

Tellington TTouch-for-You® Online

Bonus Q & A

Class Chat

May 26, 2020 of Q & A

- 11:59:27 From Lyn : Lyn from Grafton Ontario Canada. New to TTouch and having fantastic results with some long standing athletic injuries.
- 12:00:12 From Denise : Denise from munich germany
- 12:00:32 From Marie Miller : Marie from UK
- 12:00:46 From donna shugrue : Donna Shugrue Cape Cod Massachusetts. TTouch Practitioner for Companion Animals since 2009 and using TTouch for you for MS for myself since 2018.
- 12:00:48 From ruth evans : Hi from UK
- 12:00:55 From Saskia Blok : Hi, Saskia from the Netherlands
- 12:02:11 From Sylvia Diane : Sylvia from Massachusetts, energy healer
- 12:02:17 From Cheryl B : Cheryl Becker, Lake Bluff, Illinois (north of Chicago)
- 12:02:28 From Teresa Cottarelli-Guenther : Hi I'm Teresa from Switzerland
- 12:02:44 From Maria Zandstra : Hi every one I am Maria Zandstra normally living in Mauritius but now in France for the time being.
- 12:02:51 From randall zerangue : hi everyone, i'm Flo from southern California
- 12:03:12 From ruth evans : I am in cellular wisdom
- 12:03:12 From Joël Müller : I'm Joël from Switzerland. I attended Cellular Wisdom ;)
- 12:03:27 From Françoise : Hello, i am from France.
- 12:03:33 From Sylvia Diane : Cellular Wisdom, I'm already on the list for the book!
- 12:03:42 From Heide Rosenfels-Heschl : Heide from Vienna, Austria. Have been experimenting with TTouch on myself on the bones underneath my eyes and on my hands (they are strained from playing the double bass).
- 12:03:42 From Lyn : Lyn- Cellular Wisdom
- 12:03:55 From Kirsten : If you want a copy of the book, and have not yet already emailed Sandy, please request
- * BEFORE MAY 31, Saturday
 - Please send your name, shipping address, State - and if you live outside the US, please include your state-coutry and country code.
 - * Please send to Sandy@TTouchForYouOnline.com
- 12:04:31 From Mary Ann Wilkens : Mary Ann Wilkens Chicago Companion Animal Practitioner Practice focused on animals and people - Cellular Wisdom
- 12:04:58 From Saskia Blok : I'm in Cellular Wisdom and was on Co creating Heaven on Earth. Pract companion animals.
- 12:05:15 From Cheryl B : Cheryl, Feldenkrais Practitioner from Lake Bluff - Cellular Wisdom (also studied VHS tapes of Linda's work with horses in the 1990's)
- 12:05:20 From Elizabeth Keith : I'm in Cellular Wisdom
- 12:05:57 From Lois : Hi from Lois in Mesa, AZ. Cellular Wisdom.....yes, I would like the book....The Code of Authentic Living. Thank you.
- 12:06:19 From Maria Zandstra : I am in cellular wisdom. I am a feldenkrais student.
- 12:08:12 From Elizabeth Keith : I'm Elizabeth from Scottsdale AZ. Feldenkrais Practitioner and Bones for Life Trainer.
- I will continue to save and send over after
- 12:10:06 From Marie Miller : Marie Miller UK - Immersion

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- 12:10:12 From Lester Buckley, horseman : Hello I am Catherine also in Cellular wisdom I am not sure why it says I am Lester Buckley it was my last zoom lol
- 12:10:30 From Bruce Strickland : I'm Bruce Strickland in Cincinnati Ohio. I do relaxation massage, cranio sacral therapy, therapeutic touch, distance healing and now am adding Tellington Touch.
- 12:11:19 From Lois : I have a friend who is a breast cancer survivor for many years now....also has Fibromyalgia and a chronic chemo cough from congestive heart trouble. I'm not sure how to start or what to do.
- 12:12:27 From Liz Thompson : Hi I'm Liz from London and I'm in Cellular Wisdom. Lovely to connect with you all. I'm a massage therapist, aromatherapist, baby massage and parent and baby yoga instructor.
- 12:12:35 From realjuel : Juel Duke, Companion Animal P1, from NC. interested in many aspects of brain science, and consciousness, have taken ATM as an "exercise" class.
- 12:16:30 From Susanne Peschel : Hi, I am from Germany. I started with TTouch last year with the online programm.
- 12:17:00 From Susanne Peschel : Hi, I am Susanne from Germany. I started with TTouch last year with the online programm.
- 12:17:04 From Diane Lade, Victoria, BC : Diane Lade, Victoria BC, Feldenkrais practitioner
- 12:20:11 From Barbara's iPad : I would love to know how to work on scar tissue
- 12:21:32 From Barbara's iPad : cellular wisdom. I'm from Colorado in the winter and Wisconsin in the summer
- 12:32:19 From Kathryn : omg I love it
- 12:32:40 From Barbara's iPad : I find the hair slides seem to get rid of my headaches better than the ear touches
- 12:36:36 From Jana : Can I do the hair slide with both hands on both sides of the head at the same time?
- 12:39:54 From Kathryn : I had noticed that my scalp was tight. The tightness I notice when I work with the animals
- 12:40:41 From Lois : I feel so relaxed. I didn't sleep much last night....now I feel like I could sleep. I have trouble with insomnia. I'll try hair pulls tonight.
- 12:42:23 From Teresa Cottarelli-Guenther : for me it is fine about 20cm to be fine with the shoulder
- 12:46:42 From Catherine Seale : I am wishing I have less layering in my hair
- 12:52:56 From Kirsten : Ho'oponopono by Ulrich Dupre
- 12:53:03 From Shannon Weil : Ho'oponopono: The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment
by Ulrich E. Duprée
- 12:53:43 From Kirsten : Love is letting go of fear by Gerald Jampolsky
- 12:55:04 From Barbara's iPad : I use it with animals but haven't with myself!
- 12:55:37 From Kirsten : I am sorry - Please forgive me - thank you - I love you
- 13:00:38 From Denise : this Theory of the Cell-Intelligenz I'm telling today my students! :)
- 13:05:00 From Catherine Seale : For sure this is the opportunity for me. I normally teach on Sundays and Tuesdays and because if all this <i>i have the gift of meeting you all live. Pure gift and I am blessed and grateful for this gift
- 13:07:14 From Kirsten : Joan King: The Code of Authentic Living

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- 13:07:28 From Liz Thompson : Can we watch this later? Unfortunately I need to go but I want to stay!
- 13:07:43 From Barbara's iPad : I wonder if we can also work on the etheric shield that is surrounding our body
- 13:09:48 From Sylvia Diane : When there has been medical work done on the body, like surgery or even stitches, it looks like the TTouch also lets the cells release the medical team's energy from one's body.
- is a bonus and Linda told me it goes on as long as people want to stay on... maybe best is watching the recordings from the time you have to leave?
- 13:32:20 From Shannon Weil : There are some scars that I'm rather proud of.
- 13:52:04 From Kirsten : Entering the secret world of Nature - by Michael Roads
- 13:52:20 From Teresa Cottarelli-Guenther : So nice to see you Debby!!! Is'nt your Birthday today???
- 13:57:50 From Saskia Blok : Would it also help to visualise how you want your cells to work together while doing TTouch?
- 14:00:31 From Maria Zandstra : Bye Everbody, I am leaving it is getting late here. See you next week!
- 14:04:37 From Catherine Seale : What do you suggest if I have back pain and neck pain is very bad <how can <i weave it if I cant reach it
- 14:06:03 From Denise : Also have to say by - started today my day at 5am Good night :)
- 14:07:25 From Sylvia Diane : Thank you everyone! I need to leave . . .
- 14:09:54 From Cheryl B : Bye Everybody. Thanks so much!
- 14:10:12 From susan Davis : This is Susan Davis, Vancouver wa. I got a muscle spasm in my right hip yesterday, bending over to empty the clothes dryer. I just did some circular touches with the energetic field. I have extremely uncomfortable. the pain just went away.
- 14:10:13 From Bruce Strickland : I need to leave now. thank you
- 14:11:14 From Mary Ann Wilkens : I have to drop off for another meeting.
- 14:11:17 From Mary Ann Wilkens : thank you again
- 14:17:45 From Lyn : Can you do the 1 and a quarter circle with hips while holding ribs or back ?
- 14:19:53 From randall zerangue : Sally is amazing!!
- 14:20:45 From Kirsten : Lyn, I am not really clear who you mean it?
- 14:21:49 From ruth evans : Thank you Linda for another fab session. Ge
- 14:22:29 From Kirsten : Sorry Lyn... now who... what... maybe ask the question to Linda...
- 14:22:31 From ruth evans : its 9.30pm here so will have to put the horses Im. See you next week xx
- 14:24:07 From randall zerangue : thank you so much Linda! see everyone next time
- 14:31:53 From Catherine Seale : Thank you for shareing that
- 14:32:45 From Shannon Weil : Yes, thank you for sharing the story about the dogs at the World Trade Center. That's BIG.
- 14:35:46 From Teresa Cottarelli-Guenther : Thank you so much , Linda, it was so amazing
- 14:35:57 From Teresa Cottarelli-Guenther : Good night o everybody
- 14:36:35 From Catherine Seale : also the smile gives others serotonin

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- 14:38:19 From Saskia Blok : The light touch is also more inviting to connect, I feel, for animals, than using more pressure.
- 14:40:49 From ruth evans : Managed to get back great call still live
- 14:46:53 From Francoise : I also have to leave. Thank you so much Linda and everybody.
- 14:49:30 From donna shugrue : The wraps helped me
- 14:52:31 From Debby Potts : I have a Zoom client soon. I'll see you next time. Much love to everyone!
- 14:54:54 From susan Davis : Thank you everyone for an amazing day. Thank you Linda. I need to go.
- 15:07:51 From Lyn : Thank you so much for this Linda. I learned so much.
- 15:08:11 From Shannon Weil : Thank you Linda
- 15:27:52 From Shannon Weil : You Can Fix Your Brain: Just 1 Hour a Week to the Best Memory, Productivity, and Sleep You've Ever Had by Dr. Tom O'Bryan
- 15:30:03 From Shannon Weil : Awake TV
- 15:30:45 From Shannon Weil : Look for Awake TV and the session with Dr. Allen Shoen, DVM and Linda Tellington-Jones
- 15:32:47 From Shannon Weil : The Field: The Quest for the Secret Force of the Universe Lynne McTaggart
- 15:32:58 From Shannon Weil : The Intention Experiment
- 16:02:34 From Jeff Spencer : I need to leave Thanks so much I have some new areas to explore
- 16:02:39 From Jana : Thank you very much for the wonderful evening! It's midnight here so I am gonna say good night and good bye
- 16:02:56 From Kirsten to Marie Miller (Privately) : Love you Marie! Big hugs!
- 16:07:01 From Shannon Weil : Lois, I love you story and I love the palm tree behind you.
- 16:09:14 From Shannon Weil : The Afterlife of Billy Fingers: How My Bad-Boy Brother Proved to Me There's Life After Death
The Afterlife of Billy Fingers: How My Bad-Boy Brother Proved to Me There's Life After Death
by Annie Kagan, Susan Ericksen,
- 16:09:24 From Shannon Weil : Life After Life