



## **Cellular Wisdom Decoded - Class 2 - August 23, 2020**

- 09:49:20 From Donna Karras : Hi from Donna Karras in Sioux Fall South Dakota
- 09:50:26 From Lisa Hoskins : Hi from Lisa Hoskins in Berkeley California.
- 09:51:04 From Elaine Garley : Good morning from Elaine Garley from Prescott AZ. I'll be popping in and out because we have a 10 week old puppy. Munchkin is sleeping for now.
- 09:51:25 From Donna Karras : No worries!!
- 09:51:39 From DAWN Kelley CT, USA : Hello to everyone, Dawn Kelley from Niantic, Connecticut USA
- 09:51:46 From Denise Müller : Denise Müller from Munich, Germany
- 09:52:24 From Adrienne Brockway : Hi, from Adrienne from Cleveland Heights, OH...
- 09:52:50 From Elaine Garley : A TTouch animal practitioner since 2008. Formerly from Minneapolis, Minnesota until last year.
- 09:54:09 From Françoise from France : Hi Linda and the Sparkling Group!
- 09:56:38 From Linda : Hi, everyone from Linda Claire - Irvine, CA
- 09:56:52 From Chris Haggard : Chris Haggard from Washington, DC
- 09:56:52 From Karen Ingebrigtsen : Karen Ingebrigtsen, San Francis but now in Washington state. Feldenkrais Summit.
- 09:56:56 From gands : Good Morning Everyone! We're Gary and Sandy from the Northwoods bear country, Crivitz, Wisconsin
- 09:57:16 From Sandy Rakowitz : Living in San Luis Obispo, CA, TTouch since 1987 with my horse Ibis who brought me into TTouch.
- 09:57:37 From Susanne P. : Hi everyone, Susanne from Germany.

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- 09:57:38 From Juel Duke : Juel Duke in North Carolina
- 09:57:44 From Elinor Silverstein : Enjoying the hot humid weather here in Orange County, Calif ;)
- 09:58:36 From Chris Haggard : Oh, sorry. Should add more :) Chris Haggard from Washington, DC. Rockville, MD companion animal training TTouch + Jeff Haller/Seattle Feldenkrais training academy
- 09:59:44 From Dana : Dana Davison (Rouse) from Kingston, NY!
- 10:05:31 From Donna Shugrue : Donna Shugrue from Massachusetts
- 10:11:57 From Victoria Ahrens Dorf : thank you, elinor, but I don't get how to do that.. so sorry! I would love to create files in gmail!
- 10:12:19 From Charlotte Walker : You can save to PDF file and save. The links in blue will still be view in a PDF and it will pop up for link to connect to the web and Zoom Link site.
- 10:12:22 From Elinor Silverstein : I am happy to show you how to do this Victoria :)
- 10:12:32 From Victoria Ahrens Dorf : Hard to not be able to do things as you all are speaking them... remembering this is not easy for me and likely others.
- 10:13:32 From Morgine Jurdan : For those on tech savvy. Some people don't know how to Use Notes or don't have a gmail account. You can make a Document SAVED as Ttouch for you 2020 and Cut and Paste the Email onto a Document and Save it where you KNOW you will find it. Maybe in a Folder on your Desktop if necessary.
- 10:14:05 From Elinor Silverstein : nice idea Morgine
- 10:16:14 From Morgine Jurdan : I Also CUT and Paste those URL onto my Calendar under Notes for these meetings so they are also on my Calendar for the dates of the meetings. I also have the log into the site. So another places to store them.
- 10:16:42 From shannon : It looks good.
- 10:16:51 From Victoria Ahrens Dorf : Who might we call if we can be on the site AND need guidance? Thank you.
- 10:17:21 From Victoria Ahrens Dorf : THank you, Elinor!
- 10:17:52 From Morgine Jurdan : I too am available Morgine @ tds.net I have a pro Zoom call and do one on one with someone who needs help. Let me know.

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- 10:17:56 From shannon : A Website Navigation Session
- 10:18:23 From Karen Ingebrigtsen : how do I move the pictures of participants to the top of the page rather than cutting off the right side of the page
- 10:18:24 From Teresa Cottarelli-Guenther : THANK YOU SO MUCH!!! My question is: I find the PW on the e-mail to enter in TTouch for You?
- 10:19:33 From Teresa Cottarelli-Guenther : Thank you!
- 10:20:01 From Ruby Rubin : Ruby Rubin from Maine
- 10:20:02 From Chris Haggard : Karen: you can drag it across the top. Click on the window (a black spot on the box) and then drag and release it. I will drag it somewhere at the top left of my screen and then release the cursor
- 10:20:05 From Talia Shafir : Talia Shafir, New York City
- 10:20:06 From gretchen langner : Gretchen Langner Portland Maine
- 10:20:11 From Paula Josa-Jones : Paula Josa-Jones Kent, CT
- 10:20:18 From Elizabeth Keith : I'm Elizabeth Keith from Scottsdale AZ
- 10:20:19 From Sage Lewis : Sage Lewis, James Schattauer and Reggae Mon Kingston, Prescott, AZ : )
- 10:20:24 From Chris Haggard : I'd be happy to demo at the next break
- 10:20:42 From Claire, France : Claire Grégoire, France
- 10:20:53 From Petra : Petra Kautter, Germany
- 10:20:55 From Pam valencia : Pam Valencia Blanco NM
- 10:21:01 From Shari Lee : Shari Lee in Anchorage, Alaska
- 10:21:06 From shannon : Shannon Yewell Weil, Cool, California
- 10:21:12 From Veronika : Veronika Fiamoli, Czech Republic
- 10:21:24 From Morgine Jurdan : If you only show your first name, Go click on Participants. Find Your Name. Click to the right with the DOTS. One choice is Rename and you can add your last name.

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- 10:21:25 From Karen Ingebrigtsen : thanks. It worked
- 10:21:32 From Cathy Wright : Cathy Wright, Alpine, Texas
- 10:21:40 From Nancy Red : Can we do another heart hug please?
- 10:22:56 From Shari Lee : Techno help always appreciated!
- 10:23:25 From admin : My name is Anna Oeste,
- 10:23:47 From Pamela Beets : Pamela Beets ( pam) Denver Colo TT for horses since 1983?? ish . Luna is also listening in this morning. She is an excellent siamese cat who excels in chewing cords
- 10:24:11 From Christine : Christine Shaw, Canyon Lake, Texas
- 10:24:18 From Linda : I posted my last name already, but here it is again -- Linda Claire, from Irvine, CA
- 10:24:28 From Pamela Beets : sandy - I loved how you talked about the technologically shy!
- 10:24:50 From Elinor Silverstein : If you only show your first name, Go click on Participants. Find Your Name. Click to the right with the DOTS. One choice is Rename and you can add your last name.
- 10:25:35 From Morgine Jurdan : More Jean
- 10:28:24 From Morgine Jurdan : Here is a Link for full Instructions on changing your name on your computer or phone.. <https://nerdschalk.com/how-to-change-your-name-on-zoom-on-pc-and-phone/#on-phone>
- 10:30:30 From Charlotte Erika Walker : Charlotte Erika Walker, Swanage, Dorset, UK
- 10:35:09 From Victoria Ahrens Dorf, Mass./USA : Linda, your description is so helpful and valuable. Thank you, blessings.
- 10:35:24 From Sandy Rakowitz - To change your name on the screen with your video shows, go to Participants, click, find your name ' Admin' at top. Hover over your name with the curser and you will see it says, More - Click On More. And it will say Rename. CLick on rename, and then you can type in your full name.
- 10:35:58 From Lois Kohlmeyer, Mesa, AZ to Sandy Rakowitz (Privately) : Hi, from Lois Kohlmeyer, Mesa, AZ.....I must leave soon. Thanks for computing info. I was getting confused and feel reassured now for watching later. I may get back to class later, if so I will rejoin on Zoom.

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10:39:15 From Morgine Jurdan : There was a Research at Yale or Harvard. I don't know which one. They were testing various things and they found the human body cannot hold Two Opposing Emotions at the same time. So when you even SMILE for ten minutes it is as Effective as a ten minute Upper Body work out on the Effect it has on the body! Just smiling On purpose. You cannot Be Happy and Depressed at the same time.

10:39:58 From Morgine Jurdan : So you cannot be Grateful and Feeling Scarcity at the same time.

10:46:07 From Morgine Jurdan : Can You put this Picture in our Library! I cannot screen shot it. Thanks

10:47:22 From Charlotte Erika Walker : What's on the bottom please?

10:47:32 From Sandy Rakowitz : This Mind Map on Uses of TTouches will be in your handouts section

10:47:46 From Charlotte Erika Walker : thanks

10:49:47 From Amy Polinger : Increase the light:  
IN &/OR BETWEEN each cell?

10:50:20 From Sandy Rakowitz : The Mind Maps of 9 Elements is in the Handouts Section under Cellular Wisdom Handouts

10:50:56 From Sandy Rakowitz : Yes - Increase the light:  
IN &/OR BETWEEN each cell

10:52:40 From Victoria Ahrens Dorf, Mass./USA : So thumb in not moving?

10:53:23 From Lisa Hoskins : Does the orientation of the clock face change?

10:53:25 From Sandy Rakowitz : The thumb goes along with the rest of the fingers - not stiff but fluid and flexible.

10:53:50 From Jean Stoner : Can the map be printed on home printer

10:54:06 From Elinor Silverstein : yes it can so wonderful to have!

10:54:10 From Elinor Silverstein : yes :)

10:54:37 From Nancy Red : kind of like an anchor as the fingers are moving

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10:55:10 From Jean Stoner : Is the thumb movement what just comes along in as much as the thumb is connected to the hand

10:55:39 From Sandy Rakowitz : Yes Jean

10:55:50 From Sage Lewis : James just said that without the thumb it feels like he's on a high wire, and with the thumb he feels like he's grounded/on the ground.

10:57:27 From Sandy Rakowitz : Notice also how quickly Linda was doing the Circular Touch for acute pain. Not even a 1 second circle

10:57:31 From Heidrun : Hello, I'm Heidi from Sicily, Italy. Joined now, I thought we started at 11 am :(

10:58:00 From Sandy Rakowitz : Heidi, Welcome! The Tuesday class is at 11am pacific.

10:58:11 From Talia Shafir : Seems like you create a field

10:59:26 From Veronika Fiamoli : Sorry I have to go for a while, I am at work and patients are coming :-)

11:02:51 From Sarah Hauser : with a scared cat i may not put the thumb down. also, with the back of the hand touch

11:03:06 From Nancy Red : So the connecting vs "stabilizing" is a "mind" part?

11:03:18 From Sarah Hauser : touches the rhumb is not included

11:08:27 From Elizabeth Keith : Its a wonderful addition to our Functional Integration Feldenkrais® Hands On. Thank you Linda for this most precious gift!

11:08:57 From Paula Josa-Jones to Sandy Rakowitz (Privately) : I can't see the whole map when it is blown up. I see about 1/3

11:10:12 From Teresa Cottarelli-Guenther : So interesting to me the difference the thumb as "anchorage" to the connector, Thank you!

11:11:01 From Shannon Weil, California on fire : Once when I cracked my ribs from falling off a horse I discovered that it is the most painful thing I'd ever experienced. The ONLY person that I would let touch me was TTouch Practitioner, TINA HUTTON because I knew how light her capable touch was. She worked wonders on my pitiful body and put me back together again.

11:11:15 From Sandy Rakowitz to Paula Josa-Jones (Privately) : yes, I know, sorry.. Linda asked me to enlarge it on the screen cause she couldn't see the portion she was talking about. The entire mind map is in the memberships site.

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11:11:56 From Charlotte Erika Walker : What is interesting is that you mentioned Linda that with people with Fibromyalgia cannot have 'deep' work done (yes because it will aggravate and cause a Flare Up) however I have had issue with the very light touch as this irritates the skin because of the Nerve Endings and I would need more pressure to relieve the itchy sensation on the skin! So to trail it out is key essentially with neuropathy issues, yes?

11:12:36 From Charlotte Erika Walker : \*trial it out!

11:13:04 From Paula Josa-Jones to Sandy Rakowitz (Privately) : Thank you.

11:15:15 From Sandy Rakowitz : With Fibro I have found the Mindful Pauses to be so helpful - this gives the system time to rest itself - and find which pressure and tempo will work best at any given time. I find the pauses help the nervous system time to relay information - and to get a different experience and quieting to the nervous system - I have actually had pauses between touches to be up to a few minutes with Fibro! So much can happen in the Mindful Pause!

11:16:13 From Charlotte Erika Walker : @Sandy Brilliant! The Pause is the Key, love it, it so makes sense!!! :)

11:17:10 From Elinor Silverstein : Charlotte, gentle light touch increases myelination of the nerves.

11:17:41 From Nancy Addison Helmers : the breath is such an important part

11:17:58 From Sandy Rakowitz : Yes Nancy!

11:19:28 From Charlotte Erika Walker : @Elinor thanks, @Nancy yes I think Pause & Breath!!!!

11:19:39 From Lisa Hoskins : I found the pause to be essential when I was experimenting last month after our first class. I had a flare up of pain from an old injury, and the movement without the pause didn't help. With the pause, it was quickly 80% better.

11:20:17 From Morgine Jurdan : One of the most PAINFUL things in my life was popping out a rib. NO pain medication works at all. It is constant pain. I So Empathize with you!!

11:20:22 From Charlotte Erika Walker : @Lisa wow that's great!

11:20:52 From Nancy Addison Helmers : It seems to me like choose the pressure that feels good/right (without having the goal of heavy pressure). Not sure that is clear

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- 11:22:01 From Charlotte Erika Walker : Nancy comfortable pressure without pain!
- 11:24:02 From Paula Josa-Jones : I work a lot with trauma, and what I know is that quickness can be VERY triggering when there is trauma + pain. So it is important to find what speed (quickness-sustainment) works for the person.
- 11:24:25 From Nancy Addison Helmers : Thanks Elinor
- 11:25:07 From Charlotte Erika Walker : Paula good to know, thanks! :)
- 11:25:53 From Talia Shafir : Is the same touch quality good for lymph edema?
- 11:26:07 From Elinor Silverstein : yes, Talia :)
- 11:26:43 From Elinor Silverstein : Linda has also done tis helping someone with edema doing the small light touches with cold water
- 11:27:32 From Nancy Addison Helmers : good point Paula!
- 11:28:08 From Charlotte Erika Walker : That will trigger my nerve endings!
- 11:28:12 From Nancy Addison Helmers : Our intention in choosing speed and pressure seems important
- 11:29:11 From Charlotte Erika Walker : Yes Nancy great :)
- 11:31:01 From Nancy Addison Helmers : visualizing the communication (light) between the cells?
- 11:31:59 From Pamela Beets : co operation- that seems like a good description of the connection and 'movement' of the thumb and fingers in the TT circle
- 11:32:14 From Dana Davison : Yes, every body is different!
- 11:32:39 From Nancy Addison Helmers : That would be matching, right?
- 11:32:59 From Victoria Ahrens Dorf, Mass./USA : I had experienced that dark between the cells after hearing Elinor talk about that... I had CoVid19 beginning in March. This was very helpful to me as I continue to work with the after effects, in my 6th month... can last up to 12 months, but I have such great resources that won't be me!
- 11:33:11 From Sandy Rakowitz : YEs Charlotte and Nancy - it is all of the 9 elements....and how they all work together - 1) The Basic Circle (2) Pressure (3) Tempo - Speed (4) Mindful Pause (5) Connections between TTouches (6) Body Posture - how you are using your body - and your own comfort (7) Breath (8) Intention (9) Feedback -

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what is helpful feeling great awesome or not so great to triggered - creating a sense of empowerment

11:34:41 From Nancy Addison Helmers : I can breath better when my fingers are soft

11:36:30 From Charlotte Erika Walker : Ah interesting it makes me feel sick the stiff one! This makes sense as in Fibro causes nausea as it is confused with pain!

11:36:53 From Elinor Silverstein : yes, wow, Charlotte

11:36:58 From Nancy Addison Helmers : I do this with my dog (3 sec). And tiny circles (sometimes just visualized circles). and light touch. She relaxes so quickly. I could add in visualization of light.

11:38:05 From Nancy Addison Helmers : So brilliant, Linda. And key!

11:38:12 From Charlotte Erika Walker : Amy-some people are just not willing or ready to receive-we heal ourselves only!

11:39:01 From Charlotte Erika Walker : and it may take years with that seed but it is there, great point Chris! :)

11:39:08 From Teresa Cottarelli-Guenther : Just to share: I had a headache, I was doing Ear TTouch just on the border of the ear..., and now its gone and the Tinitus as well!

11:47:00 From Sandy Rakowitz : So great Teresa!!!!!!!

11:48:17 From Denise Müller : Teresa, thank you for sharing. Verry nice and interesting

11:48:38 From Denise Müller : Linda sooooo süß!!!!

11:48:46 From Elizabeth Eckert : hi to your sweet friend!

11:51:55 From Morgine Jurdan : Someone you were STARTING to answering someone's question I think Elizabeth??

11:52:51 From Elizabeth Keith : Yes. Thanks Morgine, I would like to ask my question.

11:53:03 From Nancy Addison Helmers : for me, the pause is a moment to feel (the connection) and breath

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11:55:09 From Morgine Jurdan : When I first learned the Mindful Pause I had just adopted a new cat from the shelter who was rather wild and wanted outside right away. I had used Ttouch and it was beneficial. However, the first time I used the pause she MELTED COMPLETELY and we Deeply connected that very day. It made all the difference with her.

11:55:55 From Charlotte Erika Walker : Beautiful Morgine!

11:57:24 From Charlotte Erika Walker : I feel mindful pause, breath, connection through the intention.

12:03:31 From christine : I have had that same question about just where the 6 o'clock starts!

12:03:49 From Elinor Silverstein : Thank you Elizabeth for asking this, it was soooo important

12:04:56 From Glen Stephen, Botswana : Orca breathing. That s new to me. What is this please?

12:04:59 From Morgine Jurdan : I have used Ttouch for almost 20 years and it has benefit all my animals I have a new little dog, 12 pounds. She is the only animal who does not really enjoy it very much. At first ok and then prefers to walk away. I have had to experiment a LOT with her. Both directions. Different pressures to find one she does not want to leave. Linda and I created a new super Light touch with the edge of my hand, just under the little finger where it puffs out a tiny bit. However, after a couple sessions, she no longer, even though I had a hand on the other side, because my thumb was up in the air using that part of my hand. So eventually I had to use the side of the top of my Little Finger Lightly and use the THUMB on the body in order for her to be Comfortable. So sometimes we need to be Very Aware with Animals BECAUSE they can only talk to you with their Actions if you are not communicating with them.

12:12:43 From Charlotte Erika Walker : Is there a direction to work on limbs-ie does it matter as in massage work up the body towards the heart.

12:14:59 From Sandy Rakowitz : The Mind Map of Animal Names with Pictures is in your membership site under Handouts for Cellular Wisdom

12:15:01 From Nancy Addison Helmers : That's an interesting symbol in the middle. Can you talk a little about this?

12:15:11 From Morgine Jurdan : It appears NORMAL Size on my screen

12:15:29 From Sandy Rakowitz : Nancy that is our TTouch Pegasus.

12:15:47 From Nancy Addison Helmers : ok. cool. wondering..

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12:15:59 From Cathy Wright, Alpine,, Texas : When you use your fingers flat, what do you do with your thumb?

12:16:22 From Sandy Rakowitz : In Celullar Wisdom handouts, there is a message from Pegasus.

12:18:47 From Jean Stoner : What determines which technique is when and where?

12:18:58 From Nancy Addison Helmers : thx sandy

12:22:10 From Susanne Peschel : I highly recommend for al new People to by the Immersion series/online program. Perhaps than we can turn to something new and don't start it all over and over again each class.  
Every Touch is in the bonuses there, it's really worse the Money.

12:22:25 From Juel Duke : i really like using the elephant foot, elephant seal and banana soup when I want a soft gentle touch.

12:22:27 From christine : I would like to hear the story about the elephant seal!

12:23:16 From christine : I cannot find the "raise hand" button

12:24:40 From Valentina : Raise Hand is on the bottom of the Participants lisst

12:24:41 From Jean Stoner : Thank you Linda

12:24:41 From Cathy Wright, Alpine,, Texas : look for the reactions button.

12:25:27 From Victoria Ahrens Dorf, Mass./USA : I imagine it would be ok to teach my daughter a few touches she could share with her kindergartners online in their remote classes?

12:25:46 From Nancy Addison Helmers : It seems like my position and the recipient's position would result in a possible change of touch

12:29:50 From Amy Polinger : When I use (the llama? touch) back of my hand on my lower back, circle & 1/4 , then I lift outwards & pause, I feel heat releases & openness instead of compression... very soothing

12:32:11 From Elinor Silverstein : Linda actually has many of the TTOUCH's for very specific situations. It is good to learn them. Then you can also allow your intuition to be part of the work for you, too.

12:32:32 From Sandy Rakowitz : Christine's sharing is A perfect Segway to what Elinor will be sharing!

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- 12:34:50 From Jean Stoner : hahahaha Elinor
- 12:45:43 From Nancy Addison Helmers : Its weird. when I use a light touch, I feel the slightest bit of nausea.
- 12:48:15 From Charlotte Erika Walker : Nancy this is the bodies confusion with the pain signals, if it cannot cope with pain it sends nausea signals instead.
- 12:48:25 From Cathy Wright, Alpine,, Texas : Light touch can be anxious making for some people.
- 12:48:37 From Charlotte Erika Walker : \*body's
- 12:49:22 From marylou mylant : Did you have a specific pattern or beginning place on the abdomen?
- 12:50:14 From Nancy Addison Helmers : Charlotte, I don't have any pain. And my touch is super light. I'm not circling. I went to the lower left side, just under the ribcage
- 12:50:47 From Nancy Addison Helmers : This is really good. Thank you Elinor
- 12:51:17 From Teresa Cottarelli-Guenther : WOW!
- 12:51:36 From Charlotte Erika Walker : You do not have to have pain! The body confuses itself with the receptors so you can have any feeling if the body is sensitive enough!
- 12:51:45 From Nancy Addison Helmers : Also, I feel a slight nauseousness when I put my fingers in the solar plex area
- 12:52:03 From Glen Stephen, Botswana : Wonderful story Elinor. Thank you
- 12:53:01 From Charlotte Erika Walker : Nancy do you work on you Solar Plexus area a lot?
- 12:53:47 From Nancy Addison Helmers : Wow. Interesting Charlotte.. I have this sensation even if I THINK about putting my fingers there. How can I find out more about this?
- 12:54:38 From Nancy Addison Helmers : No. Now I'm wondering how to turn it off! :))
- 12:54:40 From Charlotte Erika Walker : Nancy email me and I will send you some info, email: [hello@animal-health-and-healing.co.uk](mailto:hello@animal-health-and-healing.co.uk)

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- 12:56:03 From Glen Stephen Botswana : It's late here so time for me to sign off. Stay well everyone
- 12:56:27 From Nancy Addison Helmers : Thanks Charlotte. I know that's a place that I hold this area lot. I have a hard time breathing into this area. Now I'm curious..
- 12:57:49 From gretchen langner : Yes- Thank You All - I too need to leave at 4 sharp.
- 12:57:50 From Charlotte Erika Walker : Nancy it is you Solar Plexus Chakra is imbalanced.
- 12:58:24 From Juel Duke : speaking of batteries, I'll leave now and come back on the iPad.
- 12:59:16 From Sandy Rakowitz : Nancy,, continue with your curiosity, asking and listening to find out more - just like Elinor described with her the person who came to her. This is the beautiful discovery process...
- 12:59:41 From Elinor Silverstein : so beautiful
- 13:00:49 From Charlotte Erika Walker : I have to leave now so thank you xxx
- 13:01:40 From Jean Stoner : Thank you Chris Haggard for what you spoke to support Amy.
- 13:02:33 From Jean Stoner : While using T touch for fibromyalgia, are the techniques applied just randomly or with some specificity?
- 13:02:39 From Chris Haggard : ❤️
- 13:12:09 From Jean Stoner : Sandy Thanks for your explanation of the T touch movement at the beginning today
- 13:12:26 From Jean Stoner : Also thanks to everyone who asked for explanation for direction of the hold
- 13:14:40 From Pamela Beets : thank you everyone, i need to leave now
- 13:14:56 From Elinor Silverstein : Love love love to you Pam
- 13:32:48 From iPhone : hello finally on! I picked up 200 bales and stacked in 100 degree heat- finally done
- 13:33:20 From Cathy Wright, Alpine,, Texas : Wow!!!

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13:34:50 From Nancy Addison Helmers : It's so weird! When I put my hand/ fingers over my solarplex, my middle finger starts shaking. When I move my hand to somewhere else, the shaking stops

13:35:54 From Sarah Hauser : thank you Sandy- i have had a lot of overwhelm, and this was very calming

13:40:41 From Sandy Rakowitz : And, the solar plexus relates with liver function, digestion and metabolism -

13:42:10 From Kathleen Jorden : Someone share with me recently-When I first read Masaru Emoto's 'Hidden Messages in Water' a thought I has came back and I felt it was important to share. As there are so many of us from all over the world we could each take a glass bottle of water and give all our emotions of love, healing, prayers play beautiful classical music to this bottle of water and then pour the water into the nearest river, lake or ocean and as with homeopathy the powerful benevolent thoughts will help our rivers and oceans to heal they are after all the arteries of our Mother Earth and we are connected to this network.

13:42:44 From Victoria Ahrens Dorf, Mass./USA : The beautiful books by Medical Medium/Anthony William speaks so lovingly about the thousands of functions of the liver and beautiful ways to pray, meditate, put hands on liver... Liver Rescue is the title of the specific book of his 7 books that are great resources.

13:45:00 From Victoria Ahrens Dorf, Mass./USA : I don't see how to raise my hand...  
I

13:45:04 From Victoria Ahrens Dorf, Mass./USA : d like to share

13:46:16 From Cathy Wright, Alpine,, Texas : Teresa, I have it too. But, it is a milder case. My liver does feel better after Sandy's coaching.

13:46:30 From Morgine Jurdan : No one can hear me. Seth whom Linda read. Says LOVE is the foundation upon which everything is based in our Universe. And Seth also explains Everything is connected. So we are INTIMATELY Connected with the Planet, all of Nature AND the Weather as well. Humans actually Co-create the weather too! So what you share is SO SO important on all levels and with All our Organs. My sound is not working for some reason.

13:49:48 From Nancy Addison Helmers : Drinking the water helps the nausea. Interesting

13:50:09 From Victoria Ahrens Dorf, Mass./USA : This is the first time I have found ease in my lips and jaw... more to come, I'm sure! We get to feel soooo delicious!

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13:50:11 From Elinor Silverstein : wow, thank you Victoria, now I understand why my whole life that eating a little bit of fruit makes me feel soooooooo hydrated all over!

13:50:56 From Victoria Ahrensdorf, Mass./USA : I mean this is the first time since CoVid in march that I have found release in my lips and face! What a great blessings!

13:51:53 From Victoria Ahrensdorf, Mass./USA : HOW do I raise my hand officially? I've been looking for the button.

13:52:28 From Nancy Addison Helmers : Isn't Jane Roberts "Seth"?

13:52:39 From iPhone : love this idea of speaking to our liver, I never have thought about this before.

13:52:41 From Sandy Rakowitz : Yes Nancy, Water will help flush/ bath as things are moving though and will help hydrate. Sometimes nausea is an overload on the move - wanting more movement

13:53:29 From Sandy Rakowitz : Yes Nancy, Jane Roberts channeled Seth. A few of her books are in the Book list in handout section of Membersite.

13:53:38 From Elinor Silverstein : I was wakened in the middle of the nite earlier this week clenching and grinding my front teeth. It was so surprising. I couldn't figure out what it was about. I didn't think about Covid. I stayed a wake a little bit to breathe and make it ok to keep my teeth apart the rest of the nite.

13:53:59 From Nancy Addison Helmers : Hmmmm I've had that book for over 30 years but never read it..

13:54:37 From DAWN Kelley CT, USA : A glass of hot water will help detox. It is like when you wash dishes with cold water it doesn't clean, the hot water helps dissolve inner oils, toxins etc. Try it first thing in the am and before bed, it will detox you in the am.

13:55:05 From iPhone : i will give love to my liver now (Renee) and the weather is a huge key and so important for group healing and love

13:55:06 From Sandy Rakowitz : Yea Iphone speaking to your liver!

13:55:06 From marylou mylant : Thank you Sandy, Elinor, and Linda. Need to leave for now.

13:55:28 From Elinor Silverstein : thank you Marylou, heart hugs

13:55:28 From Victoria Ahrensdorf, Mass./USA : Elinor, Yes, I am amazed by the intensity of the tightness. I've never felt anything quite like this. Of course, doing many

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ATMs to try to stay on top of it and soothe. I was on a ZOOM with my family around my mother's illness/last stage of life and saw my lips were so tight, didn't even look like me!

- 13:55:43 From Nancy Addison Helmers : Thanks Dawn
- 13:55:48 From Sandy Rakowitz : Thanks Dawn, that is great info.
- 13:55:56 From Sarah Hauser : thank you everyone I have to leave now
- 13:56:29 From Elizabeth Eckert : thank you everyone!
- 13:56:30 From Sandy Rakowitz : WOW Victoria!
- 13:56:31 From Nancy Addison Helmers : Thank you everyone!!!
- 13:56:36 From Victoria Ahrens Dorf, Mass./USA : Thank you, Sandy, Elinor & Linda! Blessings Abound!!
- 13:56:38 From Cathy Wright, Alpine,, Texas : Many thanks to Linda, Sandy and Elinor. And all of you. It is so wonderful.
- 13:56:54 From iPhone : thank you all ! I will listen to the replay! Renee
- 13:56:55 From Cathy Wright, Alpine,, Texas : Bye now.
- 13:57:14 From Sandy Rakowitz : kirsten@ttouch.com
- 13:57:23 From DAWN Kelley CT, USA : thank you to all of you....amazing!!!
- 13:57:25 From Elinor Silverstein : our sincere love to everyone
- 13:57:25 From Morgine Jurdan : thanks so much!
- 13:57:46 From Denise Müller : we see us on Tuesday - bye bye :) thank you all
- 13:58:45 From Juel Duke : Til Tuesday!
- 13:59:19 From Donna Karras : \Thank you, it was very informative. See you Tuesday
- 14:00:28 From Heidrun : Thank you!
- 14:00:56 From Claire Grégoire, France : thank you very much to all!

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14:03:43 From Victoria Ahrens Dorf, Mass./USA : Might someone share the last 2 lines of the Unity prayer, please? Every little cell in my body is happy. Every little cell is well.....

14:05:44 From Elinor Silverstein : Every little cell in my body is happy, every little cell in my body is well.

14:05:50 From Elinor Silverstein : oh shoot

14:09:40 From Victoria Ahrens Dorf, Mass./USA : I can hear Linda.

14:14:31 From Françoise from France : Thank you very very much. i must go to sleeping. take care of you.

14:16:13 From Victoria Ahrens Dorf, Mass./USA : Trigeminal nerve, wow, cool. I had trigeminal neuralgia for 6-8 months after husband died... didn't start for several months. It could make talking and eating and thinking! very challenging...it is intense... used a liquid homeopathic solution for months, carried it with me whenever I felt it starting.

14:17:59 From Nancy Addison Helmers : What is a “divit”? A protrusion or an indentation?

14:18:09 From Sandy Rakowitz : Indent

14:18:29 From Victoria Ahrens Dorf, Mass./USA : Where was the divit?

14:19:18 From Nancy Addison Helmers : Is this dip near the top of the ear? Like a fold?

14:19:44 From Sandy Rakowitz : Middle of back of ear is where Elinor was talking about - the trigeminal nerve

14:19:50 From Elinor Silverstein : I show it on my blog, [onstickytopics.com](http://onstickytopics.com) trigeminal nerve. You n see it there

14:20:01 From Nancy Addison Helmers : Thx!