



Cellular Wisdom Decoded
“Live with Linda” Tuesday August 25, 2020 - Class Chat

- 11:58:28 From Donna Shugrue : Donna from Massachusetts
- 11:58:34 From DAWN Kelley CT, USA : Hi Dawn from Niantic, Ct USA
- 12:00:19 From Donna Karras : Yes, I can hear you
- 12:00:32 From Valentina : Gruss Gott, Salut les copines, and heart hugs to all from very smoky Montrose Colorado. Special shout out to Yesim!
- 12:02:43 From Teresa Cottarelli-Guenther : Marco Bischof Bio Photonen das LICHT in unseren Zellen Verlag zweitausendeins
- 12:02:52 From Valentina : Hi Yael!!
- 12:03:10 From Teresa Cottarelli-Guenther : Das LICHT...
- 12:03:21 From gretchen langner : Gretchen Langner Portland, Maine
- 12:03:41 From Charlotte Walker : Linda-Book Fritz-Albert Popp mention:
https://www.fishpond.co.uk/Books/Light-Therapies-Anadi-Martel-Jacob-LibermanForewordby/9781620557297?utm_source=googleps&utm_medium=ps&utm_campaign=UK
- 12:05:05 From Jean Stoner : I am in Pennsylvania
- 12:05:53 From Charlotte Walker : Popp Mentioned in this book too: Do you have it?
Jacob Linerman Light-Medicine of the Future:
https://books.google.co.uk/books/about/Light_Medicine_of_the_Future.html?id=SlqowKsqn3UC
- 12:05:56 From Denise Müller : Teresa: vielen Dank! Hab es gefunden!!!
- 12:09:49 From gretchen langner : I have some questions.

- 12:13:53 From Nancy Addison Helmers : Linda, what would have been different if you went for an x-ray right away?
- 12:16:25 From Donna Shugrue : Linda - when you do the quick little touches, how do you breathe?
- 12:29:36 From Charlotte Walker : That looks like a Parrot to me.
- 12:34:04 From DAWN Kelley CT, USA : flamingo beak..lol.
- 12:35:00 From Morgine Jurdan : I wondered that too..breathing doing quick touches..
- 12:36:49 From Morgine Jurdan : is it a specially shaped memory pillow
- 12:42:04 From Charlotte Walker : You are the Placebo-Joe Dispenza. What was the other one?
- 12:45:24 From Kirsten : The other one is: "Becoming Supernatural"
- 12:45:30 From Nancy Addison Helmers : linda, why do you breathe out through pursed lips?
- 12:45:52 From Charlotte Walker : Kristen-Thank You!
- 12:46:20 From Glen Stephen Botswana : What touch is Linda doing with the fist onto the back?
- 12:47:32 From Heidi : The flamingo beak touch :D
- 12:48:40 From DAWN Kelley CT, USA : breathe out the mouth causes the diaphragm to expel the breathe and the back pressure stimulates the muscles and helps regulate the heart rate.
- 12:48:41 From Glen Stephen Botswana : Thank you Heidi
- 12:49:24 From Heidi : Just kidding, if I understood correctly Linda said she has no name for it
- 12:49:43 From Heidi : Dawn wrote it was like a flamingo beak
- 12:50:02 From Glen Stephen Botswana : But it looks just like the flamingo beak!
- 12:55:05 From Charlotte Walker : This is what we do in Pilates, through he Diaphragm and creates core stability.
- 13:01:53 From Denise Müller : denise264@web.de
- 13:06:27 From Karen Ingebrigtsen : breathing out through pursed lips almost always causes me to yawn. Why?
- 13:10:11 From Charlotte Walker : Karen-it brings the body to a rest state and pursed lips breathing technique is one of the exercises for Sleep! Hence your yawning :)

- 13:13:31 From Morgine Jurdan : does your finger nail get in the way or trimmed in the ear work
- 13:19:41 From Kirsten : TTouch for Healthcare Book by M. Cecilia Wendler, RN, PhD, CCRN and Linda Tellington-Jones
- 13:20:22 From Heidi : And the title of the German book, please? Can we also purchase that one from ttouch?
- 13:25:31 From yonah gershator : beautiful
- 13:25:55 From Charlotte Walker : Lovely! We Humans are Animals!
- 13:27:05 From gretchen langner : Linda- I loved that said- yesterday - that you could teach a 3 yr. old how to do TTouch!
- 13:27:11 From DAWN Kelley CT, USA : When my father was passing of colon cancer in 1993, he was in pain as well and his belly was extended painfully and I did ttouch on him. The belly swelling went down, He found such comfort and looked forward to my visits.
- 13:27:39 From Teresa Cottarelli-Guenther : TTouch for you! Gesundheit und Wohlgefühl mit dem Tellington TTouch Linda Tellington-Jones & Sybil Taylor Kosmos Edition
- 13:28:02 From Charlotte Walker : Beautiful Gift for him Dawn xxx
- 13:28:26 From Heidi : Danke Teresa!
- 13:28:47 From DAWN Kelley CT, USA : Thank you Charlotte.
- 13:30:28 From Glen Stephen : Thank you Dawn. I am working on a puppy. My client's father has advanced colon cancer and has a very extended belly - so will suggest we do some work with him when I see the puppy next xx
- 13:31:55 From DAWN Kelley CT, USA : I did jelly fish jiggles, lick of the cow tongue, octopus, python lifts on his legs were the major ones.
- 13:33:34 From DAWN Kelley CT, USA : and along with 2 sec 3 sec ttouch too Glen
- 13:33:57 From Glen Stephen : Thank you Dawn
- 13:34:49 From DAWN Kelley CT, USA : My pleasure. I hope it helps him as well!!
- 13:45:48 From Nancy Addison Helmers : it seems like this laser touch would be good for an inner problem.
- 13:53:50 From Juel Duke : I need to go: til next week.

- 13:55:08 From Sarah Hauser : iis the spiral for laser going in the same direction as circle and a quarter and is your hand staying connected to the body?
- 14:08:33 From Liz Thompson : I use heart hugs at the beginning & end of my zoom classes & they've been brilliant !
- 14:09:31 From gretchen langner : Hi Linda- I do need to leave but wanted to ask you about using the laser touch with my ankle.
- 14:13:41 From gretchen langner : Sorry I broke the tibia and fibula in 1985 in a car accident. Foot dangling....I have permanent damage and its basically naturally fused. Little flexion and extension. I believe there's still room for improvement and would love to hear suggestions about what touch to use! Of course I'll experiment BUT- Laser resonates with me. I also think of it as a possible way of "drilling" down- including the use of pressure. Thanks for response. Gretchen
- 14:18:11 From Karen Ingebrigtson : 2 questions: How do you raise your hand? And re element #8 I wonder if there are specific touches in addition to heart hug for concentration/learning.
- 14:28:57 From Claire Grégoire, France : I have a question about using ttouch with teeanagers and introducing it into the Classroom and how to explain it to them to make it sound "rational" or "acceptable" to them. Does anyone have experience with this that would be really helpful, thank you!
- 14:38:48 From Denise Müller : Yes Claire I made it with 16 years old students - only interessted People and I teach them first the physic Background.
- 14:39:25 From Denise Müller : and also with 11 years old kids
- 14:41:42 From Claire Grégoire, France : Thank you for your answer Denise :-) I'm not a science teacher I teach English as a second language and I don't really know how to introduce it using some science or Something that they could hear...
- 14:42:43 From Teresa Cottarelli-Guenther : I teach the "magic 3": for stress -before exames! EarTTouch, Mouth TTouch and the HeartHug,
- 14:43:27 From Denise Müller : I can send you a Little Concept - you can understand this science better than I'm in english :)
- 14:43:47 From Denise Müller : send me your email-adress
- 14:44:22 From Claire Grégoire, France : great, thanks! clairegregoire@rocketmail.com
- 14:44:53 From Claire Grégoire, France : also thank you Teresa!
- 14:45:39 From Morgine Jurdan : Linda you learned something new yesterday about the circle

- 15:12:33 From Morgine Jurdan : with LASER is it one circle and a quarter and you image every circle in the air..or one on the skin and second one in the air imagined and set into the body
- 15:16:20 From Charlotte Walker : I have to go to bed now it's late here in Europe, Thank you Everyone, Bye xxx
- 15:17:26 From Denise Müller : I also have to say good night. see you all next week!
- 15:17:51 From Valentina : Wiedersehen Denise-
- 15:20:37 From Valentina : Sorry-- have to go-- heart hugs to all—xoxoxo
- 15:21:47 From DAWN Kelley CT, USA : sorry I have to go. heart hugs to all
- 15:26:32 From Kirsten : Did I forget anybody? Please letme know.
- 15:28:10 From Nancy Addison Helmers : do you mean visualizing TTouch the brain?
- 15:28:46 From Nancy Addison Helmers : also, mouth touched are around, not necessarily on the mouth
- 15:32:28 From Nancy Addison Helmers : Liz, i love what you are saying! especially about “the less i think”. :))
- 15:33:10 From Morgine Jurdan : I am going to do my entire body I side too...what a wonderful idea
- 15:47:53 From Morgine Jurdan : LIZ AMAZING1!!!!!!
- 15:49:15 From Donna Karras : Great story!!
- 15:51:55 From yael grinberg : thank you Liz.God Bless
- 15:52:50 From yonah gershator : Very moving and beautiful Liz...thank you.
- 15:55:32 From Liz Thompson : thank you, T Touch is awesome. we're so blessed to be one big T Touch community. I'm so blessed!