



Cellular Wisdom Decoded “Live with Linda” December 1, 2020 - Class Chat

- 01:15:58 Kirsten: Returning to Earth! Free summit
https://returntoearth.land/speaker/strcatt77%40aol.com/?mc_cid=ecc88c68e9&mc_eid=40088c15af
- 01:16:07 Françoise from France: the site of Machaelle Small Wright who works with Nature Spirits and make lots of Solution to cure and balance our body like Bacteria Solution, Virus Solution and all parts of the body. www.perelandra-ltd.com.
- 01:17:03 Françoise from France: She has her garden in Virginia. USA.
- 01:17:22 gretchen langner: Interesting.. Perelandra! I use to use their flower essences.
- 01:18:08 Françoise from France: wow!!!
- 01:22:57 Kirsten: Ruth Miller Uncommon Prayer –
To order: <http://ruthmillerphd.com/ruthmillerbooks.html>
- 01:23:04 Juel Duke: Who has a garden in Virginia, please?
- 01:24:47 Françoise from France: Machaelle Small Wright. Perelandra. Garden in Virginie.
- 01:26:26 Kirsten: Gregg Braden

Spontaneous Healing of Belief Secrets of the Lost Mode of Prayer: The Hidden Power of Beauty, Blessing, Wisdom, and Hurt

- 01:35:49 Morgine Jurdan: Louise Hay Bladder Problems: Anxiety. Holding on to old ideas. Fear of letting go. Being “pissed off”. and YES I have known of people where their bladder was damaged due to those issues and they needed surgery to fix them.
- 01:36:20 yonah gershator: okay, here i go...
- 01:36:29 yonah gershator: oops...that was meant for someone else...
- 01:40:01 Morgine Jurdan: I found one article
<https://www.womenshealthmag.com/health/a19981825/should-you-stop-using-toilet-paper/>
- 01:40:56 Morgine Jurdan: <https://www.glamour.com/story/heres-how-your-toilet-paper-could-be-messing-with-your-vagina> here is another one...
- 01:42:47 Charlotte Erika Walker: Huge Environmental Factors now since WWII for humans and animals.
- 01:43:01 Juel Duke: I was using some really cheap TP a few years ago and it caused some discomfort issues that I had never experienced before. So I quit using that TP and it went away.
- 01:43:50 Mary Ann Pets & People Energy Medicine: Knowledge is power. It gives you options on what to do for next steps.
- 01:44:32 Morgine Jurdan: Toxin free brands Forest Green ... 7th Generation Caboo
- 01:44:42 yonah gershator: <https://www.mamavation.com/brands/toilet-paper.html>
- 01:45:18 Charlotte Erika Walker: Yonah-

Conventional Allopathic Medicine Doctors don't know these things because they do not study/practice Holistically!
- 01:45:20 yonah gershator: The so-called less toxic brands are still with problems...
- 01:46:02 yonah gershator: charlotte...yes, i realize that...thank you.
- 01:48:26 Mary Ann Pets & People Energy Medicine: Perlandra is amazing

01:50:03 Charlotte Erika Walker: unbleached bamboo sustainable toilet paper
<https://www.topbambooproducts.com/bamboo-toilet-paper/>

01:50:40 Heimke Moll: I love the history and philosophy of the Findhorn Foundation and how they live with plants.

01:50:44 yonah gershator: coconut oil is a great moisturizer

01:52:07 Sage Lewis: The vibration of lemongrass is higher than the coronavirus, so one drop of lemongrass essential oil can kill bacteria.

01:53:13 Nja iPhone 5: this is a fabulous discussion

01:54:49 Liz Thompson: Do you have Weleda products in the USA? If so have a look they have an awesome philosophy & range of natural products & are associated with Findhorn

01:54:57 yonah gershator: yes, we have weleda...

01:55:07 yonah gershator: also hauschka

01:55:16 yonah gershator: best stuff is DIY

01:55:41 Françoise from France: yes and Tea Tree with sesam oil is very disinfectant without burning the skin.

01:55:58 Nja iPhone 5: what is Linda taking??

01:56:33 yonah gershator: deborah bowes...does programs on pelvic health

01:57:01 yonah gershator: she is great.

01:57:05 gretchen langner: Deborah Bowls

01:57:16 gretchen langner: Might be Bowles

01:57:21 yonah gershator: <https://www.feldenkraissf.com/about-me-deborah>

01:57:39 Kirsten: D-Mannose

01:57:52 yonah gershator: she was one of my trainers in feldenkrais and she used me as a guinea pig for her pelvic things as she was putting together the program...everything she does is great.

01:58:15 yonah gershator: i put her link above as well

01:58:43 yonah gershator: the other person is Lauren Ohayon...also very good

02:00:03 yael grinberg: Thanks Yonah

02:00:25 yonah gershator: the other thing is what's in your teeth...which metals does your dentist use as well as other materials...

02:04:50 Andrea - Cape Town: What are your thoughts on taking Iodine? I was told that it was good to cleanse the lymph glands. I have been taking it for just under two weeks and have found that I sleep so much better. My husband says I am not tossing and turning like I used to.

02:04:50 Sage Lewis: I use the Master Cleanse - lemon juice, cayenne, maple syrup, water

02:05:02 yonah gershator: also, there is a wonderful information by Henry Bieler and Bieler's broth for rebalancing

02:05:13 Nancy: i love it!! that we are talking about this

02:05:31 Sage Lewis: And I just read that volcanic ash in the air can cause higher levels of lead and barium

02:05:36 Paula Josa-Jones: Iodoral is excellent, but you should also take about 1/4 tsp Himalayan salt daily to help with the detox.

02:05:48 Paula Josa-Jones: Also Monolaurin.

02:06:06 yonah gershator: <https://pamelasalzman.com/bielers-broth-a-healing-restorative-soup-recipe/>

02:06:58 christine shaw: I am appreciating the conversation! I have been on this "track" for many years and there is still always more to learn

02:07:40 Sage Lewis: Yonah, thank you! I eat vegan, so that's helpful. I add garlic, ginger, turmeric, celery and apple to my master cleanse juice.

02:08:09 yonah gershator: Sage...you can also do theme and variations on that soup :)

02:09:09 Nancy: what is it that has iodine in it?

02:09:31 Nancy: can you write it please?

02:09:34 yonah gershator: you can also use the pendulum

- 02:09:54 Nancy: great reminder Linda about the kinesiology
- 02:10:22 christine shaw: Also--as for the chemicals in your system---I assume that you have chemtrails in Hawaii, as they are worldwide and do cause certain chemicals to be released into the air we breath. (Note--of course this is a rather controversial subject....).
- 02:10:22 yonah gershator: i have a small crystal pendulum that i use for products
- 02:11:03 Jean Stoner: Mary Ann from Jean is kinesiology the same as muscle testing?
- 02:11:26 yonah gershator: also the other thing is hair dye
- 02:11:35 Nancy: Kirsten, do we have the list if all the contacts now? I have not seen it
- 02:13:38 Jean Stoner: Gretchen that sounds like being in Stillness. do you think???
- 02:15:13 Jean Stoner: Yes, Gretchen I would like to know what the book is
- 02:16:39 christine shaw: I just pulled Machaelle Small Wright's book off my shelf: Behaving as if the God in All Life Mattered. I read it when it was first printed in 1987! She was just a "beginner" in learning to communicate with the plants and animals and was a great inspiration to me.
- 02:33:34 yonah gershator: Heimke...I do...
- 02:42:03 christine shaw: There is a woman in our neighborhood who asked for help in treating her little service dog (that had only come to her 2 months before a a rescue). The precious little "chiweenie" giri has been diagnosed with heartworm, and a woman who is a very active rescue person sprange to the rescue to start a fund so that a local vet could start heartworm treatments on her right away. I went to her home and did T-Touch on this little girl doggie (with breath and prayer/affirmations as you have taught). She loved it and the owner (disabled) was so grateful! Now, speaking of Perelandra, another dog-person friend (who is totally into natural remedies) has suggested that I introduce them to the idea of using Perelandra's parasite tincture instead of the traditional
- 02:42:28 Nancy Lund: Bidet on a budget! I bought an attachment from Costco a couple of months ago - \$40 =.and I love it!

02:45:00 Jean Stoner: Nancy you look charming just the way you are!!!

02:45:26 yonah gershator: yes, you look beautiful

02:45:59 christine shaw: opps---con't---Perelandra parasite treatment rather than the traditional which is very hard on the dogs. Does anyone have any ideas or experience on this matter? My friend claims that that parasite treatment will kill the heartworms.....and of course I know I could call Perelandra to get their take on it.

02:47:22 yonah gershator: is she working with her feet and ankles?

02:47:39 Dawn Kelley: Nancy I am not sure what all of your concerns are or if I can help but... I just recently graduated as a Certified Face yoga instructor , I may have some suggestions for you if you are interested. let me know.

02:47:57 Morgine Jurdan: what is zig zag??

02:48:26 Jean Stoner: they are available OTC at places like grocery stores

02:50:00 Jean Stoner: Linda what is your thought process when you visualize the laser

02:50:52 yonah gershator: yes, working with the ankles and feet can help with the knees

02:51:19 yonah gershator: simple foot movements...inversion, eversion, different combos...flex, extend...so many things

02:52:02 Juel Duke: Morgine, the ZigZag is one of the touches that we use with animals.

02:53:55 Morgine Jurdan: so she is doing that on her knee

02:55:02 Jean Stoner: Thank you Linda, grateful and plan on sharing with a client you recently had surgery on her knee and keeps filling with fluid

02:59:20 Charlotte Erika Walker: Lovely motion Juel-thank you it is your intention that is so lovely to witness, get teaching :) x

02:59:52 Juel Duke: Morgine, I like to do my leg when Im laying down with that leg on top.

03:00:36 Morgine Jurdan: thanks Juel;!I will be doing it this week!

03:01:34 gretchen langner: Linda- You mentioned Zig Zag along Meridians. I'd love to hear more.

03:01:37 Juel Duke: I hope it helps, it has been very helpful for me. I don't think Kirsten has gotten me in the ok to contact list but that's fine. Im in the companion animal practitioner listings.

03:02:20 Juel Duke: It's fine to contact me.

03:03:26 Jean Stoner: Is there a place to do t touch for a newborn with hiccups

03:11:09 Jean Stoner: do you imagine light rays flowing into the site with your finger / hand movement

03:12:00 Jean Stoner: I will try to tell the parents who are not local to me

03:12:05 Jean Stoner: Thanks Linda

03:12:15 Jean Stoner: and Liz

03:17:52 Paula Josa-Jones: I must be off to care for Izarra, my little Mustang mare. Thank you to all!

03:18:16 yonah gershator: maybe i recommend to people who are having difficult with their ankles, knees etc...besides feldenkrais...bones for life and also the course that carol montgomery offers called Gait for Wild Human Potential...it was FANTASTIC....also, if you go to her site, she has a lot of wonderful info and videos...

03:18:57 Jean Stoner: Liz I imagine that as there is virtually no 'pressure' felt before birth. consequently any pressure could be adverse. I like what you said - they want connection. Thank you

03:19:16 yonah gershator: <https://www.coachsomatics.com>

03:19:39 Jean Stoner: Mary Ann is there a good resource for studying meridians

03:20:06 gretchen langner: A joy to be on this meet up again after too many weeks away. LOVE our collective knowledge. I must leave too. Gretchen

03:23:27 Charlotte Erika Walker: Heartworm Treatment:
<https://www.dogsnaturallymagazine.com/preventing-treating-worms-dogs/>

- 03:28:44 Mary Ann Pets & People Energy Medicine: A fun video on YouTube with Marjorie Fein that shows you how to trace your meridians on your body.
<https://youtu.be/JjRk9le8pbE>
- 03:28:53 Charlotte Erika Walker: She is very light so I can hear her here too, but not for a main conversation!
- 03:29:59 Andrea - Cape Town: Thanks for a wonderful session. Bye until next week
- 03:30:04 Charlotte Erika Walker: Love to all too thank you Lots of Heart Hugs :)
xxx
- 03:30:37 Dawn Kelley: Love to all....Today was wonderful
- 03:30:54 yonah gershator: thank you everyone
- 03:31:33 Heimke Moll: Thank you all!!
Hello friends!
- Here you can register your kid for the International Youth Club!
https://www.eventbrite.com/e/international-zoom-youth-club-tickets-131232508967?fbclid=IwAR3sacN-cu6nqiBwJ8KLyapfWcrW5y1Nr08ofcTKbt1G9TGXKh8Qm_N6SKE
- 03:31:38 Françoise from France: Thank you with love
- 03:31:55 Charlotte Erika Walker: Yes useful, the ear chart perfect and incorporating everything in together plus Juels Zebra moves!