulufjället Mountain of Dalarna province in Sweden. Old Tjikko originally gained fame as the "world's oldest tree." [1] Old Tjikko is, however, a clonal tree that has regenerated new trunks, branches and roots over millennia rather than an individual tree of great age. Old Tjikko is recognized as the oldest living Picea abies and the third oldest known clonal tree.

14:08:47 From Lois Kohlmeyer, Mesa AZ : beautiful Theresa....thank you.

14:09:11 From Teresa Cottarelli-Guenther : Great, Nancy, that's it!!!

14:09:29 From Heimke Moll, Cornwall UK : HeartHug to you Teresa!!!

14:09:52 From Denise Müller : thank you teresa :)

14:10:54 From Sandy Rakowitz : Christine, all recordings are always placed in your membership site. That link to the membership site doesn't change, it is password protected and you have your wn username and password so you can gain access 24/7. Usually these are up in your membership site within a few days of class. I do not send out the link or a reminder to this each week as the recordings automatically get posted.

14:11:13 From Shari Lee : Read the Hidden Life of Trees for more on how they communicate and support one another as part of a community.

14:14:18 From yonah gershator : Amy, I totally relate to this because so many of my singer colleagues and myself included were getting this crazy respiratory stuff back from end of 2019 and 2020. We were all in one big musical petri dish and everything was being passed around. Even those who seemed to have the strongest immune systems were getting hammered. I feel that there was already stuff going on before the shutdown. With this, it took weeks for all of us to feel better.

14:15:25 From iPhone : I've noticed many of us are dressed in purple today, myself included. I'm often drawn to purple and violets when I am doing sessions. just another



fun little observation of connection, and Chakra colors that feel just right today for our gathering.

14:16:18 From Shari Lee : The Hidden Life of Trees

Are trees social beings? In *The Hidden Life of Trees* forester and author Peter Wohlleben convincingly makes the case that, yes, the forest is a social network. He draws on groundbreaking scientific discoveries to describe how trees are like human families: tree parents live together with their children, communicate with them, support them as they grow, share nutrients with those who are sick or struggling, and even warn each other of impending dangers. Wohlleben also shares his deep love of woods and forests, explaining the amazing processes of life, death, and regeneration he has observed in his woodland.

After learning about the complex life of trees, a walk in the woods will never be the same again.

14:16:41 From Victoria Ahrens Dorf : Yes, folks in western Mass all had a long lasting mystery respiratory "flu" in the fall... starting in September.

14:17:05 From iPhone : plus my cozy purple sweater is appropriate on this cold and snowy day in Minnesota 🍁🍂 Renee

14:18:07 From Françoise from France : must go to bed. Best playing and singing the song The little Light of mine!

14:18:46 From Anna Oeste : from Anna Oeste, an amazing book about trees and how they all take care of each other. *Tree: A Life Story*, authors, David Suzuki and Wayne Grady!

14:18:47 From yonah gershator : yup, the mystery "flu"...and yes, from sept.

14:23:58 From Heimke Moll, Cornwall UK : But without holding her back! Wonderful!

14:26:34 From Charlotte Erika Walker : Ok this may be controversial but has anyone heard of Ascension Flu? It was written about some years ago. I got really sick in 2017 and ended up going to hospital with strange events happening, passing out on the street twice but actually still awake-I fell in the road and watched a car coming to me, was treated for heart issues and epilepsy and neurological was in bed with flu sickness for weeks with all the extra flu symptoms, tested for Rheumatoid Arthritis, nothing



physical came up. I was sick for months-this was the time of my awakening. Maybe this is it!

14:27:18 From Morgine Jurdan: Abraham Hicks notes there is a COMPLETE difference between doing a process.. “in order to change something or heal something” instead of doing it for for the love or joy of doing it... the second has much more Power! Trying to heal something you are more focused on the problem, while doing it for the JOY of doing it, is a much more Powerful higher uplifting vibration!

14:27:38 From Lois Kohlmeyer, Mesa AZ : paper flowers and tape will work in a pinch.

14:28:02 From Lois Kohlmeyer, Mesa AZ : aloha.....and Happy Trails to all.

14:28:10 From iPhone : so grateful for this time today💕💕

14:28:32 From Dawn Kelley : Amazing as usual

14:28:33 From Nancy Lund : Thank you Linda and Sandy and Elinor!

14:28:33 From Sarah Hauser : thank you everyone!!

14:28:35 From Charlotte Erika Walker : Thank you everyone! xxx

14:28:48 From Heimke Moll, Cornwal UK : By! Thank you!

14:29:05 From Teresa Cottarelli-Guenther : Thank you!!

14:29:13 From Linda Claire - Irvine, CA : Thanks to everyone. Have a great week!

14:30:36 From Denise Müller : thanks to all and good night, see us on Tuesday :)