



Cellular Wisdom Decoded

“Live with Linda” November 1, 2020 - Class Chat

- 01:02:14 Victoria Ahrensdorf: Nick Johnson is here to learn and help his dog, Raphi, (Raffi?), who just had surgery 10 days ago or so. Thank you for helping if possible.
- 01:03:45 Heidrun Lange: Hi, Heidi from Sicily. I guess I'm an hour late - ?
- 01:04:01 Victoria Ahrensdorf: Heidi, we are just starting!
- 01:05:21 Victoria Ahrensdorf: Welcome, Heidi... so exciting you are here from Italy! And love the international-ness of this call.
- 01:08:32 Heidrun Lange: Yes, Victoria, I also love that we come together here from all over the world. Just the change from summer to winter time made me doubt.
- 01:12:56 Victoria Ahrensdorf: I can't hear now.
- 01:36:57 Victoria Ahrensdorf: Nick is a healer.
- 01:39:43 nickjohnson: Nick Johnson nicholas108@mac.com
- 01:39:54 Victoria Ahrensdorf: kirsten, can you email me what you email Nick if it isn't too much trouble? victoria@TheWisdomOfLight.com
- 01:40:20 christine: Hi Everyone--Christine Shaw from Canyon Lake Tx--here.
- 01:41:30 Charlotte Erika Walker: Hi Christine :)

- 01:49:30 Mary Ann Pets & People Energy Medicine: Wraps - <https://ttouch.ca/product/body-wraps-various-sizes/>
- 01:49:52 Mary Ann Pets & People Energy Medicine: Discover all of the advantages of Tellington TTouch Body Wraps with these Quality ACE type elastic bandages are available in two lengths and three different widths 2, 3 and 4 inches wide, with or without velcro – dyed various colours . These bandages are high quality, cotton elastic and preserve their stretch better than any we have used. Use on horses, dogs, people, and everything in between, to help improve balance, proprioception, awareness and confidence.
- 02:07:57 Margit Buen: What width is that wrap?
- 02:08:18 Mary Ann Pets & People Energy Medicine: they come in 2, 3 and 4 inch widths
- 02:08:48 Margit Buen: The one she is using now? 2?
- 02:10:21 Margit Buen: For horses usually a 4 inch then?
- 02:10:34 Kirsten: Yes this is correct, we use 4 inch wraps for horses
- 02:10:59 Margit Buen: Thanks 😊
- 02:13:17 Margit Buen: Following the ribs?
- 02:17:34 Pamela Beets: Mary Ann-my 22 yr old cat gets constipated easily and won't eat and looks & feels miserable. Miralax and TT on her tummy helps her , even if she not too thrilled with TT in the beginning . ear TT she could tolerate
- 02:23:09 Victoria Ahrensdorf: A close friend of mine, also, trained with Moshe Feldenkrais, her dog with congestive heart failure improved dramatically with the stem cell patch. Much more energy to walk down a very long driveway after months of not walking down it with the other dogs and the human dad, PLUS, Fonzy insisted on walking back UP the hill, too!
- 02:23:36 yonah gershator: Self organization...
- 02:23:58 Charlotte Erika Walker: I instinctively hold the chest area to calm my dog down when my dog has reflux flare ups because he has had Inflammatory Bowel Disease.

- 02:24:31 yonah gershator: self-organization is not stressed enough when working with others...
- 02:24:59 Sandy Rakowitz: Hi Everyone, I am here for a short while today. Lovely to see you all.
- 02:25:21 Juel Duke: I'm going to need to go. As always, looking forward to next week. 🍷
- 02:26:00 Charlotte Erika Walker: Bye Juel, Hi Sandy! :) x
- 02:26:47 Denise Müller: Hi Sandy and Bye Juel
- 02:29:36 Charlotte Erika Walker: Margit-Hormonal Imbalance migraines- I have this. Well woman vitamins & minerals, acupuncture and Zero Balancing working with the meridians and Hair Slides!
- 02:32:11 Charlotte Erika Walker: Also a little circle pressure on the inside of the eyebrow by your nose and also on the temples small circles very light pressure.
- 02:32:47 Nancy Addison (Helmers): Linda, can you talk more about the breathing—in through the nose, out through pursed lips..
- 02:35:23 yonah gershator: I had what Margit is dealing with curing my menstruation life. Now with menopause I don't. Tried all kinds of stuff then. 5 element acupuncture, restorative yoga, feldenkrais, plus bodywork and the singing helped. But all those things helped but temporarily. Refused medication as I didn't trust any of it.
- 02:36:48 yonah gershator: but i tried tons of things which opened many doors into explorations of all kinds. the project.
- 02:39:08 yonah gershator: working with the feet and handswith migraines helps tremendously
- 02:42:07 Sarah Hauser: i am doing circle and slide w the hair on one of my cats going down the body and she is loving it
- 02:47:13 Victoria Ahrens Dorf: There is a deep, strong inflammatory factor during menses.

- 02:51:23 Morgine Jurdan: breathing out through pursed lips vibrates the entire vagus nerve throughout our body
- 02:51:29 yonah gershator: there is a book by james nestor if people want to check it out on BREATH
- 02:52:01 Victoria Ahrensdorf: Nick just texted. He is in the waiting room at the vet's and is practicing TTouch while waiting. His dog loves going to the vet!
- 02:53:03 Margit Buen: Thanks a million for all the help🌸!
- 02:53:15 Paula Josa-Jones: Just let the breath breathe itself. Efforting the breath creates a sympathetic response.
- 02:54:03 yonah gershator: heres' the book if anyone is interested...on his site...<https://www.mrjamesnestor.com/breath>
- 02:54:57 Charlotte Erika Walker: How cool is that Victoria!
- 02:55:21 Charlotte Erika Walker: No worries Margit, Good Luck with it! :) x
- 02:55:44 Charlotte Erika Walker: Thanks Yonah for the link!
- 02:56:00 Nancy Addison (Helmert): Sandy, can you talk a bit about the different lobes being different shapes?
- 02:56:03 yonah gershator: Sure!
- 02:56:32 Victoria Ahrensdorf: How many vertebrae does the diaphragm connect to? Thoracic AND lumbar?
- 02:56:43 Victoria Ahrensdorf: 3 lobes in R. lung, 2 lobes in L. lung
- 02:57:21 Mary Ann Pets & People Energy Medicine: Breathing in the through the nose and out of the mouth connects the Central and Governing Meridians at the back of the throat...which are key in Chinese Medicine. The Central & Governing meridians connect many things and are considered the result of the first cellular division (extraordinary vessels / Radiant Circuits)
- 02:57:23 Heimke Moll - Kind Hands 4 ALL: Margit, maybe find a different view of your rule as a women! That helps me a lot!!

- 02:57:39 yonah gershator: check out bonnie bainbridge cohen on these things...she has great things to say on all of this...
- 02:57:54 Paula Josa-Jones: Bonnie Bainbridge Cohen says that the crura of the diaphragm go all the way from the foramen magnum to the tail!!!
- 02:58:01 Margit Buen: I also notice that it seems connected to my time in the womb. Everything seems to be «too much», sounds, light, touch and all. Beeing in the curled up position and in a dark room is the best.
- 02:58:13 gands: Hi! Thank you for all the information!! Time to feed wildlife. Heart Hugs to all!
- 02:58:50 yonah gershator: yes margit...thats how i felt alot of the time with the migraines...
- 02:59:03 Heimke Moll - Kind Hands 4 ALL: Margit, a shamanic session maybe can help?!
- 02:59:04 yonah gershator: so many women get these...
- 03:01:17 Charlotte Erika Walker: Damp cold head wrap and feet in warm/hot water, it works!
- 03:02:02 Nancy Addison (Helmert): I love being with this group of amazing people.. You all...
- 03:02:10 Mary Ann Pets & People Energy Medicine:
[https://ttouch.com/Detailed/Shop/Humans/All_Wrapped_Up_for_You_99.htm](https://ttouch.com/Detailed/Shop/Humans/All_Wrapped_Up_for_You_99.html)
l
- 03:02:45 Mary Ann Pets & People Energy Medicine: You can order book or immediate pdf download
- 03:04:21 yonah gershator: Actually I found wearing the wrist bands that i would use for airline travel would help my migraines...
- 03:05:31 Kirsten: I would like to remind everybody who is interested to send me their contact info and “specialty” for an address list I can share. You can email me your info to kirsten@ttouch.com

03:05:37 Charlotte Erika Walker: It works if you have the right tightness with a scarf. My mother has done it for years and for me when I was a child with a headache.

03:06:11 Pamela Beets: K- thanks for reminder!i forgot

03:07:14 gretchen langner: Sorry but need to run. Gretchen

03:09:28 yonah gershator: in Ruti Alon's work BONES for LIFE, she does alot of things with wraps.

03:10:40 Pamela Beets: thank you everyone!

03:21:46 Nancy Addison (Helmert): This is beautiful. Is the book "Uncommon Prayer"?

03:22:37 Mary Ann Pets & People Energy Medicine: yes

03:22:45 Victoria Ahrens Dorf: What book is Linda reading from?

03:23:25 Nancy Addison (Helmert): What is the author?

03:23:28 Mary Ann Pets & People Energy Medicine: Ruth Miller Uncommon Prayer - To order: <http://ruthmillerphd.com/ruthmillerbooks.html>

03:23:53 Margit Buen: Thanks again ❤️

03:23:56 Charlotte Erika Walker: Thank you all :) x

03:25:38 Françoise from France: Thank you soooo much. with Love and Light.

03:25:59 Heimke Moll - Kind Hands 4 ALL: Kirsten, ist it Kirsten@ttouch.com?

03:26:19 Nancy Addison (Helmert): I love this group!!

03:27:38 Margit Buen: I just looked in the mirror. After the hairslides my face is changed, my eyes more open 😊

03:27:48 Nancy Addison (Helmert): Thank you for doing this with us, Linda. It is such a blessing!

03:28:21 yonah gershator: kirsten...please put your email in the chat again...

03:28:33 Paula Josa-Jones: Must go — thank you! May we all be peaceful, may we all be happy may we all be free from suffering.

03:29:16 Teresa Cottarelli-Guenther: Thank you, thank you take care!

03:29:18 christine shaw: Christine Shaw email: christineshaw8@gmail.com

03:30:00 Sarah Hauser: bye! heart hugs!

03:30:30 kirsten@ttouch.com