



## Cellular Wisdom Decoded “Live with Linda” October 27, 2020 - Class Chat

- 12:03:11 From Charlotte Erika Walker : Hi we have storms here in Southern England at the moment so my connecting it a little unstable so will have to have video off for now. Thanks Charlotte :) x
- 12:03:36 From Charlotte Erika Walker : \*connection is a little unstable!
- 12:37:17 From Margit Buen : Thanks for sharing how the touches can be done💖🌸!
- 12:42:44 From Charlotte Erika Walker : I have a friend with a suspected gall bladder issue, how can I do some HeartHug healing for her?
- 12:49:57 From Kirsten : Ulrich E. Dupree Ho'oponopono: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment Let It Flow
- 12:50:28 From Shannon Weil : Ho'oponopono: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment Ullrich Dupree
- 12:50:41 From Shannon Weil : thanks, Kirsten
- 12:57:27 From Victoria Ahrens Dorf : Victoria 413.563.7553
- 13:14:23 From Shannon Weil : My Life So Far Jane Fonda
- 13:15:12 From Shannon Weil : Prime Time: Love, health, sex, fitness, friendship, spirit; Making the most of all of your life Jane Fonda
- 13:17:17 From Kirsten : I got the request if there is interest to share contacts and “specialties”?

- 13:18:14 From Victoria Ahrensdorf : Happy to share my info and see others, too. Should we do this by email?
- 13:18:46 From Kirsten : If you are interested please e-mail me (kirsten@ttouch.com) your name, City, State, Country, e-mail, phone number and specialties and I will send it to everybody who contacted me
- 13:27:25 From yonah gershator : Teresa...thank you for sharing your story. it was very rich... it brought to mind a lot of the anger I've harbored for a chiropractor who was supposedly using a gentle technique (and it was not) that added insult to injury that i had and was left with symptoms that i never had in my life and which I'm still recovering from...thank you again...
- 13:30:50 From Victoria Ahrensdorf : Teresa, thank you for your authenticity and beauty... beauty in all ways. It is so easy to compare ourselves to others... I was just doing this yesterday. Instead of us seeing ourselves as we are not good enough... perhaps we are just not connecting with all the Divinity in our cells, in our Selves... in that moment that we are forgetting... that we are not God enough.
- 13:32:17 From Teresa Cottarelli-Guenther : Thank you Victoria,
- 13:33:19 From Heimke Moll, Cornwall UK : Teresa Du bist schon seid meinen Anfangstage meiner TTOUCH Reise ein grosses Vorbild fuer mich! Du bist wunderbar!
- 13:34:41 From Teresa Cottarelli-Guenther : Thank you Yonah,
- 13:35:10 From Yael grinberg : Thank you Victoria and Teresa.Very moving.
- 13:48:33 From Morgine Jurdan : <https://www.amazon.com/Oxytocin-Hormone-Healing-Hope/dp/1475139217> Oxytocin Stoller
- 13:48:39 From Kirsten : Kenneth Stoller - Oxytocin
- 13:49:54 From Victoria Ahrensdorf : Pam Beets, can I call you or you call me about some research on lungs improving? 413.563.7553 in Massachusetts
- 13:52:35 From Charlotte Erika Walker : Animal Brain wave studies have shown oxytocin release in dogs and their guardians-the Love Hormone same that is released in mother's milk!
- 13:54:01 From yonah gershator : Thank you Pam...very moving.

- 13:54:28 From Morgine Jurdan : Thank you Pam. I cried along with you! Thanks for sharing.
- 13:55:16 From Pamela Beets : Thank you all. yes victoria you can call me. I will email info to kirsten
- 13:55:59 From Victoria Ahrensdorf : Pam, thank you, also, because I lost 2 cats at age 12 in a fire and did not grieve them for decades. You sharing your story, helped me touch that sweet grief and have some more courage to feel it again. Blessings and thank you.
- 13:58:13 From yonah gershator : Heimke...that was intensely beautiful and profound.
- 14:00:07 From Linda Claire - Irvine, CA : Pam;; Thanks for sharing. In 1986 I finally quit a job which was over-stressful. I had no idea what I was going to do to pay my bills, but I had been asking for help for several months and suddenly had this inner message, "Do you trust enough?" I thought, "Yes" - then received "Do you trust ENOUGH?" -- meaning to quit without knowing what was next. I felt like I was standing on the edge of a cliff, hanging on with my toes -- but I followed the guidance, knowing I had always been protected. Miracles happened, and I've never regretted my decision. Am sure you life will open up to the next path in the same way mine did. TRUST was so strong that I absolutely HAD to do it. The same will be available for you. You would not have shut down your practice unless the future was already in alignment for you. Be happy and let yourself be guided! Thanks so much for sharing. I, too, am a cat pillow and have special fur-babies to whom I'll now write letters.
- 14:03:52 From Pamela Beets : Thank you everyone . your support, ideas and trust means so much for me. Thank you for sharing your experiences and feelings. hugs
- 14:08:10 From Victoria Ahrensdorf : The courage to grieve... this is what I wish for people who have had a loss... for us all....
- 14:08:53 From Juel Duke : Lind and Pam. Ive been in that ‘on the precipice” place and I just let go. Instead of falling, I felt like I had taken a giant step backwards from the abyss.
- 14:10:57 From Victoria Ahrensdorf : Teresa, beautiful song!
- 14:10:58 From Charlotte Erika Walker : Wonderful Teresa! :) x

- 14:11:12 From yonah gershator : Teresa...that was FUN. :) you have a lovely voice :)
- 14:12:00 From Nancy Addison (Helmert) : Pamela, the deep grieving I have been doing since the loss of my beloved dog has felt SO good! I know that may sound strange. But she has helped my release a lot of grief about other things as well.
- 14:12:07 From Pamela Beets : oh my all- what wisdom. I think later i will be an excellent cat pillow and sing a song about being a cat pillow and purring :)
- 14:33:57 From Victoria Ahrens Dorf : There is a more gentle way to get stem cell activation... affordable and non-invasive. If interested, it is accessible in many countries, I can help. Feel free to contact me, or my site is: TheWisdomOfLight.com (This new work is my pandemic pivot after closing my Feldenkrais practice.)
- 14:35:38 From yonah gershator : Lois...are you doing any mobility work with your ankles?
- 14:39:10 From Charlotte Erika Walker : Thank you Victoria :) x
- 14:40:26 From Linda Claire - Irvine, CA : Juel: Rather than stepping back from the abyss I stepped forward, spread my wings and flew!
- 14:41:00 From Nancy Addison (Helmert) : Joel, LOVE that!! Thanks!
- 14:41:11 From Nancy Addison (Helmert) : Juel, not Joel
- 14:41:51 From Heimke Moll, Cornwall UK : This is the german vision: <https://www.youtube.com/watch?v=ZTjyRu88PRE>
- 14:43:06 From Heimke Moll, Cornwall UK : of the "happy cell" song
- 14:44:40 From yonah gershator : anna...great that you shared this...it's a topic that many don't get into...
- 14:44:55 From yonah gershator : pamela madsen is big into this type of work.
- 14:46:39 From yonah gershator : check her out when you have a chance
- 14:47:12 From Anna Oeste : Anna Oeste....I have so appreciated this book, author Mimi Guarneri — 108 Pearls, A cardiologist translates the science of health and healing into practice

- 14:49:49 From Heimke Moll, Cornwall UK : Or you can use Quark or buttermilk, this also take infection out!
- 14:50:46 From yonah gershator : embodiment conference
- 14:50:55 From yonah gershator : it was fantastic
- 14:52:26 From Victoria Ahrensdorf : Heimke, thank you, that is so interesting!
- 14:53:49 From Heimke Moll, Cornwall UK : You are welcome!
- 14:56:01 From Teresa Cottarelli-Guenther : It was just wonderful! Thank you so much.
- 14:56:24 From Heimke Moll, Cornwall UK : Thanks to all of you!
- 14:57:00 From Sarah Hauser : thank you all! i need to sign off.
- 14:57:46 From Linda Claire - Irvine, CA : Thanks for the wonderful, loving energy and support you all share. Together we can crate true miracles and help heal the world. Love to all.
- 14:58:16 From Victoria Ahrensdorf : Love your fire fairy poem! Thank you, Linda!