TTouch for You® - Inspiring Self Care
"Live with Linda" January 24, 2023 - Class Chat

12:03:07 From dianesept@aol.com to Everyone: RULES????????

12:23:54 From Cheryl Eriksen to Everyone: I would like the color article please.
farleyfarkle@yahoo.com

12:23:59 From Katarina Drage, Maine to Everyone: kdrage4animals@gmail.com

12:24:00 From Juel Duke to Everyone: realjuel@mac.com

12:24:11 From megan to Everyone: mgmstarbuck@aol.com

12:24:13 From lynnbridge to Everyone: aussiestimes2@icloud.com Thank you!

12:24:15 From teresa.tteam.ttouch@bluewin.ch to Everyone: teresa.tteam.ttouch@bluewin.ch

12:24:21 From teresa.tteam.ttouch@bluewin.ch to Everyone: thanks

12:24:22 From DorothyDee to Everyone: Dorothy dera@shaw.ca

12:24:24 From Karen Ingebrigtson to Everyone: kareni@earthlink.net

12:24:25 From evastettner to Everyone: evastettner@gmail.com

12:24:31 From Becky Davis to Everyone: msbeckydavis@sbcglobal.net

12:24:32 From Elaine Tait to Everyone: elainetait@yahoo.com

12:24:33 From Valentina Lert to Everyone: drteenie@gmail.com

12:24:33 From dianesept@aol.com to Everyone: dianesept@aol.com

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12:24:36 From Nancy Lund to Everyone: Nancy. - lundrich@centurylink.net

12:25:20 From Anna Oeste to Everyone: danceyourbones40@gmail.com, Anna Oeste

12:25:29 From harrietcowan to Everyone: Harriet - hecowan@shaw.ca

12:25:57 From Elaine Tait to Everyone: Valentina that's a very pretty crown you have on. Is there a story behind it?

12:28:47 From Valentina Lert to Everyone: thank you==it's my birthday crown!

12:29:02 From Elaine Tait to Everyone: Oooh Happy Birthday!!

12:29:28 From Katarina Drage, Maine to Everyone: Happy Birthday Valentina ...beautiful crown

12:30:02 From Nancy Lund to Everyone: Happy birthday, Valentina!

12:30:06 From teresa.tteam.ttouch@bluewin.ch to Everyone: HAPPY HAPPY BIRTHDAY!

12:30:38 From megan to Everyone: Happy Birthday, Valentina!💜

12:30:48 From lynnbridge to Everyone: Happy Birthday! 🎂

12:32:12 From harrietcowan to Everyone: Happy Birthday Valentina!!

12:32:26 From Cheryl Eriksen to Everyone: Happy Birthday!!

12:33:39 From Kirsten to Everyone: Happy Birthday Valentina!!!

12:41:02 From Lisa Leicht to Everyone: tama-do.com

12:56:15 From Becky Davis to Everyone: Mary Kuras (marykuras.com) is the written source material I am using for the Five Tibetans today. This paper is not listed on her website but came to me through a Judith Lasiter seminar.

12:58:01 From Becky Davis to Everyone: Everything has just the life you afford (give) it. zLisa Leicht

12:58:01 From dianesept@aol.com to Everyone: name of Doctor Valentina and Lisa mentioned

13:00:18 From Valentina Lert to Everyone: Thank you thank you!

13:00:38 From Valentina Lert to Everyone: Dr. Dinshah Ghadiali

13:01:05 From evastettner to Everyone: Thank you Lisa!

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13:01:14 From lynnbridge to Everyone: Thank you Lisa!

13:01:28 From Elaine Tait to Everyone: Thank you Lisa

13:01:28 From megan to Everyone: Thank you, that was lovely, Lisa.

13:13:48 From Marnie Reeder to Everyone: Female Instructor:
https://youtu.be/vUyk09pKqzI
* actual practice starts 10:01 min into the video on time marker but I like how she thinks and the talking part before is a good listen.

Male instructor:
https://youtu.be/vUyk09pKqzI
very brief demo

13:18:41 From Valentina Lert to Everyone: 2 color books: Let There Be Light by Darius Dinshah, the son of Dr. Dinshah, and, a bit more scientifically, the Theory of Colors by Johann Wolfgang von Goethe...

13:31:36 From Elaine Tait to Everyone: It's night time here so I'm not going to do these tonight as I don't want to be invigorated at bedtime lol. I will rewatch on the replay. Thank you Becky. I want to say thank you also for giving me permission to have cuddly toys… I cuddled a toy tonight (I bought because it was actually a doorstop, not a toy) and I started to feel emotional, remembering how much I loved toys as a child. So thank you, I also love Lisa's statement about every being having the life you afford it. Thank you

13:41:57 From teresa.tteam.ttouch@bluewin.ch to Everyone: Thank you to Lisa for the interesting presentation, I will take the hum in my TTouch-tool-box! I have to get up very early so I wish you a wonderful moment with Becky and a good night.. See you next Tuesday, With a HeartHug

13:44:53 From megan to Everyone: I have to go, I have a 2 p.m. workout. Thanks to all for a great class. See you next week. Heart hugs to all.

14:00:57 From Katarina Drage, Maine to Everyone: Thank you thank you Becky. Great presentation. I will be asking myself how I can do it

14:05:24 From Nancy Lund to Everyone: Thank you Becky! Thank you Lisa!

14:05:30 From harrietcowan to Everyone: Thank yo!

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