



Cellular Wisdom Decoded

“Live with Linda” September 15, 2020 - Class Chat

- 11:56:08 From ENG Claire : Hello everyone :-)
- 11:56:30 From Mary Ann Pets & People Energy Medicine : Mary Ann Chicago, IL Been TTouching since 1997 with Linda. Certified Feldenkrais with Anat Baniel in 2000
- 11:57:33 From Françoise from France : Good Morning Dear Linda and the Group from Françoise in France.
- 11:57:47 From Morgine Jurdan : Hello everyone from Washington state near Mt. St. Helens. ..evacuated and returned to Level 1. Experienced the worst air quality in the world with Portland, Or Saturday and not much better yet. Ours is forest and Portland includes many houses burned and belongings which adds to the toxicity of the air a lot! Wore my mask in doors for 3 days 24/7 finally off now inside. Our is forest, 118,000 plus acres slowly burning mostly undergrowth with a few trees exploding now and then. Moved fast with winds at first and slowed down again. Visualizing RAIN instead of sprinkles soon for all fires! Love, Morgine
- 11:58:02 From Friedel Brunner : Friedel Brunner from Nyon-Geneva, Switzerland
- 11:58:42 From gretchen langner : Hi Gretchen Langner Portland, Maine
- 11:58:49 From Denise Müller : Hello, this is Denise Müller from munich, germany
- 11:59:09 From Juel Duke : Juel Duke Warren County NC
- 11:59:11 From Glen Stephen : Good evening from Botswana. Glen here
- 11:59:17 From Heidrun Lange : Hello, I'm Heidi from Sicily.
- 11:59:23 From Elinor Silverstein : Hello Everyone, from S Calif

11:59:26 From Dawn Kelley : Hello Dawn from Niantic, ct USA

12:01:36 From Dana Davison : Hi, Dana here in Kingston, NY

12:01:42 From Kirsten : Kirsten from Santa Fe, NM

12:02:32 From Heidrun Lange : Linda you look gorgeous!

12:03:29 From Elinor Silverstein : HI Gretchen! I tried to reach you :)

12:03:56 From gretchen langner : Hi E!!!

12:04:17 From Elinor Silverstein : hugs and kisses, G!! All these years!

12:08:29 From Mary Ann Pets & People Energy Medicine : Sir Charles Sherrington
Man on His Nature

12:09:03 From Mary Ann Pets & People Energy Medicine : Bruce Lipton, PhD & Steve
Bhaerman Spontaneous Evolution: Our Positive Future and a Way to Get There
From Here

12:20:10 From Morgine Jurdan : Beauty is in the Heart of the Beholder....

12:25:31 From Elinor Silverstein : I would like to work with my leg today

12:25:32 From Charlotte Walker : Hi I do

12:34:47 From Glen Stephen : Please help with the laser element? I have not quite
grasped this

12:35:57 From Mary Ann Pets & People Energy Medicine : Chapter on development of
cellsBruce Lipton, PhD & Steve Bhaerman
Spontaneous Evolution: Our Positive Future and a Way to Get There From Here

12:37:24 From Morgine Jurdan : I feel it is More Effective when we are Consciously doing
this smiling, than when we do it while doing something else like watching TV.
Difficult to love, smile, appreciate and do other things at the same time without
losing our focus and attention on our body.

12:38:41 From Morgine Jurdan : I have a challenge a few times a week putting pressure
on my hand like opening a Jar now and then when I put Pressure on my hand
and working my hand now to help stop that from happening. Thanks so much
for focusing on the Hand since this is what we USE to do Ttouch everyone
else!!

12:41:42 From Peter Snowdon : Hi! This is Peter in Brussels, Belgium.

12:41:58 From Janet Varhus : janet varhus Salida CO

- 12:42:06 From Charlotte Walker : Hi Charlotte Erika Walker Dorset, UK
- 12:42:18 From Victoria Ahrensdorf : How do I add my location? Thank you!
- 12:42:19 From Nancy Lund : Nancy Lund - Pepin, Wisconsin
- 12:42:21 From Claire Grégoire : Claire Grégoire from France
- 12:42:33 From Debby Potts : Debby Potts, Newberg, Oregon
- 12:42:34 From Chris Haggard : Chris Haggard, Washington DC (Rockville TTouch companion animal training) and Seattle Feldy in trainee
- 12:42:39 From Chrish Kresge : Chrish from Washington, DC ❤️
- 12:43:32 From Mary Ann Pets & People Energy Medicine : Please let us know your experience with TTouch - human, animals, etc.
- 12:43:39 From Pamela Beets : Hi all - this is Pam Beets in Colorado. I'm in the Denver metro area. TT & Feldenkrais
- 12:43:41 From Liz Thompson : Hi everyone, Liz from London
- 12:43:53 From Victoria Ahrensdorf : Victoria Ahrensdorf, western Massachusetts
- 12:45:20 From Pamela Beets : My first clinic was with horses. i work with both people and horses with TT.
- 12:56:30 From Karen Ingebrigtsen : Cking in: Karen Ingebrigtsen, San Francisco
- 12:56:36 From Mary Ann Pets & People Energy Medicine : Joan C. King
The Code of Authentic Living: Cellular Wisdom
- 12:56:38 From Kirsten : Joan C. King
The Code of Authentic Living: Cellular Wisdom
- 12:58:04 From Victoria Ahrensdorf : I took a few TTouch workshops in 1995. A week long with horses. And, one or 2 weekends with dogs, rabbits, etc.. These experiences were profound for me!
- 13:03:53 From Claire Grégoire : I discovered ttouch through a second hand book I found "by chance" only a couple of weeks before discovering my cat had aids. I was so grateful as it helped both of us through her last weeks as she passed away in about three weeks. About two months ago, I adopted a very frightened rescue cat. I wasn't able to approach him let alone touch him for about three weeks but little by little I was able to touch him and start doing ttouch with him and very rapidly it totally transformed our Relationship. He now adores being touched and stroked! It makes me so happy!

- 13:06:31 From Pamela Beets : wow i love that breatig
- 13:07:07 From Pamela Beets : breathing! I could exhale longer without it triggering my asthma issues
- 13:07:27 From Elinor Silverstein : No worries, I was just seeing it more in the legs today
- 13:09:02 From Pamela Beets : I've been doing the laser TT on my hand as we having been talking and the relaxation in my back and ribs is wonderful
- 13:16:25 From Paula Josa-Jones : Paula Josa-Jones, Kent, CT. Choreographer, Somatic Movement Therapist/Educator; TTouch Equine Practitioner since 2010
- 13:20:56 From Pamela Beets : I'm sorry I have to leave now - rats this is such a wonderful session!!
- 13:36:42 From Charlotte Walker : wow i love that breatig breathing! I could exhale longer without it triggering my asthma issues
- 13:36:57 From Charlotte Walker : THIS IS WHAT SHE WROTE ABOVE
- 13:50:29 From Sarah Hauser : hi all. sarah hauser, nyc. can only stay on a short while today
- 13:50:29 From Mary Ann Pets & People Energy Medicine : Reminder - Next no call next Tuesday due to a schedule conflict.
- 13:51:19 From Kirsten : Next weeks "Live with Linda" is postponed to Monday November 2nd at the same time!
- 14:02:49 From Liz Thompson : Sorry got to go thank you
- 14:03:58 From Chris Haggard : I'm sorry I need to go. ❤️❤️❤️❤️❤️❤️
- 14:16:09 From Morgine Jurdan : My sister would not allow me to see my mother in hospice in her own apartment. So I did distance work on her. Ttouch and energy work. After she passed, 3 different people game me who knew nothing about my mother, gave me intimate messages which helped me KNOW she felt it and heard all I shared with her. Separation is an Illusion in are deeply interconnected world. Where exactly do you end and someone else begin? Where does a tree end and you begin? We all actually are touring each other energetically. No distance. I was surprised and brought to tears by the experience two years ago.
- 14:17:31 From Glen Stephen : Lovely evening thank you. Sorry I have to go
- 14:18:12 From Mary Ann Pets & People Energy Medicine : There is actually science behind distance work.

- 14:19:56 From Morgine Jurdan : I could not even talk on the phone to my mother and did not know if she was feeling what I was doing and evidently she really, really was! It was so Amazing and I so appreciated all the feedback!
- 14:21:15 From Charlotte Walker : Amazing Morgine thanks for sharing. I am so glad you were able to connect with your mother this way xxx
- 14:28:07 From Sarah Hauser : sorry i have to go-
- 14:28:08 From Morgine Jurdan : I wrote a poem to for my body several years ago. I Praise My Geography At Last <https://morginejurdan.com/2019/09/i-praise-my-geography-at-last/>
- 14:28:21 From Debby Potts : I'm so sorry that I have to go now. Heart Hugs to you all!
- 14:28:36 From Elinor Silverstein : be well, Debby
- 14:29:02 From Morgine Jurdan : Bye Debby. Thanks for being here
- 14:30:05 From Charlotte Walker : Thanks Morgine I have saved to read later. It is dated 13th Sept 2019- just over a year ago xxx
- 14:30:08 From Juel Duke : I need to go as well.. Til next time.
- 14:30:13 From Morgine Jurdan : Elinor's leg. I have knee and leg issues for next week.
- 14:31:50 From Claire Grégoire : Bed time here! Thank you Linda and everyone
- 14:35:55 From Françoise from France : i would like to write the Web site of James O'Dea www.soulawakeningpractice.com because it is a practice for a personal Peace, for family, friends and planetary Peace. i wish you good practice and journeys.
- 14:36:28 From Victoria Ahrensdorf : If any of you know people still in their homes in the west with smoky air... feel free to share my phone number and I can have air purifiers drop shipped over night, so they can breathe more easily. Victoria 413.563.7553
- 14:37:34 From Morgine Jurdan : Thank You so much!! I am totally at Peace and did Heart Hugs. Sending LOVE to the fires. Loving them without being in fear or hating. Loving and Embracing their Gifts so they can calm down. They are a Gift and embracing the Gift as you have told people that is important.
- 14:39:59 From Morgine Jurdan : I use to do a lot of daily gratitudes on and off during the day. Now being next to a live burn (having evacuated and returned) now its a moment to moment to moment gratitude for every little thing!!
- 14:45:15 From Victoria Ahrensdorf : Thank you, Morgine. Lovely and much appreciated.
- 14:46:04 From Victoria Ahrensdorf : What is the fb site? Thank you

14:46:39 From gretchen langner : Thank You All- Gretchen

14:46:51 From Peter Snowden : Thank you all, thank you Linda!

14:47:05 From Charlotte Walker : Thank you all! xxx

14:47:05 From Dawn Kelley : Thank you to all

14:47:48 From Françoise from France : Hundreds Thanks.

14:55:40 From Victoria Ahrensdorf : We say, we will see each other soon!

14:55:59 From Morgine Jurdan : No the link is to my own website of my writing I rarely share. :-)

14:56:40 From Victoria Ahrensdorf : Happy New Year, Yael. and to all....

14:57:02 From Morgine Jurdan : Victoria not sure what site you mean email me Morgine @ Tds.net