

## Tellington TTouch-for-You® Online

### Bonus Q & A

#### Class Chat

#### Tellington TTouch-for-You®

#### Cellular Wisdom Decoded

#### “Live with Linda” Tuesday August 11,2020 - Class Chat

- 11:53:12 From Donna Shugrue : Donna from Massachusetts
- 11:56:27 From Linda : Linda Claire - Irvine, CA
- 11:59:13 From Charlotte Walker : Hi Linda, Charlotte from Dorset, UK
- 11:59:17 From Kirsten : TTouch for Healthcare by Linda Tellington-Jones
- 12:01:00 From Valentina : Willkommen, Bienvenue, Welcome---from the Western Slope of the Rocky Mountains!
- 12:01:45 From Charlotte Walker : IS THIS IT?  
[https://ttouch.com/Detailed/Shop/Humans/TTouch\\_for\\_Healthcar...\\_101.html](https://ttouch.com/Detailed/Shop/Humans/TTouch_for_Healthcar..._101.html)
- 12:08:11 From sharon richards : HI beautiful Linda and every one from Bridgenorth Ontario Canada
- 12:09:26 From Sarah Hauser : hi all
- 12:09:59 From Jean Stoner : my computer doesn't have audio ability yet. I am trying to get another computer for another day.
- 12:12:21 From Jean Stoner : I am here consequently to listening to the Feldenkrais Summit. I watched your give-a-away and have been trying to incorporate it when providing massage therapy. People are reporting that it is 'relaxing' It feels good to me too when I am doing it.
- 12:13:13 From Jean Stoner : I am intrigued with what happens to bodies integrally - cellularly and really yearning for explanation and understanding. So here I am.
- 12:13:48 From Jean Stoner : Thank you for seeking me out for a comment.
- 12:16:44 From Jean Stoner : I am curious what your response would be to respond to myasthenia gravis with t-touch/Feldenkrais.
- 12:16:57 From Valentina : Victoria-- know that all of us here care about you and send heart hugs- xoxoxo

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- 12:21:15 From Sarah Hauser : sometimes if i am in a place where I don't feel comfortable doing a heart hug, i think the heart hug❤️
- 12:29:15 From יעל גרינברג : my internet connection is coming and going today
- 12:31:37 From Charlotte Walker : Jean, do you remember Linda talking about Dr Fritz-Albert Popp last week? Well I asked a friend about him and she sent me links to this book where it is described really well in Pages 153-157. Light Therapies

#### A Complete Guide to the Healing Power of Light

By Anadi Martel, Jacob Liberman 'All living organisms emit light which is ultraweak photon emission or UPE. Years of systemic measurements of cell cultures, microorganisms, plants, animals and humans have confirmed biophotonic activity is universal. In humans the emission is highest around the hands and the head. An increases in stress levels leads to an increase in the UPE. Lateral asymmetrics between the left and the right side of the body are correlated with health problems, and treatments such as acupuncture have been observed to rebalance them. A treatment on one part of the body can restore the UPE elsewhere, indicating the global nature of the biophotonic field'. The is what is happening in the cells with the TTouch Heart Hugs!!!

- 12:32:52 From Charlotte Walker : \*This is what is happening....:)
- 12:33:47 From sharon richards : Hi Linda ..can you help me with what to do with heart failure and erratic heart beats...how to work with this?
- 12:34:38 From sharon richards : This was beautiful and very calming..I feel thatI was floating with the etheric butterflies
- 12:38:30 From Jean Stoner : What is the way to connect with an area where my hands cannot reach on my own body - specifically my back? Could you draw on paper the circle and a quarter so I could see the spiral?
- 12:42:13 From Pamela Beets : i got eye surgery a year ago there are some considerations with lens, near far and bi focals
- 12:43:01 From Pamela Beets : its amazing!
- 12:43:27 From yonah gershator : hi linda...sorry i'm late...i actually will have to leave but may be able to get back on later...will definitely check the recording if i can't...hugs

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- 12:45:26 From Charlotte Walker : Jean see this link I found:  
<https://www.google.com/url?sa=i&url=https%3A%2F%2Fslideplayer.com%2Fslide%2F11684604%2F&psig=AOvVaw0fK669ckp47mnYkFj6Ego0&ust=1597257850625000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIClyannk-sCFQAAAAAdAAAAABAD> for a drawing :)
- 12:47:05 From Charlotte Walker : Jean page 4 of 32 pages.
- 12:48:32 From Jean Stoner : Thanks Charlotte
- 12:50:28 From Charlotte Walker : No worries :) x
- 12:51:22 From Jean Stoner : It is a neurological immune condition
- 12:55:52 From Karen Ingebrigtsen : question: what to do to reduce nausea with chemotherapy
- 12:57:41 From Linda Claire : I had cataract surgery on both eyes 1-1/2 years ago., The MD wanted to put lenses for distance into both eyes, but I naturally saw close-up with one eye and distance with the other eye. Knowing that it's actually the brain which interprets the images I didn't want to mess with the way my brain processes -- so I had him put in one lens for close and one for distance. Am VERY happy I made that decision. I was immediately comfortable. The difference in eyesight was amazing. The day following surgery I was able to read the tiny ingredients listing on my cat food can without any glasses -- where before that my glasses plus magnifying glass didn't do the job. I have astigmatism which can't entirely be corrected by the lens/surgery, so have glasses to wear when I need/want extra clarification -- but I can drive and read without glasses. This surgery is amazing. I was hesitant to do it, but am totally happy with the results.
- 13:01:13 From Morgine Jurdan : You are NOT explaining to the people on the PHONE what you are doing!! You demonstrated mostly and described very little to people on the phone..
- 13:01:30 From Charlotte Walker : Great to hear Linda Claire!
- 13:08:15 From Charlotte Walker : Sharon I am feeling/bring told you need to work on your Gut Flora, I am sure you have addressed this before however from good gut health one can start to heal a bit xxx
- 13:08:33 From Charlotte Walker : \*being told sorry

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- 13:12:46 From Charlotte Walker : Sharon you have a white Pegasus as a guide :)
- 13:13:36 From Kirsten : Dr Fritz Albert Popp
- 13:31:36 From Linda Claire : I'd love to receive pictures of the fairies. THANKS!
- 13:31:39 From sharon richards : Thank you Linda so much and every one for your help ....Linda my email is sherbear003@yahoo.ca
- 13:32:39 From Nancy Addison : Linda, I had a sudden loss of hearing a little over a year ago. It is supposedly stress related. And it's the inner ear. Can you recommend something?
- 13:33:18 From Sarah Hauser : would love to see pictures of the fairies-  
hausershealinghands@gmail.com
- 13:38:23 From Morgine Jurdan : Linda, I would like to share just for just one minute something that helped heal my vision, as a Side Affect, and a few other things over ten years ago .....and today in several classes, teachers state it is the number one thing most people suffer from, ....so now I understand why those things healed. I think doing it in combination with the Heart Hug could help MANY people heal things they are working on right now.
- 13:39:45 From sharon richards : Thank you Morgine. I will contact you. Love to you as well
- 13:40:19 From Morgine Jurdan : Ok wonderful. I love you too!
- 13:44:23 From Linda Claire : Sharon -- have you heard about Jin Shin Jyutsu? I've been studying it for a year and love it. This is an ancient energy healing art -- designed for self-help. It harmonizes your energy fields I have an amazing practitioner who gives private sessions and she teaches self-help classes. This is the ONLY thing which helped relieve incredibly painful sciatica for me. There are simple daily moves you can do help yourself -- as simple as holding your fingers (because all organs in the body are connected to your fingers -- as Linda tells with reflexology). You might like to check out Jin Shin Jyutsu. Self-help books are available through Amazon -- the Alexis Brink book is a simple self-help book for beginners. Good luck! Linda Claire - Irvine, CA
- 13:54:20 From Nancy Addison : Linda, would it help to visualize turning the light on in the cells as you are doing T-touch?

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- 13:56:57 From Kirsten : Joan C King The Code of Authentic Living: Cellular Wisdom
- 14:01:07 From Nancy Addison : What about the book by Joan C. King called Cellular Wisdom: Decoding the Bodies Secret Language?
- 14:06:16 From Nancy Addison : Francoise, there is a book called "Breath" by James Nestor. There is some really interesting information on Emphasyma.
- 14:10:22 From Charlotte Walker : Linda- Have you had any contact with the International Light Association: <https://www.international-light-association.org/> ?
- 14:14:06 From Jean Stoner : Please send me picture of fairies jibagwan@gmail.com Thank you
- 14:15:31 From Jean Stoner : Charlotte I have not, am not aware of the association.
- 14:15:55 From Yesim Alic : please send mepicture of fairies yesimalic1@gmail.com thaks
- 14:16:57 From Françoise from France : Thank you so much Nancy
- 14:17:12 From Nancy Addison : You are most welcome.
- 14:17:28 From Susanne Peschel : Thanks for today. I am leaving now, it's late. Good night.
- 14:17:57 From Charlotte Walker : INTERNATIONAL LIGHT ASSOCIATION INTERESTED HOW YOU CAN USE COLOUR AND LIGHT TO ADVANCE HEALTH AND WELLBEING?
- The ILA is an international organisation that connects researchers, manufacturers, teachers, practitioners and experts on Light and Colour. We organise an annual conference where international presenters will share their latest knowledge.
- 14:20:19 From Nancy Addison : Is that good for morning sickness too? (Not that I'm pregnant.. :)
- 14:22:05 From Kirsten to Nancy Addison (Privately) : What is your questions about the book?

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- 14:24:58 From Kirsten : Morgine, There will be a new TTouch for You book soon. I will ask Linda for the next class about the publishing date.
- 14:26:42 From Pamela Beets : i just sent the love and appreciation to treatment to a friend that is having some treatment this afternoon.
- 14:27:00 From Pamela Beets : thank you for talking about this:)
- 14:34:52 From Charlotte Walker : Kristen-what are the 4 techniques to know? Heart Hug, Ear Work, Down Body Slide then I missed the 4th!
- 14:35:45 From Charlotte Walker : Kirsten-Oh Mouth work!
- 14:37:36 From Nancy Addison : Teresa, I remember you from a T-touch class in Switzerland. You still warm my heart, even from a distance!
- 14:38:05 From Charlotte Walker : Linda-this is the book:  
[https://www.fishpond.co.uk/Books/Light-Therapies-Anadi-Martel-Jacob-Liberman-Foreword-by/9781620557297?utm\\_source=googleps&utm\\_medium=ps&utm\\_campaign=UK](https://www.fishpond.co.uk/Books/Light-Therapies-Anadi-Martel-Jacob-Liberman-Foreword-by/9781620557297?utm_source=googleps&utm_medium=ps&utm_campaign=UK)
- 14:38:24 From Nancy Addison : Is that what Linda was just reading from?
- 14:38:33 From Charlotte Walker : Yes
- 14:38:50 From Nancy Addison : Great! Thanks!
- 14:39:10 From Charlotte Walker : from my friend who is a member of the International Light Association!
- 14:41:44 From Kirsten : Anybody I missed with questions? if so please message me again.
- 14:42:48 From Nancy Addison : What about the other book by Joan King about cellular wisdom? That was the only one available on Amazon.
- 14:42:50 From Pamela Beets : have to go - thank you Linda, Kirsten and everyone!
- 14:45:21 From Kirsten : Nancy, Our bookkeeper is checking is we can order more of Joan King's books. Amazon is out right now.
- 14:46:20 From Nancy Addison : Great. Thanks. Would you mind letting me know?



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- 14:48:02 From Charlotte Walker : Kristen-if I buy the dog books too is it free?
- 14:48:15 From Charlotte Walker : As in free shipping!
- 14:50:59 From Charlotte Walker : Thank you Linda, Kristen and Everyone! :)
- 14:52:53 From Charlotte Walker : I never received the Bemer info so please send to [hello@animal-health-and-healing.co.uk](mailto:hello@animal-health-and-healing.co.uk) Thank You Charlotte Erika Walker xxx
- 14:53:23 From Lois Kohlmeyer, from Mesa, AZ : Love to all from Lois Kohlmeyer. Happy Trails
- 14:55:39 From Nancy Addison : I'm wondering how working on the "good" side/ear would be good as well. I think so.
- 14:59:17 From Charlotte Walker : Yael you put in your intention to heal-this is the universal energy of healing
- 15:00:57 From Teresa Cottarelli-Guenther : Thank you Linda, Kirsten and all of you for this wonderful moment, with a HeartHug
- 15:01:13 From Sarah Hauser : thank you!