

Tellington TTouch-for-You® Online

Bonus Q & A

Class Chat

June 2, 2020 of Q & A

- 11:53:31 From Heide Rosenfels-Heschl : Hi everybody, Hi Linda, can you show us the video about working with the knee that you were talking about, please?
- 11:59:21 From realjuel : Juel Duke, North Carolina
- 11:59:34 From Sylvia Diane : Sylvia, Massachusetts
- 11:59:43 From Mary Ann Wilkens : Mary Ann – Chicago
- 12:00:04 From Kirsten : Kirsten - Santa Fe, NM
- 12:00:27 From Mary Ann Wilkens : TTouch Companion Animal Practitioner and work with humans as well. Since 1997 when I met Linda on a road trip to Santa Fe.
- 12:00:37 From Lyn : Lyn from Ontario Canada
- 12:01:29 From Barbara's iPad : Barb Grout: Bruce,Wi.
- 12:01:44 From Teresa Cottarelli-Guenther : Hi, I'm Teresa from Switzerland, I'm TTouch-Practitioner for horses, dogs and TTouch for You
- 12:01:46 From realjuel : Juel: first heard about TTouch when I googled to find if there were animal massage classes in my area. No, but there was a 6 day TTouch Companion Animal training 20 minutes from me. 12+ years later, Im still learning.
- 12:02:08 From Denise : Denise from Munich Germany
- 12:02:31 From Heide Rosenfels-Heschl : Heide Rosenfels-Heschl from Vienna, heard of TTouch in my Feldenkraistraining in NY 1991
- 12:02:34 From Lois : Loos Kohlmeyer, Mesa, AZ. I read a book Linda wrote in 1992 I read it while in Feldenkrais Training in 1995. I tried out the circles on a group of horses and then was able to meet Linda in this class.
- 12:02:36 From Sylvia Diane : I've been following TTouch for so long that I can't remember how my fascination with it started. I've done a bit of horse and cat work. I'm now fully engaged with TTouch and incorporating it with a couple of other techniques for dealing with pain when giving energy healings.
- 12:02:59 From Barbara's iPad : I met Linda last August 2019, in Colorado at Happy Dog Ranch. I'm an animal communicator
- 12:03:15 From Barbara's iPad : Barb Grout
- 12:03:30 From Lois : Lois Kohlmeyer.....bad spelling before.

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- 12:03:51 From Linda : Linda Claire - Irvine, CA
- 12:04:41 From Maria : Hi Everyone, Maria Zandstra Currently in France. Originally from Holland. Came to ttouch through the Feldenkrais summit.
- 12:05:22 From Lyn Caswell : Very new to TTouch. Just encountered Linda at the Feldenkrais Summit. Immediately felt this was something of interest that would be helpful to all creatures.
- 12:05:38 From Channelle Suecroft : Channelle Suecroft, Kamloops BC. interested in touch for self help and horses. I use ttouch for family and friends
- 12:06:41 From Lynn Coleman : Lynn Coleman from Palm Springs
- 12:06:51 From Maureen Murphy : hi! Maureen Murphy from Williamstown, NJ!! I use TTouch for myself and my dog!
- 12:07:07 From Lynn Coleman : Question: about restless leg syndrome.
- 12:08:02 From Lois to Kirsten (Privately) : Question....Who are the Warrior Angels?
- 12:09:10 From Françoise from France : I am beginner in Ttouch for You and I practice Ttouch for my cat+animals communication and a little Feldenkrais. It is very great the Cellular Wisdom. Wonderful. Really.
- 12:13:22 From Liz Thompson : hi Liz from London here, lovely to be with you all . I had the joy of hearing Linda talk at the Feldenkrais summit and was so inspired I knew i had to learn more!
- 12:13:36 From Liz Thompson : question:
- 12:14:32 From Lois to Kirsten (Privately) : question....Lois.....my sister is in Hospice. How best can I help her? She is far away and I can not go there. Thank you.
- 12:15:09 From Liz Thompson : question: i work with vulnerable parents and babies and would love to know more about T Touch in this area
- 12:29:50 From iPad : All, I am posting all the books that Linda mentions in the TT4UBodyWisdom Facebook page. It is called Linda's Library
- 12:43:12 From Barbara's iPad : question: does anybody have experience working with Lymponas—little fat deposits in the skin. as I get older, it seems that more are growing.
- 12:50:37 From Shannon Weil : THE CODE OF AUTHENTIC LIVING Joan King

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- 12:50:50 From realjuel : Barbara, I have a lipoma that I have been trying to make smaller for years. No smaller but no larger, either. I have used very tiny raccoon touches around perimeter and tried tracing the 1.25 circle around the perimeter AND doing a series of those that get smaller each time. Your question would be a good one for Linda.
- 12:53:07 From Shannon Weil : TT4UBodyWisdom Facebook page
- 12:57:51 From Barbara's iPad : Barb Grout
- 13:00:38 From Shannon Weil : Uncommon Prayer by Ruth L Miller
- 13:13:54 From Lyn Caswell : Question: Are these recordings available to review after the session?
- 13:15:17 From ruth evans : Hi Linda Ruth Evans my question is I have a friend who has bad osteophoris and crumbled base of spine. The strongest pain killers do not help with the pain. What touches and wraps would you suggest ?? THanks
- 13:24:03 From randall zerangue : O'Bryan
- 13:24:57 From Shannon Weil : YOU CAN FIX YOUR BRAIN Tom O'Bryan
- 13:27:28 From randall zerangue : no need to be sorry - you know what's best for your body it's telling you
- 13:27:44 From randall zerangue : beans and soy are pretty hard on the body
- 13:28:12 From randall zerangue : beans = half carb & half protein
- 13:29:06 From randall zerangue : tomatoes are nightshades too
- 13:31:05 From Channelle Suecroft : sometimes when you switch your diet to high fiber or just veggies u detox faster. then u can get dizzy because u clean ur blood then ur bones then ur brain. organic apple juice helps detox heavy metal and wheatgrass juice helps with energy boost
- 13:33:09 From Kelly Somers : Tip: 2 products that almost instantly neutralize with only 1 TBS: histamine reactions / hives / bee stings, etc. is (1) Sonne's #7 (been using it for 30 years)... (2) Bentonite Detox by Great Plains. Both utilize micro particles of volcanic clay in sterile water solution. Can take internally - use externally
- 13:34:15 From Kelly Somers : Sonne's works well for pets too.
- 13:34:15 From randall zerangue : sorry i'd like to raise my hand but can't find it?
- 13:35:25 From Shannon Weil : THE INTENTION EXPERIMENT Lynne McTaggart

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- 13:49:10 From Shannon Weil : THE AFTERLIFE OF BILLY FINGERS Annie Kagan
- 13:52:23 From Shannon Weil : Life After Life: The Bestselling Original Investigation That Revealed "Near-Death Experiences" Raymond Moody
- 13:56:46 From Catherine Seale : I call it me safety bubble. through out my lfe I just feel like i have been in dodgy k and know I will be o
- 13:59:30 From Catherine Seale : I will rewrite it. I call it my safety bubble. Throughout my life I have just felt like I am safe . I have been in dodgy situations and I know that I will always be safe and that I am safe
- 13:59:41 From randall zerangue : look at the baby with Alpha
- 13:59:42 From Catherine Seale : we can hear Linda
- 13:59:49 From randall zerangue : adorable
- 14:09:58 From Catherine Seale : Occassonally I say to a friend about m bubble and I say I dont know how I deserve it and that friend no matter who it has been they say it is because you are a nice person
- 14:12:33 From Lyn Caswell : I am wondering if the recordings are available after the session.
- 14:13:02 From Lyn Caswell : Where are they available?
- 14:13:47 From Lyn Caswell : Thank you for this. I am Facebook resistant.
- 14:18:26 From Lyn Caswell : Thank-you everyone for a lively session. I must leave . Thank you also for letting me know how to access this material. I just found it in the bonus section on the TTouch site.
- 14:19:51 From Lyn Caswell : Q & A under Bonus area.
- 14:22:00 From Kirsten to Lyn Caswell (Privately) : Lyn did you get enough info where you can find the recording?
- 14:22:08 From Lyn Caswell : Can you place these videos on the TTouch bonus site?
- 14:22:59 From Lyn Caswell : Thank you Kirsten, I found it under the Bonus tab on site.
- 14:30:05 From Shannon Weil : <https://www.biontologyarizona.com/dr-fritz-albert-popp/>
- 14:30:17 From Teresa Cottarelli-Guenther : Marco Bischof Bio Photonen das LICHT in unseren Zellen Zweitausendeins

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- 14:32:55 From Maureen Murphy : TRUST!
- 14:33:17 From Teresa Cottarelli-Guenther : could be interesting for Denise
- 14:38:45 From Diane Lade, Victoria BC : what is an ace wrap
- 14:39:28 From realjuel : Ace is a brand of elastic bandage like a doctor uses if you sprain and ankle or wrist.
- 14:42:21 From Diane Lade, Victoria BC : Can susan turn so we can see the back
- 14:42:36 From Maureen Murphy : Good bye, All! Wonderful discussions! Must go!
- 14:44:09 From Catherine Seale : i just learnt today that ACE stands for All Cotton Elatstic which means apparently it is not latex. which is good news for me. I will confirm this for
- 14:45:20 From ruth evans : There is no latex in ACE bandages as far as I am aware. I use them on my animal clients and II have a latex allergy
- 14:50:38 From Catherine Seale : That is what Robyn said too
- 14:54:54 From donna shugrue : SUSAN DAVIS - Thank you for showing your wrap! It really made me feel more confident about what I am doing. I get dizzy and eye blurred which this helps clear up.
- 14:55:12 From Barb Grout : I have had a headache this whole session and the head wrap helped but going to the mouth has started to release it a little
- 14:56:38 From Shannon Weil : Brian Eno Music for Airports - it's very soothing.
- 14:57:35 From susan Davis : The Troika ttouch on the head feels really good to me.
- 15:02:05 From Maria Zandstra : Hi Jana, When I used to have headaches, one drop of essential oil of mint on my forehead and then lying down gave me a lot of relief. Perhaps this helps you too.
- 15:03:01 From Teresa Cottarelli-Guenther : I have to go..., thank you so much for this wonderful time sharing with you all. good night
- 15:09:24 From Jana Bobokova : Hi Maria, thank you very much, I've been using EOs, especially mint. Sometimes it helps a bit but over the years, it's been helping less and less unfortunately.
- 15:09:49 From Shannon Weil : You Are the Placebo: Making Your Mind Matter Dr. Joe Dispenza

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- 15:12:09 From Liz Thompson : Thank you so much, i have learnt so much, not only for myself but I have lots to share with the parents and babies too . Goodnight from London, I can't wait to see you again next week :)
- 15:27:22 From Shannon Weil : The Ozone Miracle: How you can harness the power of oxygen to keep you and your family healthy
The Ozone Miracle: How you can harness the power of oxygen to keep you and your family healthy by Frank Shallenberger, MD
- 15:34:44 From Françoise from France : Thank you very much for all. I have to go to bed. Take care of you. See you soon. Gratitude++++
- 15:39:50 From realjuel : I need to go. See you all next week.
- 15:40:14 From Maria Zandstra : Good night to everyone. Thank you Linda for creating this opportunity to learn together. See you all next week!