



Cellular Wisdom Decoded
“Live with Linda” Tuesday August 18, 2020 - Class Chat

- 11:58:07 From gretchen langner : Gretchen Langner - Portland, Maine
- 11:58:07 From DAWN Kelley : Hello to all! I am Dawn from Niantic, Connecticut.
- 11:58:41 From Karen Ingebrigtsen : Karen Ingebrigtsen from San Francisco (presently in Washington State)
- 11:58:42 From Dana : Dana from Kingston, NY
- 11:58:45 From Donna Karras : donna karras from Sioux Falls, South Dakota
- 11:58:56 From Kirsten : Kirsten from Santa Fe NM
- 11:59:28 From Charlotte Walker : Hi Charlotte Erika Dorset, UK
- 12:01:17 From Debby Potts : Hello from Newberg, OR
- 12:01:33 From Juel Duke : Juel Duke in rural Warren County, North Carolina
- 12:01:34 From Valentina : Gruss Gott, Bonjour and Hello from the Western Slope of the Colorado Rockies where it is hot and very smoky. Very exciting is a new tiny population of Northern Leopard frogs in my pasture! This species has been declining, so it's wonderful to see them--sooo beautiful and cute.
- 12:02:20 From test : Donna from Massachusetts
- 12:11:12 From Kirsten : Luc Bodin, MD, Nathalie Bodin Lamboy & Jean Graziet
The Book of Ho'oponopono: The Hawaiian Practice of Forgiveness and Healing

- 12:13:12 From Charlotte Walker : Self Identity through Ho'oponopono is a wonderful tool for self-healing and causes a great improvement in all areas of your life. If you want the music send me a email suelyspaula@hotmail.com. I'm sorry, please forgive me, thank you, I love you. :) YouTube Song: <https://www.youtube.com/watch?v=7Qoq75-DQm4>
- 12:15:35 From Charlotte Walker : Paula: you are carrying your symbiotic Shock, it is a cross over from you and the horse back to you.xxx
- 12:16:08 From Nancy Red : Paula, I think your thread was about what you were going to do.
- 12:17:50 From Nancy Red : Valentina, where exactly are you? My sisters are in Grand Junction.
- 12:18:57 From Kirsten : Ho'oponopono: I am sorry, Please forgive me, Thank you, I love you.... Lindas addition: I give the situation over to a higher power
- 12:19:28 From Valentina : Nancy-- I'm in Mntrose, about 65 miles South of GJ. How are your sisters doing with the wildfire situation.?
- 12:22:04 From gretchen langner : Nancy, Valentina- my daughter lives in Gunnison
- 12:22:52 From Valentina : Well known fact-- the Western Slope rocks bigtime!
- 12:31:59 From Nancy Red : Valentina—they can see the flames of Pine Gulch but there is a lot of rock between them and the fire.
- 12:33:04 From Valentina : Nancy- what about breathing? Our valley is full of smoke-- we can't even see the mountains out the window.
- 12:33:43 From Nancy Red : Valentina and Gretchen—good to know there are some of you on the western slope.
- 12:42:59 From yonah gershator : Curious is Donna knows Andrea Leas as well? She is a Jin Shin Jitsu person who works with animals and has programs in prisons working with dogs as well...
- 12:44:14 From yonah gershator : This woman...<http://jsjforyouranimal.com>
- 12:45:12 From Valentina to Kirsten (Privately) : It looks pretty thick.....
- 12:45:35 From Kirsten to Valentina (Privately) : agree

- 12:45:47 From Cathy Wright : Cathy Alpine, TX
- 12:46:36 From Joyce's Anderson : Joyce Anderson, VA
- 12:46:37 From Charlotte Walker : Yonah thank you for the link!
- 12:47:11 From Nancy Lund : Nancy Lund, Wisconsin
- 12:50:21 From christine : Hi All--This is my first time in the program, although I have been doing energy work with people and animals for over 30 years. Also, I have been aware of Tellington Touch for many years, and was signed up for the
- 12:51:46 From Valentina : Christine- welcome! Great to see you here!
- 12:52:41 From Nancy Addison : Lois, have you tried limping? Mia Segal said "If something hurts, limp and give the area time to reorganize."
- 12:54:01 From Charlotte Walker : Foam
- 12:54:15 From christine : Thank you! I didn't get to finish, but bottom line, I just moved from Austin, Texas to a more rural area an hour away and on a huge lake: Canyon Lake, Texas'
- 12:54:46 From Nancy Addison : Lois, I also have Vibram 5 finger toe shoes—really lightweight, ballerina type. My feet/toes have gotten stronger. Frankly, I don't like padding. I like to feel the floor.
- 12:55:34 From Cathy Wright : Cork tiles can be very nice.
- 12:56:01 From Nancy Addison : Lois—my feet used to hurt also. Not any more.
- 12:56:30 From Valentina : Christine---Canyon Lake! Best chalk fossils ever! I have a bowlful of seashells made of chalk which I just poked and pried out of the banks of Canyon Lake.....
- 12:56:42 From Nancy Addison : Cork sounds nice. Soft but firm..
- 12:57:13 From Paula Josa-Jones : as a dancer, we do not walk around toe/heel - that happens in the studio. A mid foot strike is actually healthier for the bak, knees, legs. Also, shortening your gait can be really helpful.
- 12:58:27 From christine : Hi Valentina--were you here? I am a fossil lover too....
- 12:58:30 From Cathy Wright : Thank you. That is very helpful information.

- 12:59:25 From Morgine Jurdan : Louise Hay says the feet have to do with Understanding of Ourselves & Others.
- 12:59:28 From Cathy Wright : The fossil exhibit at Big Bend National Park is wonderful.
- 12:59:54 From Paula Josa-Jones : Also, this is really helpful:
<https://humanlocomotion.com/products/toepro-foot-ankle-exercise-platform>
- 12:59:56 From Valentina : Yup Christine--used to drive from Telluride, CO to Rockport TX 1 or 2 times a year and always stopped to see friends n Canyon Lake.
- 13:01:01 From Charlotte Walker : Oh I already do this!
- 13:01:05 From Cathy Wright : Sense of Motion shoes are made in Colorado and they are great. Flexible, but a bit more of a sole than Lems. They are nice and flexible too, and let you feel the ground. The stickers go through them too easily here.
- 13:01:18 From Charlotte Walker : Sketchers
- 13:01:20 From Nancy Addison : Lois—I have high arches. My feet immediately loved these shoes. I can wear them all day. They are more comfortable than my most comfortable shoes. I can walk in the forest with them (and not worry about stones, on the streets. I've learned to not drag my feet because the sole is so thin I'd wear them out.
- 13:01:44 From Charlotte Walker : Sketchers do Heel to Toe shoes with Memory Foam.
- 13:01:47 From Morgine Jurdan : Barefoot running is getting more and more popular. It is found that Barefoot Runners most often run toe to heel. Only Humans Great Apes and Bears walk heel to toe. The rest of the animals walk and run on their toes or or toes to heel.
- 13:01:55 From yonah gershator : can you put the name of the shoe in chat she is showing
- 13:02:59 From Charlotte Walker : Yes they are barefoot shoes.
- 13:03:04 From yonah gershator : vibram aren't good if you have neuromas
- 13:03:30 From Juel Duke : vibrate is the maker of the five toes shoes

- 13:03:59 From yonah gershator : Vibram NOT vibrate
- 13:04:04 From Cathy Wright : A good source of information about shoes
- 13:04:06 From christine : Valentina--Oh my gosh (that was supposed to read "when were you here?")---anyway,....I lived in Colorado for 12 years and spent a fair amount of time in Telluride which was an hour and a half away.
- 13:04:08 From Cathy Wright : <https://www.correcttoes.com/foot-help/shoe-list/>
- 13:04:18 From Juel Duke : Dang autocorrect.
- 13:05:02 From Morgine Jurdan : <https://us.vibram.com/shop/fivefingers/>
- 13:05:38 From Charlotte Walker : <https://www.allbirds.co.uk/>
- 13:06:12 From Charlotte Walker : <https://www.allbirds.com/>
- 13:06:46 From gretchen langner : Did I miss the session with the guest speaker clarifying cell intelligence and how to speak about this?
- 13:08:17 From Kirsten : Shoe brand from Teresa's red shoe: Bata light
- 13:08:22 From Juel Duke : Lois, I have one foot that has all sorts of problems, some with contraindications for therapy. Chacos are the only shoes I've found that work for me in all circumstances. In fact, the walks were not great in my great sneakers so I changed to my Chacos and its much better. They have new lighter and softer soles now, if you've tried them a few years ago.
- 13:09:56 From Debby Potts : I'm sorry that I can't stay longer today. Heart Hugs to Everyone!
- 13:11:35 From Charlotte Walker : Gretchen it was on yesterday link here to video: <https://www.facebook.com/groups/tellingonttouchcommunity/permalink/680690502530082/>
- also there is a link to the PDF presentation in the Community Facebook Group.
- 13:11:43 From Valentina : If you go to the Dr. Scholl's section of Walmart or similar, you can get squishy pads that are shaped for the ball of the foot. You put them inside your shoes. The natural fat pad on the sole of the foot does thin out with the aging process, especially in women who wore

high heels a lot, as that cantilevers the body weight onto the ball of the foot where it is not designed to be.

- 13:12:02 From Valentina : thank you Yael--that was beautiful
- 13:12:18 From gretchen langner : Oy- Charlotte- Can't believe I missed it. Thank You
- 13:12:41 From gands : Hi! We're sorry we need to leave meeting also. Looking forward to Sunday's zoom session! heart hugs!!
- 13:13:29 From Charlotte Walker : Gretchen I only by chance saw the link 30 mins before otherwise I would have forgotten! PDF link here: 1 of 7,406
<https://www.facebook.com/groups/tellingtontouchcommunity/permalink/680127759253023/>
- 13:17:51 From Lois Kohlmeyer from Mesa, AZ : Thank you, everyone, for all the help and suggestions for the feet and shoes....much appreciated.
- 13:24:28 From gretchen langner : Linda
- 13:25:12 From gretchen langner : I have a comment to share about seeing the light between the cells.
- 13:29:08 From Charlotte Walker : Linda-Following on from last week's book recommendation Light Therapies. Do you know Jacob Liberman's Light-Medicine of the Future? It talks about Popp proved all living things radiate light (biophotons). Might be of interest to you?
- 13:31:06 From Denise Müller : I have to go today. Good night. See you next week :)
- 13:37:41 From Charlotte Walker : Linda-I have a puppy in the US with straight leg syndrome birth defect with knees the wrong way-he has started walking in the last week as a rescue took him on a week ago. He is 3 months old-how do I teach someone to work on his back legs when they are in the US and I in the UK? Maybe I do a Zoom call but what should I show her to do for the back legs; in the best way?
- 13:43:20 From csuecr@hotmail.com : during the case study : improving muscle tone and movement. she used Lying Leopard and Lick of the Cows Tongue criss crossing the back?

- 13:47:57 From Nancy Addison : Gretchen, I was in an Eyebody workshop with Peter Grunwald. He would say "close the eyelids", not close the eyes
- 13:48:19 From Paula Josa-Jones : Perhaps another way to work with it is to visualize bringing light beams through the interstitial fluid, allowing it to warm and nourish the cellular membranes and then to pass through into the cell bodies themselves.
- 13:48:30 From gretchen langner : I understand that Nancy!! (Sensorially)
- 13:49:22 From Nancy Addison : Yeah. It's really different
- 13:49:23 From csuecr@hotmail.com : looks like toltting haha
- 13:54:25 From csuecr@hotmail.com : i felt all our hands together on each otherhealing and filling us w light. i felt filled with light
- 13:54:48 From Valentina : Sorry, my internet is misbehaving----must go and work with it. Heart hugs to all---bye
- 13:58:25 From Charlotte Walker : Alexander Gurwitsch (1923) stated in his 2 now famous experiments, he placed two onion roots in close proximity and observed that their growth was amplified on the side where they were closest. He deduced that the two plants were exchanging invisible rays that he named mitogentic radiation. from the Light Therapy book I mentioned last week. I like to think about the Sunflowers which turn in together side by side when they lose light. And all sunflowers grow as high as their neighbour. This I believe is the cell light talkback!
- 14:00:29 From Paula Josa-Jones : Our Horses, Ourselves: Discovering the Common Body
- 14:02:11 From Paula Josa-Jones : centipede
- 14:02:12 From gretchen langner : Spider
- 14:02:47 From csuecr@hotmail.com : Toltting
- 14:02:49 From Kirsten to yonah gershator (Privately) : Ok - passed it on
- 14:03:05 From yonah gershator to Kirsten (Privately) : THANKS
- 14:03:28 From gretchen langner : Baby Goat

- 14:04:38 From Nancy Addison : Can the Daddy Longlegs go in both directions (head to tail and vice versa)?
- 14:16:43 From Nancy Addison : What is this called?
- 14:17:56 From Juel Duke : This last two strokes are called “The Lick of the Cows Tongue”
- 14:26:02 From Charlotte Walker : Thank you Everyone for your input :) xxx
- 14:27:41 From Joyce’s Anderson : Would 🦋❤️🦋 Fairy Pix, too!💙🙏💙
- 14:28:01 From Cathy Wright : I would like it too. Thank you.
- 14:31:10 From Joyce’s Anderson : sorry re:email! joyce@cloudninesaddlepads.net
🦋❤️🦋
- 14:31:13 From Morgine Jurdan : Ooh ooooh oohoo oo
- There is a woman who weaves the night sky
- See her spin, watch her fingers fly
- She is within us beginning to end
- Our grandmother, our sister, our friend
- She is the weaver and we are the web
- She is the needle and we are the thread
- She changes everything she touches
- Every thing she touches changes
- She changes everything she touches
- Every thing she touches changes
- (repeat 3 times)
- She changes everything she touches
- Every thing she touches changes

She changes everything she touches

Every thing she touches changes

- 14:31:37 From Charlotte Walker : Great Things Happen!
- 14:32:05 From Liz Thompson : Thank you all. I've not been able to make the last few sessions and I have really missed our time together. I feel connected, full of light and very connected. Love and light to you all and big heart hugs too. Liz from London
- 14:32:28 From csuecr@hotmail.com : thank u without ttouch id have nothing
- 14:32:46 From Liz Thompson : ps can I have the fairy pictures too please :)
- 14:33:29 From DAWN Kelley : Thank you Linda. I need to leave my family came over for dinner.
- 14:33:42 From DAWN Kelley : I did not receive the email for the book
- 14:33:46 From Cathy Wright : Please send it to me again. I do not recall the email. cathy@cathywright.com. Thankyou
- 14:34:13 From DAWN Kelley : stylebyconsult@yahoo.com dawn for the book
- 14:34:25 From Donna Karras : Feel well Linda. Thank you
- 14:37:55 From Morgine Jurdan : <https://www.youtube.com/watch?v=JvTilubCA38>
- 14:45:10 From Françoise from France : Thank you Linda. And soooo Happy you feel better!
- 14:45:45 From csuecr@hotmail.com : i have to go. so niceto see you.