



## Cellular Wisdom Decoded

### "Live with Linda" Tuesday September 1–2020 - Class Chat

- 12:58:21 From Denise Müller : Denise Müller, München, Germany
- 12:58:34 From Lois Kohlmeyer, Mesa, AZ : Hello to everyone, I must leave early and return to work....around 12:15 Pacific time. Many heart hugs and blessings to all. Cheers!
- 12:58:35 From Linda Claire - Irvine, CA : Linda Claire - Irvine, CA.
- 12:58:48 From Donna Shugrue : Donna Shugrue from Massachusetts
- 12:58:58 From Marge Haberman : Phoenix, AZ. I've dabbled in T-Touch for 20 years or so.
- 12:58:59 From Dawn Kelley Connecticut, USA : Dawn Kelley Niantic, Connecticut Usa. I started TT touch in the late eighties with Wendy Murdoch.
- 12:59:33 From Mary Ann Pets & People Energy Medicine : Mary Ann from Chicago - Met Linda in 1997 and been doing TTouch since then.
- 13:00:15 From Debby Potts : Hello from Newberg, OR
- 13:00:18 From gretchen langner : Gretchen Langner Portland, Maine
- 13:00:47 From christine : Christine Shaw--Canyon Lake Texas
- 13:01:30 From Heidrun Lange : Hi I am Heidi from the area between Stuttgart and Ulm in Germany, I live in Sicily. I am practising to telepathically

communicate with animals, and animal communicators in their books and internet articles they often say that they helped an anxious animal with ttouch. - I first came across the name of Linda in the 1970s in the magazine Freizeit im Sattel-Pony Post.

- 13:03:01 From Charlotte Walker : Paula how are you, I have been thinking about your recovery xxx
- 13:05:04 From Charlotte Walker : Hi Nancy I hope your Yellow is shining through! :) xxx
- 13:07:12 From Charlotte Walker : I love this- please give the reference again? Thank You x
- 13:25:23 From Kirsten : Ruth Miller - Uncommon Prayer - To order:  
<http://ruthlmillerphd.com/ruthlmillerbooks.html>
- 14:02:17 From Teresa Cottarelli-Guenther : Thank you Valentina for your testimonial! When I first got in contact with TTouch, in 1995, I recognized very soon, that there was something very special, I would like to deepen the knowledge. Today every time I make the circle and a quarter I feel and live the symiosis of the touching philosophy
- 14:02:44 From Teresa Cottarelli-Guenther : symbiosis!
- 14:04:19 From Lois Kohlmeyer, Mesa, AZ : Valentina, thank you so much for your words of insight.
- 14:06:02 From Valentina : Kirsten dear-- is it possible to get copies of Linda's poetry?
- 14:06:04 From Lois Kohlmeyer, Mesa, AZ : I first met Linda thru her book in 1995 while in a Feldenkrais Training.
- 14:09:50 From gretchen langner : I have a question. Gretchen
- 14:11:03 From Susanne Peschel : I would love to read more of your poetry too.
- 14:16:14 From Nancy Red : When you say "sponge in", what does that mean?
- 14:20:04 From Paula Josa-Jones : Hi Charlotte, thank you for asking. Still pretty sore. Concussion fatigue....

- 14:21:02 From Charlotte Walker : Sorry I am struggling this evening to function so have to go to sleep early, thank you as always. I will catch up on the replay, see you next week! xxx
- 14:22:23 From Ruby Rubin : I am struggling with my low back and as of now, I haven't been able to release the pain
- 14:36:48 From yonah gershator : thank you for that story about the yoga teacher...it reminds me of a friend who is also a yoga teacher in nyc...rudra schwartz at integral yoga...he is amazing...and is a part of teaching the accesible yoga trainings now :)
- 14:38:11 From Ruby Rubin : wonderful Yonah
- 14:39:53 From Paula Josa-Jones : I have to leave for a video shoot. So appreciative for these Tuesdays. Thank you!
- 14:52:10 From Heidrun Lange : Yesim, maybe a stupid question - have you tried to sleep with the light on?
- 14:57:04 From Valentina : The farrier just arrived and I must go---biggest heart hugs to all, and to all of you working on specific "projects" in yourselves, we are helping you from afar.....xoxoxo-V
- 14:57:29 From Pamela Beets : linda - could you talk more about how your move your hands down the arm?
- 15:00:07 From Ruby Rubin : Don't know if I missed something but Linda did you change clothes from the start of this session?
- 15:01:38 From Françoise from France : Thank you Valentina+++++++
- 15:05:40 From Heidrun Lange : And 6 o'clock, where the spiral starts, is always towards the fingers, right?
- 15:05:43 From gretchen langner : Sorry Linda- I need to leave now. Thank you SAll
- 15:07:01 From marylou mylant : Thank you....need to leave. MaryLou
- 15:09:10 From Morgine Jurdan : MORE JEAN
- 15:11:11 From yonah gershator : CELLF love
- 15:13:52 From Dana Davison : Thanks, everyone! So beautiful to be with you

- 15:13:53 From Teresa Cottarelli-Guenther : Thank you Linda!
- 15:13:54 From Susanne Peschel : Need to say good nighg.
- 15:14:28 From Claire Grégoire, France : Thank you very much Linda and all. These Tuesdays are really precious moments. Good day and or night xxx
- 15:15:02 From Morgine Jurdan : I wonder surrogate work can you intentionally help someone UP their Platelet count?
- 15:24:50 From Morgine Jurdan : My pain in my arms is gone!! Love the exercise!
- 15:27:01 From Petra Kautter : could you please say again what TTouch it was to improve the breathing?
- 15:34:36 From yonah gershator : I ADORE THAT ONE>...danny kaye and armstrong...the best
- 15:37:39 From Linda Claire - Irvine, CA : I'd like some guidance on EXHALING better. I've been doing Jin Shin Jyutsu and have been made aware that I need to exhale better. All the years of meditation and "take a deep breath" are part of my being, but no one ever spoke about "give a big exhale." Any tips to improve the exhale would be appreciated. Thanks!
- 15:38:49 From Pamela Beets : i do lots of TT around my sternum and rib connection for breathing
- 15:40:36 From Mary Ann Pets & People Energy Medicine : Along the sternum are the lung neurolympatics
- 15:40:51 From Morgine Jurdan : Me too I feel dizzy today only
- 15:41:38 From Heidrun Lange : We are near to the full moon ... does that make you dizzy maybe?
- 15:42:56 From Morgine Jurdan : HOW do you do Surrogate work when Not on a Specific area, like an injury. If your friend needs more PLATELETS due to chemo and they are way down. Any recommendations if you are wanting to help in that way? Just curious.
- 15:44:34 From yonah gershator : what is the reason for the pursed lips...
- 15:46:56 From Morgine Jurdan : AS I remember the Back Pressure VIBRATES the entire Tree

- 15:46:59 From Ruby Rubin : You said one time that it helps the lungs get some exercise
- 15:48:11 From yonah gershator : to add to that...for one, it filters the air, prevents flies also :)...and another in cold weather it warms the air before it hits the lungs...
- 15:48:44 From Heidrun Lange : the pursed lips are with EXhaling
- 15:49:06 From Pamela Beets : think Elinor said breathing through the nose helps nitric oxide, which helps oxygenate the blood
- 15:49:17 From yonah gershator : if anyone is interested, great book on breathing by James Nestor...
- 15:49:55 From yonah gershator : <https://www.mrjamesnestor.com/breath>
- 15:50:50 From Dawn Kelley Connecticut, USA : nasal passage- nitrix (sp) receptor site which stimulates the nasodilutaes (sp) which regulates the heart rate. the excel pursed lips for back pressure stimulates the muscles. Sorry This was my notes on Elinor talk, but still did not look up the proper spelling of her terms. sorry
- 15:52:38 From Linda Claire - Irvine, CA : Thanks for the info.
- 15:53:42 From Heidrun Lange : Thank you so much, Mary Ann, for your precious information.
- 16:03:39 From Ruby Rubin : What kind of dog is he?
- 16:04:25 From Kirsten : He is a Chinese Crested
- 16:06:58 From Heidrun Lange : As I had mentioned before, I am an absolute beginner here... Three days ago my neighbor complained about pain in her abdomen (she mentioned she was waiting for the doctor) - I thought of ttoch, but then I did not have the courage to talk about it. The reason was that I "haven't learned it well yet", but mainly because there is a mental barrier about touching other persons :(
- 16:09:31 From Sarah Hauser : linda you had asked me last week how these classes have affected the work i do with the cats. i am going to post something in the facebook group about it ok?
- 16:11:35 From Pamela Beets : thank you everyone!

- 16:20:43 From Françoise from France : Thank for all. And have a GoodyearDay or
- 16:22:10 From Françoise from France : Have a good day or night according to where you are.
- 16:26:05 From Heidrun Lange : Probably the INTENTION is the most important part of TTouch?
- 16:27:53 From Sarah Hauser : i have to go. thank you all!
- 16:29:03 From Heidrun Lange : Thank you so much!