



TTouch for You® - Inspiring Self Care

“Live with Linda” June 29, 2021 - Class Chat

12:01:56 From Monica Valenti to Everyone : Hello! I'm not at my computer today so I'm off video. Happy to be here!

12:09:50 From Kathryn to Everyone : Sorry, but have to eat for a little now, as I just got off another zoom that was a fabulous wisdom circle of women—but been sitting for two hours!!!

12:14:53 From Cristina Sanchez to Everyone : I don't have injuries in my body but I have several sensitivities. Towards most foods and toward screens. I won't sleep well tonight because I am here now. Can TTouch help me?

12:16:43 From Sage Lewis (she/her) to Everyone : Cristina, working your ears with the Ear TTouches can be helpful for allergies and also sleep issues, and doing the TTouches on your Vagus nerve that runs all through the belly can help with all of the above as well. Also, imagining your life as you want it to be can be really transformative. So, yes, is the simple answer. :)

12:17:20 From Cristina Sanchez to Everyone : Thank you Sage.

12:59:13 From Kirsten to Everyone : The Power of Awareness

12:59:16 From Kirsten to Everyone : Neville Goddard (Author)

13:07:54 From Penny Rempfer to Everyone : Thank you, I need to leave and will catch up later, thank you for this wonderful session, I feel so much love!

13:44:57 From Cristina to Everyone : Going to sleep now. Bye.

13:56:41 From Sage Lewis (she/her) to Everyone : Family in town and I have to run. Heart Hugs to all!

13:56:45 From Jennifer S. to Everyone : Thank you so much! I have to go on a scheduled call now. Be well.

14:12:18 From Maggy Burrowes to Everyone : listening and preparing my evening meal

14:12:39 From Maggy Burrowes to Everyone : meal!! I don't have any animals I am sad to say...

14:14:34 From Kathryn to Everyone : sorry - need to leave. it's been wonderful!

14:18:24 From ava eskin to Everyone : Have to leave. Thank you. ❤️❤️❤️

14:19:38 From megan to Everyone : I have to go for today. Thanks so much.

14:20:41 From Carol Chu to Everyone : I need to go. Thank you Linda See you next week

14:22:02 From Brandy Joint to Everyone : Tonight has been so lovely - and really needed after the past few weeks. Thank you so much Linda and all. I need to put everyone to bed here. Much love to everyone and sweet dreams. See you all next week ❤️❤️❤️