



Cellular Wisdom Decoded “Live with Linda” October 20, 2020 - Class Chat

- 11:57:15 From Françoise from France : Good morning Linda. So happy to be with you and the Group.
- 11:57:58 From Donna Karras : Hi from donna karras in sioux falls south dakota, still trying to get my picture up and can't figure it out, but enjoy seeing everyone
- 11:58:48 From Dawn Kelley : Hello Dawn from Niantic, connecticut
- 11:58:50 From Mary Ann Pets & People Energy Medicine : Please type into the chat - your name, where you are from and how you heard about TTouch?
- 11:59:17 From gretchen langner : Gretchen Langner - Portland, Maine
- 11:59:31 From Dana Davison : Dana Davison - Kingston, NY
- 11:59:55 From Denise Müller : Denise Müller from Munich, Germany
- 11:59:58 From Charlotte Erika Walker : Charlotte Erika Walker, Dorset, England
- 12:00:01 From Heimke Moll : Heimke Moll from Cornwall/UK
- 12:00:29 From andrea bowen : Andrea from Cape Town, South Africa moving to NZ within the next 6 months :)
- 12:01:15 From Friedel Brunner : Hello to everyone from Friedel Brunner from Nyon, Switzerland
- 12:01:18 From Glen Stephen : Glen Stephen calling in from Botswana where it is 105 degrees today

- 12:01:32 From Kirsten : Kirsten from Santa Fe
- 12:02:08 From Linda Claire - Irvine, CA : Linda Claire - hi everyone from Irvine CA
- 12:04:12 From Juel Duke : Juel Duke in NC. it's a beautiful day here today. I'll be listening
- 12:11:32 From Anna Oeste : Good morning, Anna Oeste from Bainbridge Island, Washington
- 12:12:00 From Mary Ann Pets & People Energy Medicine : Mary Ann Wilkens - Chicago, IL Started TTouch in 1997. Hosted 2 full trainings for Companion Animals in Chicago. Use it every day
- 12:13:01 From Morgine Jurdan : it is tender in me too!! I can feel that! Thanks so much!!
- 12:14:37 From Charlotte Erika Walker : It's a release of pain-flare up toxic release for me with the shoulder pain last week. Hasn't come back since!
- 12:14:48 From Charlotte Erika Walker : *Hasn't
- 12:18:30 From Charlotte Erika Walker : Sounds good Glen
- 12:21:30 From Charlotte Erika Walker : Glen link:
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/standing-workstation/art-20088544>
- 12:21:33 From Morgine Jurdan : My son told me that with my first laptop years ago. He went in and told my husband, Mom is looking down! Raise up her computer and he bought me a thing to hook onto the desk to hold my computer up at eye level decades ago.
- 12:23:15 From Morgine Jurdan : Do you believe in Magic Loving Spoonfuls
<https://www.youtube.com/watch?v=JnbfuAcCqpY> :-)
- 12:25:45 From Morgine Jurdan : You can also use a LapTop Stand with an External keyboard and have your laptop up at eye level
https://www.amazon.com/s?k=laptop+stands&rh=n%3A3015409011&ref=nb_sb_noss for examples if you cannot stand at a desk all day...
- 12:25:56 From Glen Stephen : Thank you Charlotte for the link. I have saved it to look at later

- 12:27:23 From Charlotte Erika Walker : Glen remember we are suppose to break away every 20 minutes walk away, move and then come back and also eyes more frequently!
- 12:28:37 From Glen Stephen : I know and I try, But 2 hours go by during intense work and I forget. I am going to set the alarm on my phone!!
- 12:29:48 From Morgine Jurdan : I set the alarm every hour to remember to Be In The Moment and in a Loving state and I get up and walk around. :-)
- 12:32:24 From Morgine Jurdan : I love That.. One of my favorite touches!! Love Octopus!! Wish someone could do it on myself!!!
- 12:35:36 From Glen Stephen : Great idea Morgine.
- 12:39:11 From Linda Claire - Irvine, CA : My eye doctor reminded me to put lubricating drop into my eyes every hour when I'm spending time looking at the computer. It makes a big difference.
- 12:43:20 From Glen Stephen : Talking about the collective nature of our cellular connections. I am not surprised we are all feeling vulnerable in the neck area. We are feeling the horror of the beheading the French teacher aren't we? That is what my intuition is telling me
- 12:45:56 From Charlotte Erika Walker : Yes Glen, totally!
- 12:50:01 From Ferry C. Sudirga : Hi, I couldn't attend the last two Sundays and I'm behind in catching up but hoping to do so soon. Can I ask about one thing though: what's the difference between the current program - Decoded - vs the previous program Cellular Wisdom which recordings of 9 sessions are in the website platform? Asking because while in an ideal world I'd love to go through both, time is still a premium commodity.
- 12:51:21 From Ferry C. Sudirga : I've been talking
- 12:52:05 From Nancy Lund : Yoshiki
- 12:53:55 From Morgine Jurdan : Maybe this Yoshiki: Live At Carnegie Hall ??
- 12:53:58 From Morgine Jurdan :
https://www.youtube.com/watch?v=ewMxc_Yoea4
- 13:07:53 From Morgine Jurdan : Anna raised her hand too Anna Oeste

- 13:15:08 From Kirsten : Please - instead of waving your hands on the screen, raise your hand in the zoom window. I can only see a few people at a time so the chance for me to see you waving your hand is very slim.
- 13:15:21 From Mary Ann Pets & People Energy Medicine to Kirsten (Privately) : lol
- 13:16:07 From Kirsten to Mary Ann Pets & People Energy Medicine (Privately) : was it clear how I wrote it? ... i was not sure how to word it
- 13:16:59 From Charlotte Erika Walker : Use the Reactions in the Tool Bar at the bottom.
- 13:18:35 From Mary Ann Pets & People Energy Medicine to Kirsten (Privately) : yes...but if they don't understand zoom...who knows
- 13:18:50 From Kirsten : Thank you Charlotte for the clarification!
- 13:19:21 From Charlotte Erika Walker : Kristen ok! :) x
- 13:29:27 From Kirsten to Mary Ann Pets & People Energy Medicine (Privately) : Can you mute Anna Oeste? I am not able to
- 13:35:08 From Mary Ann Pets & People Energy Medicine to Kirsten (Privately) : no working for me...even though button is there
- 13:38:21 From Kirsten to Mary Ann Pets & People Energy Medicine (Privately) : same for me.....but looks like she muted herself now
- 13:38:57 From Mary Ann Pets & People Energy Medicine to Kirsten (Privately) : was the same issue with Victoria
- 13:41:34 From Morgine Jurdan : I moved my shoulder in a one and a quarter circle because my arm would not reach around with my heavy body. :-)
- 13:43:30 From Charlotte Erika Walker : Linda-Epstein Barr Virus-German Chamomile Essential Oil is very important in treating this for you in regards to Pharmacognosy-Self Medication as the non-human animals do!
- 13:45:09 From Heimke Moll : Enjoy this little video from me, how to relax your neck and shoulder: <https://www.youtube.com/watch?v=gJlMcjRKkNg>
- 13:46:37 From Morgine Jurdan : I send LOVE TO EVERY PARTICLE OF CREATION All day with Every Breath I take, Every Beat of my Heart, Every Blink of my Eye..the energy of unconditional Love and Thriving for All

people everywhere. For animals, insects and all of Nature. Every Particle of Creation which makes everything in My life Possible. We are all Internconnected to Everything else and so I want to Bless All of Life! Celebrating Love's Magic, Morgine

- 13:48:20 From Dawn Kelley : That is lovely Morgine!!!
- 13:48:31 From Charlotte Erika Walker : Linda-AND NOTE everything is linked German Chamomile is a treatment for Cystitis!!!
- 13:48:56 From Pamela Beets : Thanks Charlotte _ i will look into the Chamomile oil
- 13:50:06 From ronnie rugys : Thank you to Morgine and all— for whom you all are and for us being together in commune with each other
- 13:50:24 From Victoria Ahrensdorf : Mercury in retrograde glitches with muting...
- 13:50:24 From Charlotte Erika Walker : Pamela-Make sure German NOT Roman, they have different properties.
- 13:51:26 From Françoise from France : So do i Morgine. Thank you. we need thèse good
- 13:52:08 From Pamela Beets : Thx!
- 13:52:14 From Françoise from France : These high vibrations
- 13:52:21 From yael grinberg : Thank you Morgine for sharing. Wonderful
- 13:53:44 From Morgine Jurdan : Gratitude is the antidote to fear.
- 13:54:54 From Charlotte Erika Walker : With German Chamomile I witnessed a lady with Bells Palsy same virus as Epstein-Barr she had no feeling in her face for 20 years. within 20 minutes and German Chamomile put on her face it absorbed into her face and she could feel her face and move her face! It was A-MAZ-ING!!!
- 13:56:52 From gretchen langner : Is there a difference about German Chamomile?
- 13:57:28 From Charlotte Erika Walker : No they just have different properties.
- 13:57:40 From Dawn Kelley : Do you apply it straight on or do you have to use a carrier oil mix?

- 13:59:01 From Donna Karras : I must leave, it is snowing and I must take care of my horse. Thank you for a lovely session. Look forward to Sunday.
- 13:59:12 From Glen Stephen : Thank you all for the deep and meaningful sharing today. I need to leave now so see you on Sunday
- 14:00:02 From ronnie rugys : Yes, I appreciate you Pamela and your courageousness.. Yes on paper, there is nothing wrong but I truly understand your journey. I have met others whom have had similar challenges. You are not invisible. Our gratefulness is being in TTouch and being visible to others. I reach out to you with Heart touch
- 14:00:11 From Yesim Alic to Kirsten (Privately) : I had raised hand but I had to answer phone call• If Linda called my name I am sorry
- 14:00:16 From Charlotte Erika Walker : I would advise if not a practitioner then it should only be through scent. In theory know
- 14:01:05 From Victoria Ahrensdorf : Where for the GERman chamomile? Young Living, DoTerra or another company? thank you!
- 14:01:23 From Charlotte Erika Walker : *SORRY in theory it should not be done neat if not with practitioner. I witnessed with a practitioner in place.
- 14:01:46 From Pamela Beets : Thank you Ronnie :) I am grateful that I know I have support in so many ways
- 14:02:22 From Pamela Beets : Charlotte - appreciate all the infoy ou are sharing with the oil
- 14:02:45 From Dawn Kelley : Thank you
- 14:03:05 From Pamela Beets : It will be 28 here in Colorado on Saturday ! yikes!
- 14:03:30 From Charlotte Erika Walker : I do not like DoTerra, We do not have Young Living in the UK, my preference ethically is Neal's Yard Remedies as they are organic and high ethical standards.
- 14:04:30 From Chris Haggard : Sorry I need to leave. Wonderful conversation <3
- 14:05:03 From Mary Ann Pets & People Energy Medicine : Young Living is in the UK. I have clients there and there is a distribution center outside of London. Let me know if you would like information.

- 14:05:31 From Mary Ann Pets & People Energy Medicine : Been using Young Living since 2001 - love the essential oils
- 14:10:14 From yael grinberg : Sorry, I have to leave you now. Thank you so much for everything.
- 14:10:26 From Charlotte Erika Walker : On Mary there is a friend of mine had it from the US, however it is not in the shops is it?
- 14:11:02 From Charlotte Erika Walker : *Oh Mary it is only from one site-not in the shops per se?
- 14:13:04 From Charlotte Erika Walker : Mary Ann could I have some contact info please?
- 14:15:38 From Victoria Ahrens Dorf : Thank you, Charlotte.
- 14:22:22 From ronnie rugys : Thanks all for sharing. I am leaving— till next time—
— be well in spirit, t touch and love
- 14:22:44 From Teresa Cottarelli-Guenther : I do a lot of TTouch work on the hands and every single finger, while I'm waiting somewhere, I do also around the nails and finishing with a little push toward the center
- 14:23:56 From Charlotte Erika Walker : Brilliant Teresa, you remind me I should do this more as of course it is hand reflexology!
- 14:23:57 From Paula Josa-Jones : Thank you Linda! My shoulder and my body are doing so much better after my accident with Izarra the Mustang. I have been getting prolotherapy injections which have been wonderful!!!
- 14:24:24 From Charlotte Erika Walker : Sit on a Medicine Ball (it is called).
- 14:25:06 From Yesim Alic : Thank you Charlotte
- 14:25:12 From Dawn Kelley : Thank you to all...I have to leave...heart hugs to everyone
- 14:26:17 From yonah gershator : Ergo Sit and Physio Balls are great if you are at the computer alot...
- 14:26:55 From yonah gershator :
https://www.theragear.com/product/ergo_sit.php
- 14:28:00 From yonah gershator : Paula - Beautiful!

- 14:29:14 From Nancy Lund : Sure it's not Yoshiki?
- 14:29:43 From Pamela Beets : I have seen him on pbs, he is amazing
- 14:30:08 From yonah gershator : Charlotte, i posted the link in chat but here it is again :) https://www.theragear.com/product/ergo_sit.php
- 14:31:15 From Morgine Jurdan : The Art of Life
<https://www.youtube.com/watch?v=Jm4ljKskloo>
- 14:31:38 From andrea bowen : Thank you everyone for amazing conversation. I have thoroughly enjoyed listening to everyone and I am grateful to be part of this group. I have learnt so much. {{{{heart}}}}
- 14:34:21 From Heimke Moll : Good night!
- 14:34:23 From Charlotte Erika Walker : Thank you!
- 14:34:25 From Teresa Cottarelli-Guenther : Thank you so much
- 14:34:41 From Sarah Hauser : thank you 💕
- 14:34:43 From Paula Josa-Jones : Sending love!!
- 14:35:00 From Mary Ann Pets & People Energy Medicine : Thank you