



Cellular Wisdom Decoded
"Live with Linda" September 8, 2020 - Class Chat

- 11:58:50 From Glen Stephen : Hi everyone Glen here from Botswana
- 11:59:15 From Kirsten : Kirsten from Santa Fe, NM
- 11:59:19 From Mary Ann Pets & People Energy Medicine : Mary Ann Wilkens Chicago, IL USA - Been TTouching since 1997
- 11:59:20 From Karen Ingebrigtsen : Karen Ingebrigtsen, San Francisco
- 11:59:29 From Denise Müller : Hi, Denise Müller from Munich, Germany
- 12:01:20 From gretchen langner : Hi All- Gretchen Langner - Portland, Maine
- 12:01:35 From Heidrun Lange : Hello, Heidi (Heidrun Lange) originally from Germany, now Sicily (Italy)
- 12:01:48 From Peter Snowdon : Hi, I'm Peter, living in Brussels, Belgium. I know almost nothing about TTouch, except smoothing my ears, which I picked up from one of Linda's interviews:)
- 12:02:37 From Françoise from France : Good morning Dear Linda and the Wonder Group. Françoise from Sainte Colombe (the translation in english is Holly Dove) in France.
- 12:02:44 From Mary Ann Pets & People Energy Medicine : Yeti Microphone
- 12:03:30 From Morgine Jurdan : lots and lots of SMOKE where I live.
- 12:05:50 From Morgine Jurdan : I live near Mt. St. Helens Washington by the volcano. Fires from Eastern Washington coming to the West.

- 12:06:30 From Heidrun Lange : Oh Morgine, fires are awful! We do have so many also in Sicily.
- 12:09:54 From Morgine Jurdan : Every tooth in our mouth is connected to organs in the body. Our naturopath had a degree in Dentistry because of that. HE said sometimes he was trying to resolve another issue while it was actually a trouble with a tooth that was causing the problem. Not a lot of people are aware of this.
<https://www.pinterest.com/pin/45317539979134505/>
- 12:09:57 From Morgine Jurdan :
<https://quackwatch.org/dental/questionable/toothcharts/>
- 12:10:30 From gretchen langner : Thanks Morgine!
- 12:11:33 From Deb B : Hello everyone - I'm here to listen but won't be chatting much. I'm at work :)
- 12:11:54 From Sarah Hauser : sarah hauser nyc 
- 12:11:55 From Victoria Ahrensdorf : Victoria in Massachusetts!
- 12:11:59 From Juel Duke : Juel Duke Warren County NC
- 12:12:01 From Veronika Fiamoli : Veronika Fiamoli CZECH REPUBLIC
- 12:12:36 From Donna Shugrue : Donna Shugrue from Massachusetts
- 12:12:42 From Liz Thompson : Liz from London hello everyone !
- 12:13:42 From Teresa Cottarelli-Guenther : Teresa, Hi from Switzerland
- 12:17:16 From Mary Ann Pets & People Energy Medicine : Drawing on the Right Side of the Brain - Book by Betty Edwards
- 12:27:11 From Heidrun Lange : Is the "Heart Hug" called that way because you do it on your heart (chakra), or because you "hold your heart in your hand" while doing it?
- 12:31:32 From Victoria Ahrensdorf : I'll share heart hugs with my daughter, Grace, who is teaching kindergarten online due to the pandemic. What a sweet thing for those little people!
- 12:32:36 From Victoria Ahrensdorf : Easier for many people to say I have compassion for myself.... As per Anthony William books. Brilliant.

- 12:33:04 From Victoria Ahrensdorf : How beautiful, Mary Ann!
- 12:33:19 From Juel Duke : Someone at the second Celebration used the phrase about putting your heart in your hand and your hand on your dog. that was the first time I heard remember hearing it.
- 12:33:56 From Morgine Jurdan : Endorphins?
- 12:34:28 From Sarah Hauser : serotonin?
- 12:34:59 From Valentina : serotonin and oxytocin release
- 12:36:51 From Lois Kohlmeyer from Mesa, AZ : Thank you, Teresa
- 12:39:08 From Paula Josa-Jones : smiling also slows heart rate! Longevity!
- 12:40:32 From Mary Ann Pets & People Energy Medicine : Sir Charles Sherrington Man on His Nature
- 12:40:36 From Morgine Jurdan : All these are Articles and a Ted Talk and the MANY BENEFITS OF SMILING even on purpose as an Exercise!!
https://www.ted.com/talks/ron_gutman_the_hidden_power_of_smiling?language=en

<https://www.forbes.com/sites/ericsavitz/2011/03/22/the-untapped-power-of-smiling/#6808e6767a67> The Untapped Power of Smiling

<https://www.netdoctor.co.uk/healthy-living/wellbeing/a10633/benefits-of-smiling/>

<https://blog.neuronation.com/en/why-you-need-to-smile-more/>

<https://www.nbcnews.com/better/health/smiling-can-trick-your-brain-happiness-boost-your-health-ncna822591>
- 12:41:10 From gretchen langner : Again- Thank You!
- 12:42:32 From Glen Stephen : Thank you Morgine!
- 12:49:46 From Juel Duke : I need to go to another Zoom but hope to be back after.
- 12:51:19 From Heidrun Lange : Vera Birkenbihl say that when we smile a muscle presses on a nerve that then makes the respective hormones be released.

- 12:51:26 From Heidrun Lange : *said
- 13:08:35 From Teresa Cottarelli-Guenther : It is amazing, how a little support can change your life! I do live with such a support for more then 20 years. During the surgery of the hip replacement they hurt my ischias nerf, from then on my foot changed the position, so I walk on the bone instead supported on the toes. TTouch on my hand connects me to the foot. No surgery anymore!!!
- 13:11:53 From Teresa Cottarelli-Guenther : Just be your best friend! Ask yourself how can I help you!
- 13:24:54 From Nancy addison : Mary Ann, The Presence Process by Michael Brown. It's about emotional integration. And the breath is a huge part of it. My email is njhelters@gmail.com. My phone is 970-456-8426 for texts. Would love your thoughts. I have also been through a Feldenkrais practitioner's training with Mia Segal.
- 13:38:43 From Chris Haggard : Sorry to come late and leave early. Wonderful to be with you. Thank you and heart hugs!
- 13:38:55 From Valentina : Sorry-got to run out and change my irrigation gates, will try to come back in a while---V
- 13:56:27 From Victoria Ahrens Dorf : Chava Shelhav from Israel... Feldenkrais Senior Trainer, said her mother shared: "A woman with out a belly is like a sky without the stars."
- 13:59:32 From Morgine Jurdan : I just have a request for a prayer for a relative Katrin in Southern Oregon. She just lost her daughter about 50 a few days ago due (living elsewhere) due to a faulty pace maker and they only called and did not contact 911 when she did not answer. Right now she had to evacuate due to the first in Southern Oregon minutes ago. Just a little prayer for the Safety of her house and animals she had to leave behind, chicken, ducks and such. Thanks so much Ttouch friends here. I love and appreciate your kind thoughts.
- 14:00:16 From gretchen langner : Thank You Linda & All. I need to leave at 4.
- 14:05:44 From Denise Müller : good night at all. see you next week, heart hug :)
- 14:08:33 From Teresa Cottarelli-Guenther : Thank you Linda and all of you for this precious moment. I have to go to bed! With a HearHugalso to Morgines relative, Katrin!

- 14:08:34 From Victoria Ahrensdorf : Also, challenging to exhale with Emphysema.
- 14:12:14 From Victoria Ahrensdorf : Stem cell activation is remarkable good for lungs, so important, helped me heal from lung issues from a weird attack in 2018 and then, a strong case of CoVid this spring.413.5637553
TheWisdomOfLight.com
- 14:15:39 From Morgine Jurdan : That is what you taught me with Zoey! A Butterfly touch which was lighter than a One!! Worked MIRACLES with her!!
- 14:18:49 From Paula Josa-Jones : I must be off for an appointment. Thank you all. Thank you Linda.
- 14:23:42 From Peter Snowdon : Linda, everyone: thank you so much! I'll have to go to sleep now, but I look forward to seeing the rest on replay:-)
- 14:25:19 From Dana Davison : Thank you, everyone!
- 14:25:20 From Claire Grégoire, France : Thank you very much Linda and everyone. Have a lovely day and/or night!
- 14:26:44 From Juel Duke : I'll see you all next week.
- 14:27:03 From Susanne Peschel : Got to leave, it's late and I am tired. Good night and thank you, Linda. I had a bad day and am feeling much better now..
- 14:33:08 From Mary Ann Pets & People Energy Medicine : linda@ttouch.com for BEMER information
- 14:36:03 From Mary Ann Pets & People Energy Medicine : BEMER - Send a note to Linda@ttouch.com I bought mine years ago from Linda. I love it and my pets love it.
- 14:40:30 From Liz Thompson : so sorry got to go. Thank you all so much, heart hugs to all including Morgine's friend, see you next week.
- 14:47:07 From Victoria Ahrensdorf : How many more Tuesdays is Linda offering?
- 14:47:39 From Victoria Ahrensdorf : Nice! more Tuesdays! Thank you!
- 14:48:52 From Victoria Ahrensdorf : Oct. 20 & 25th?
- 14:48:53 From Mary Ann Pets & People Energy Medicine : Last Live with Linda on Tuesday - Oct 20, 2020

- 14:49:03 From Nancy addison : I have a question. How do I apply Ttouch directly to grief?
- 14:54:49 From Mary Ann Pets & People Energy Medicine : Annie Kagen & Raymond Moody
The Afterlife of Billy Fingers: How My Bad-Boy Brother
Proved to Me There's Life After Death
- 14:56:17 From Morgine Jurdan : My teacher Penelope Smith who communicated with animals since a baby wrote a book titled Animals In Spirit speaking about what happens and the afterlife of animals.
https://smile.amazon.com/Animals-Spirit-companions-transition-afterlife/dp/1582701776/ref=sr_1_3?dchild=1&keywords=penelope+smith&qid=1599598492&s=books&sr=1-3
- 14:56:50 From Mary Ann Pets & People Energy Medicine : Eben Alexander, MD
Proof of Heaven: A Neurosurgeon's Journey into the Afterlife
- 14:58:40 From Mary Ann Pets & People Energy Medicine : Michael J. Roads
Entering the Secret World of Nature
- 14:58:55 From Morgine Jurdan : The Nature of Personality by Jane Roberts channeling Seth One of my very favorite books ever.
- 14:59:01 From Nancy addison : What about that book "Life after Life"?
- 14:59:14 From Morgine Jurdan : Sorry The Nature of Personal Reality!
- 15:02:08 From Mary Ann Pets & People Energy Medicine : Life After Life: The Bestselling Original Investigation That Revealed "Near-Death Experiences" Paperback – Special Edition, September 8, 2015 by Raymond Moody (Author)
- 15:03:53 From yonah gershator : face feels totally different on one side
- 15:04:03 From Victoria Ahrens Dorf : That side of my face feels bigger, more full.
- 15:04:26 From Nancy addison : So the purpose of this is beautifying?
- 15:05:26 From yonah gershator : it's also stimulating all kinds of energy flows
- 15:05:38 From Morgine Jurdan : Do you have to use both hands. is the hand underneath necessary?

- 15:06:35 From Nancy addison : I like just the lift, not the slide
- 15:06:43 From Morgine Jurdan : I like the crawl not the slide at all!
- 15:07:50 From Nancy addison : The slide is nicer when I make it really soft
- 15:10:17 From Victoria Ahrensdorf : She can stop a seizure in people as well as animals?
- 15:13:21 From Morgine Jurdan : YES
- 15:18:56 From Heidrun Lange : Thank you so much, it has been a good. Now I am tired, good night!
- 15:19:46 From Françoise from France : 1000 thanks. Take care of you.
- 15:31:31 From Mary Ann Pets & People Energy Medicine : the ability to frolic with my animals
- 15:31:34 From yonah gershator : didn't want to leave that clearing
- 15:31:59 From Karen Ingebrigtsen : The crystal was magical!
- 15:31:59 From Morgine Jurdan : honestly fell asleep in parts however work up at the foot of a huge Cedar tree with a cheetah looking at me so I will communicate with them later
- 15:32:19 From christine : So I got so relaxed I actually fell asleep (not my intention!).
- 15:32:23 From Victoria Ahrensdorf : In the forest, my dog, Lakota, joined my cat & I... it was so lovely to feel her after 10 years gone now. Felt sweet, soft moss under my feet.
- 15:32:29 From Linda Tellington Jones : the welcome feeling of th3 aquamarine crystal, the bubbling rook, the playfulness of the carpet and the protective feeling of the trees. LTJ
- 15:32:52 From Morgine Jurdan : Will LISTEN AGAIN to the recording for sure!!
- 15:33:16 From Sarah Hauser : my cat Garbanzo, who brought me to this work, joined us in the forest to remind me to trust myself, trust my intuition and i am on the right path

15:34:39 From christine : I will do it again and imagine connecting with my big orange tabby cat Hans, who is missing since my move but that I feel intuitively is alive and somewhere in the neighborhood.

15:38:09 From Victoria Ahrensdorf : You are a treasure. I feel honored to be here. Thank you.

15:38:42 From Sarah Hauser : thank you 