

Tellington TTouch-for-You® Online

Bonus Q & A

Class Chat

May 19, 2020 of Q & A

- 13:01:31 From Elizabeth Keith : I'm Elizabeth Keith from Scottsdale AZ
- 13:01:37 From Mary Ann Wilkens : Mary Ann Wilkens - Chicago
- 13:01:48 From Ellen Lichtevelde : Ellen from the Netherlands :)
- 13:02:13 From Hagit Vardi : Hagit Vardi from Madison, WI
- 13:02:17 From Saskia Blok : Saskia from the Netherlands
- 13:02:36 From Teresa Cottarelli-Guenther : Hi I'm Teresa from Switzerland
- 13:02:44 From Lyn : Lyn from Grafton Ontario Canada. I have been able to loosen up a sticky ankle using this work. The ankle was sprained 40+years ago.
- 13:03:12 From Lucie Beranova : Hi to everybody from Rome
- 13:20:55 From susan Davis : Hi, this is Susan in Vancouver, Washington. I had a very sore spot on my right knee. I couldn't kneel or squat. Linda taught me a little one handed Terrantula pulling the plow, over my knee. I did this touch and I have a very well knee in a matter of about 5 minutes.
- 13:31:40 From Mary Ann & Peter : Can you type the name of the book into the chat?
- 13:37:20 From Kirsten : ho'oponopono by Ulrich Dupree
- 13:39:44 From Kirsten : Die Neurobiologie des Glücks Tobias Esch ThiemeThieme Verlag Wie die positive Psychologie die Medizin verändert
- 13:42:42 From Mary Ann & Peter : The Book of Ho'oponopono: The Hawaiian Practice of Forgiveness and Healing (Paperback)
Luc Bodin, Nathalie Bodin Lamboy, Jean Graciet
- 13:43:44 From Mary Ann & Peter : Ho'oponopono - by Ulrich E Dupree (Paperback)
- 13:44:42 From Mary Ann & Peter : The Code of Authentic Living: Cellular Wisdom Joan King
- 13:45:56 From Kirsten : The Code of Authentic Living: Cellular Wisdom 1st Edition by Joan C. King (Author)
- 13:48:56 From randall zerangue : sorry, what was the mantra again?
- 13:49:39 From Ruby : remember your perfection at a cellular level
- 13:50:22 From randall zerangue : there was a short 3-word way Linda said it
- 13:52:01 From Saskia Blok : You mean the Ho'ponopono? It is:
I'm sorry
Please forgive me
Thank you
I love you
- 13:52:50 From randall zerangue : no i heard her say a 3-word mantra
- 13:53:12 From Ellen Lichtevelde : Remember your perfection?
- 13:53:22 From Allice : Remember your perfection
- 13:53:29 From randall zerangue : perfect
- 13:53:37 From randall zerangue : thank you!!
- 13:54:42 From Jana : I just did the ho'ponopono with a person as you were saying it.---I was having goose bumps all over my body
- 13:56:33 From Shannon's iPad : Wisdom of the Cells
- 13:56:46 From Linda : Humanity's Team is presenting an online program featuring Bruce Lipton, Gregg Braden and HeartMath -- title of the program is Accelerating Your Evolution Through Science series.
- 14:01:12 From randall zerangue : what was the name of that Alzheimer's book?

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- 14:01:32 From Kirsten : Tom O'Bryan You Can Fix Your Brain: Just 1 Hour a Week to the Best Memory, Productivity, and Sleep You've Ever Had
- 14:01:52 From Kirsten : By Tom O'Bryan
- 14:03:27 From Saskia Blok : Sorry will have to go, very early shift at work tomorrow. Look forward to the recording.
- 14:03:30 From randall zerangue : Breddington ?book on Alzheimers mentioned before OBryan?? thanks
- 14:10:27 From Ellen Lichtevelde : Oh dear... My doggy seems to be in need of an extra walk tonight, so I am away for a bit, be back in 10 to 15 minutes I think!
- 14:13:28 From randall zerangue : i got it thanks
- 14:13:53 From Kirsten : You Can Fix Your Brain by Tom O'Bryan
- 14:14:01 From Ruby : doggie walk too
- 14:15:48 From Allice : sound is good
- 14:15:56 From Denise : in munich it's also clear
- 14:26:57 From Allice : imagination
- 14:31:28 From randall zerangue : YOU ROCK Linda!!
- 14:31:43 From Mary Ann & Peter : I love it!!!
- 14:32:54 From Ellen Lichtevelde : back :)
- 14:34:51 From realjuel : Maze, Labyrinth. doesn't matter what you call it.
- 14:37:33 From Ellen Lichtevelde : I use the body blessing (and Heart Hug) in my courses for Animal Communication and Healing, it is such a wonderful way of helping people to get in the right mind set :)
- 14:38:07 From susan Davis : body blessing helps my vertigo. this is susan in Vancouver, wa
- 14:41:25 From Jana : I experienced the strongest reactions when I first saw the heart hug as you were doing it during the presentation at the Feldenkrais summit. I was very touched and had tears. Since then I tried it several times, now the feeling is becoming more profound.
- 14:43:08 From randall zerangue : also watch out for aluminum pans or in deodorant regarding arthritis
- 14:53:15 From realjuel : Is this working the meridian toward the ankle, what you would do for the knee/
- 14:54:30 From Mary Ann & Peter to Lyn(Privately) : As you do more of it, you will feel the tissue release. love that you are noticing it
- 15:17:30 From Allice : knee issue...yes!
- 15:23:27 From Shannon Weil : Thank you Linda and thanks to everyone for your questions.
- 15:24:11 From Teresa Cottarelli-Guenther : Dear Linda I would like just thank you for your help.
- 15:25:00 From Shannon Weil : The Heart Hugs are very valuable during these days.
- 15:25:16 From Mary Ann & Peter : Thank you
- 15:25:17 From Allice : Thank you
- 15:25:32 From realjuel : Thank you, Linda and everyone. I am looking forward to reporting success next Tuesday
- From Lois to Everyone: (2:43 PM) I must go. Aloha.
- From donna shugrue to Everyone: (2:48 PM) I have horrible pain originate there. This, I know will relieve the excruciating burning I get from the nerve problems.I have an MRI scheduled for that area tomorrow to find the source of pain.

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From Susan Davis to Everyone: (3:30 PM) Thank you for your clarity in explaining all of the ttouch movements and ear work. From Susan

From Ruby to Everyone: (3:34 PM) Dr Rawls.

From Jana to Everyone: (3:35 PM) TT4UBodyWisdomthat's the name of the FB group

From Mary Ann & Peter to Everyone: (3:37 PM) otter.ai

From donna shugrue to Everyone: (3:37 PM) I watch Dr Rawls also as his Lyme protocol helps with the MS

From donna shugrue to Everyone: (3:40 PM) Dr Rawls has a book about Lyme, was a medical doctor who was asked to leave his practice because he was barely functional. He does free webinars about Lyme ad its different manifestations.