

## Tellington TTouch-for-You® Online

### Bonus Q & A

### Class Chat

### June 30, 2020 of Q & A

- 11:58:50 From Sylvia Diane : Happy Birthday, Linda!
- 11:58:54 From Maureen Murphy : Happy Birthday, Linda!! From Maureen Murphy (Mc Murphy)
- 11:59:06 From Saskia Blok : Happy Birthday Linda!! Hope you have a great day!
- 11:59:41 From gands : Happy Birthday, Linda!! From the Wisconsin Northwoods!!
- 11:59:49 From Cindy Ketchbaw : Happy Birthday Linda ❤️
- 12:00:03 From Linda : Please add my last name because I don't know how to do it. Thanks -- Linda Claire
- 12:00:10 From Debby Potts : Happy Birthday Linda from Newberg, Oregon!
- 12:00:25 From Lyn Caswell : Birthday Greetings from Lyn in Grafton Ontario.
- 12:00:34 From Shannon Weil : Good Happy Birthday to Linda Morning Everyone. Shannon Weil from Cool, California
- 12:01:17 From Juel Duke : Happy Birthday, Linda! Juel in North Carolina.
- 12:01:38 From Heide Rosenfels-Heschl : Alles, alles Liebe und Gute zu deinem Geburtstag, Linda! 🥰
- 12:01:48 From iPhone : Happy 83 rd Birthday!from tropical Minesota🎉❤️🎉Renee Hogendorf
- 12:02:17 From Liz Thompson : Happy Birthday to you, Happy Birthday to you, Happy Birthday DEAR LINDA, Happy Birthday to YOU!! Liz from London xx
- 12:02:29 From Morgine Jurdan : HAPPY HAPPY GLORIOUS BIRTHDAY!! LOVE YOU!! First time at this class as I had conflicting classes! Excited!!
- 12:02:53 From Ruby Rubin : Many wonderful wishes for your Bday Linda. Love to share time with angels
- 12:02:57 From Carolyn Nyland : Happy happy birthday~ this is Heidi and Savannah on with my mom Carolyn for a few minutes!
- 12:03:22 From ruth evans : Happy birthday xxxxxxxx
- 12:03:22 From Penny Case : Happy, Happy Birthday, Linda!! Glad to be a part of the world wide celebration of YOU!!!

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- 12:04:05 From Maria Zandstra : Happy birthday Linda!
- 12:04:06 From Heidi : Happy Birthday Linda from Heidi,
- 12:04:16 From Martha Meacham : Happy Birthday, Linda. I sent my ecard to your office account. <3
- 12:06:53 From Deke's : donna karras sent you a birthday card
- 12:07:19 From Heidi : I am sorry, I cant hear you...it is not working..
- 12:11:03 From Lois Kohlmeyer : Happy Happy Birthday! from Lois Kohlmeyer in Mesa, AZ. So glad to be here with you and the group.
- 12:14:58 From Sarah Hauser : happy birthday Linda !! from Sarah Hauser in nyc. I first studied with you in the 90s and am so happy to be studying with you again! love Sarah and my kitties lulu and Natalia
- 12:18:36 From Ferry C. Sudirga : Question: My immediate issue that I'm hoping to address is chronic pain on the second digit (index toe) of the left foot. There is an obvious splitting gap between the second and third digits. The pain is currently about 3 out of 10 when the toe is dorsiflexed while walking or doing push-ups, for example. I've been doing several training modalities to address this issue and the chronic pain is now considerably lower but not gone. Any suggestion what touches could be useful?
- 12:24:42 From Martha Meacham : Will you speak about the connection to the vagus nerve by the circular touches?
- 12:25:27 From Carolyn Nyland : A question for later: have you ever done TTouch and had success with having a horse's old saddle sore white spots regain energy and color? What you were talking about made me wonder if that has to be permanent.
- 12:26:37 From Maria Zandstra : I unfortunately have to go, I hope that I can come back later.
- 12:27:29 From Melinda Murphy : I am interested in talking about empathy and how it can be very consuming.
- 12:45:27 From Catherine Seale : my feet feel great and glowing
- 12:47:18 From Denise Müller : Question: A student has circulatory problems, she notices it before she faints and then lays down and waits until it passes. She may know if the ear touches can help her and maybe she can do more?
- 12:47:47 From Kirsten : Dr Fritz Albert Popp

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- 12:54:55 From Joy Morris : Happy Birthday Linda! My left knee got in the way of a hind hoof yesterday - very swollen and painful but baby chimps seem to be helping most. Any other suggestions please?
- 13:00:35 From Cindy Lou Burroughs to Kirsten (Privately) : I have to go. love you! LouLou
- 13:03:13 From Melinda Murphy : Question: Stated earlier about Empathy.
- 13:06:12 From iPhone : oh my reversed ear work takes much more focus to do
- 13:07:15 From Pamela Beets : i was teaching a feldenkrais Awareness Through Movement class and one person was very angry about not being able to move her back. i had everyone do the heart hug and she became very emotional, realizing that she with the heart hug had forgiven her self and her back for the surgery.
- 13:07:59 From Teresa Cottarelli-Guenther : My HeartHug changed totally, from the moment I do it, holding my heart in my hand!
- 13:12:37 From Melinda Murphy : what are the 4 parts of the prayer?
- 13:13:42 From Catherine Seale : Ho' noponono : I am sorry, Please forgive me. Thank you. I love you.
- 13:24:56 From Martha Meacham : Will you speak about the connection to the vagus nerve by the circular touches? Especially how breathing shifts when a person does the touches and in relation to the stomach, etc.
- 13:30:18 From Alpha : the rib lifts are good we need to remember the ribs go up to and behind the collar bones
- 13:31:13 From Elizabeth McCall : gotta run Happy Birthday!
- 13:32:28 From Catherine Seale : Francois what a beautiful flowere
- 13:34:58 From Maureen Mc Murphy : I must go. Happy Birthday!! How sweet of you to share it with all of us!! 🌸
- 13:35:01 From Yael : Thank you Linda for the big credit ..
- 13:41:14 From Pamela Beets : linda - i tell that story all the time, i just love it
- 13:41:41 From Debby Potts : One of my favorites too.
- 13:41:48 From iPhone : I do too it's such a great story

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- 13:42:03 From Morgine Jurdan : I love how she REMEMBERED YOU when you visited again!! I loved that story and it made me cry!
- 13:42:06 From Pamela Beets : :)
- 13:42:14 From Morgine Jurdan : I appreciated this too for breathing!
- 13:50:58 From Sage Lewis : Happy Birthday, Linda!! I'm needing to head out for now, and will catch up with you later. Thank you!! Thank you!!
- 13:52:00 From Teresa Cottarelli-Guenther : I have to go, THANK YOU so much for all you give to the living Univers, which gives it us back!!
- 13:53:11 From Jacqueline de Pierrefeu : Happy birthday Linda!!!! I must join another meeting. Thank you for just "being you" and share with the world!!!!
- 13:53:48 From Morgine Jurdan : What touches are best for the severe edema on my legs all the way down and my feet. I have to wear Compression socks every day. I am heavy and cannot reach beyond the knee and I can work on my hand of course. I don't know what touch or touches would help me best with this area? Thanks so much!! Love everything you have done all these years transforming millions of lives human and animals all over the planet!!
- 14:10:45 From Susanne Peschel : The heart hug always help my to get out of being overwhelmed.
- 14:16:07 From Donna Shugrue : the ear touch mirrors amorality called Auricular Therapy. Bit the ear touch is so much more effective as our circle and a quarter. touches all of the body without needing the special training and equipment to touch these areas of the body which is used in Auricular Therapy. plus I have never had the life saving teaching we might achieve using the ear touch.
- 14:17:11 From Melinda Murphy : Thank you Linda. I appreciate your thoughts.
- 14:17:43 From Morgine Jurdan : I am eternally grateful all day long I am on a gratitude road. I could begin with my body and write a book for all the things I can do with it and how my life would be without it! Its such a GIFT Beyond Measure!!! Great Therapy!
- 14:17:53 From Barbara's iPad : when you smile Donna you glow and are beautiful
- 14:21:19 From Pamela Beets : about a year ago I worked with a friends horse in ICU. Vet insi
- 14:25:22 From Pamela Beets : insisting on euthanasia . While doing ear TT, they drew more blood for labs, vet came back 40 min later puzzled that the labs had come back almost normal when 2 hours earlier labs were indicating total kidney failure

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- 14:25:29 From Amy Polinger : Linda-HAPPY BIRTHDAY!!  
Thank you for sharing your wisdom AND encouraging everyone to see & intuit with new, expansive & invigorating light.  
♥️,Amy & Hava Polinger
- 14:25:35 From Pam Wanveer : Happy Happy Birthday to you Elele  
Linda!!!!!! 🌻🌻🌻🌻🌻🌻🌻🌻🌻🌻🌻🌻
- 14:26:43 From Saskia Blok : Have to go, bedtime. Have a great time everybody! Happy birthday Linda!
- 14:31:27 From Morgine Jurdan : Do you SMILE working your mouth?? Is that important??
- 14:32:57 From Susanne Peschel : Melinda, the mouth touch is also very helpful in emotional turmoil!
- 14:33:16 From Morgine Jurdan : Do you ever work INSIDE the mouth like we sometimes do with animals... on ourselves??
- 14:35:14 From Barbara's iPad : what a testimonial Donna! I'm crying!
- 14:35:32 From csuecr@hotmail.com : i think thats true Donna u just have to keep doing it. i even just healed extreme teeth pain with no t3
- 14:35:44 From csuecr@hotmail.com : 10 min 30 mi n
- 14:36:19 From Valentina : Donna--remember we all love, cherish, and support you—  
xoxoxo
- 14:38:27 From Denise Müller : I have to say good night. Thank You Linda - Happy Birthday!!!
- 14:40:40 From Kirsten : Uncommon Prayer by Ruth L. Miller
- 14:41:57 From Pamela Beets : have to leave for a bit, be back later
- 14:42:02 From Susanne Peschel : Saying good night now, it's late here in Germany. Have a wonderful birthday, Linda, and thank you for all you do. Looking forward to our next cours.
- 14:43:21 From Sylvia Diane : I have to leave. Thank you for everything and happy birthday!
- 14:51:12 From Juel Duke : Goodbye everyone, Happy rest of your special day, Linda.
- 14:56:01 From csuecr@hotmail.com : i have to tell u of a vision i had while praying and gathering medicine.

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- 14:56:28 From csuecr@hotmail.com : ill write to you. Happiest birthday!!
- 14:59:27 From Kirsten : kirsten@ttouch.com for Carolyn Nyland for your horse question
- 15:00:04 From Ferry C. Sudirga : Question: Following up from my first question, why did you do the touching circles on the non-problem foot first?
- 15:01:59 From Kirsten : Linda - Vertraue deiner Intuition by Gabrielle Boiselle
- 15:04:36 From 1 : יעל גרינברג. does the TTouch change the memory in the cells? 2. with your experience, do you still have to think about a circle and a quarter, or does it come automatically with the experience?
- 15:05:29 From Elinor Silverstein : for me it can change the memory in my cells
- 15:06:15 From Donna Karras : I must go,enjoy the rest of your special day
- 15:07:48 From Ruby Rubin : Would you suggest moving just one hand in the 1 1/4 when both hands are touching the face or is it effective to use both at the same time ?
- 15:08:24 From יעל גרינברג : thank you Elinor
- 15:10:34 From Catherine Seale : I am interested in the BEmer [icelandichorse16@gmail.com](mailto:icelandichorse16@gmail.com)
- 15:11:43 From gands: interested in the beemer. [gandsnorthwoods13@gmail.com](mailto:gandsnorthwoods13@gmail.com)
- 15:23:27 From Lois Kohlmeyer : Blessings to you, Linda, for the Leg video. So many friends have leg trouble and also I do. Love, Lois Kohlmeyer
- 15:25:42 From Catherine Seale : I have always loved my legs.. I got great legs from my Gran. In the last bit with TT4U I have learnt that though I have always thought they were one of my best features I have been ignoring them the same way I have my entire body. They are appreciating the love. This time and the last times. Thank you
- 15:25:59 From Barbara's iPad : happy, happy birthday and new year and THANK YOU for your generosity.
- 15:28:49 From Lyn Caswell : Thank-you all for another lovely session. Happy Birthday Linda. Enjoy the rest of your big day.
- 15:29:44 From Françoise : Thank you for this celebration of life your special day. How lucky we are to learn with you. Let's your life be your creative flower. Happy happy Birthday Linda. Have a nice time till the next Ttouch Decoded... With all my Love 🥰 and Gratitude. See you next class. Take care of you precious Linda.

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- 15:34:45 From Morgine Jurdan : Do you smile when working on the mouth??
- 15:34:54 From Anne Bigi : Umschlag
- 15:35:16 From Kirsten : - wrap
- 15:35:26 From Kirsten : Umschlag
- 15:35:44 From Elinor Silverstein : Kirsten, here is Yael's question, "1. does the TTouch change the memory in the cells? 2. with your experience, do you still have to think about a circle and a quarter, or does it come automatically with the experience?"
- 15:35:47 From Anne Bigi : Happy Birthday, Linda!  
I wish you luck, health, joy and everything you wish for! Xxxxxx
- 15:37:06 From Morgine Jurdan : Elinor THANK YOU FOR ALL YOU DO TOO!! LOVE your sharing in the classes!!
- 15:38:36 From Ruby Rubin : Thank you for sharing your birthday and wisdom for all of us  
You are such a gift. Much Love and Light Ruby & Ruthie
- 15:39:08 From Elinor Silverstein to Kirsten (Privately) : ok, oops!
- 15:41:14 From Ruby Rubin : Ah Linda, it looked like I was unmuted but you couldn't hear me. Yes it seem to be a bit less painful tho funny how when its rainy out it seems fuller I suppose it may be some inflammation?
- 15:42:08 From Morgine Jurdan : Morgine More Jean :-)
- 15:43:43 From Liz Thompson : Goodnight from London. Happy Birthday Linda and much love to you all
- 15:46:12 From Alpha : the circle needs to concentrated on to make it round like the face of a clock or a plate. the roundness of the circle is importsnt. n it is easier
- 15:53:41 From Morgine Jurdan : Thank Thank Thank you so much !! My first. I LOVED this! Learned so much! Love, Morgine (More Jean)
- 15:54:47 From Kirsten : The Code of Authentic Living by Joan King
- 15:54:50 From Elizabeth's iPad : Gonna walk the dog and come back. if you are not still here, I want to wish you the happiest of birthdays. thank you for sharing your gifts with us. we are so blessed to have you! Heart hugs and love to you. Beth Popalisky
- 15:57:54 From Morgine Jurdan : You are a PRECIOUS GIFT TO THE WORLD!!