



TTouch for You® - Inspiring Self Care “Live with Linda” July 13, 2021 - Class Chat

12:15:18 From Penny Rempfer to Everyone : that is calming to me now!!!!

12:19:12 From Sage Lewis (she/her) to Everyone : Gregg Braden: Secrets of the Lost Mode of Prayer

12:22:28 From Sage Lewis (she/her) to Everyone : Gregg Braden:Spontaneous Healing & Belief

12:25:09 From Penny Rempfer to Everyone : could it also be that we can visualize and want something, but we are not to focus on the exact answer. prayers are answered sometimes in ways we don't expect

12:27:28 From Sage Lewis (she/her) to Everyone : Michael Singer: How to Free Yourself https://resources.soundstrue.com/podcast/doing-the-real-work-to-free-yourself/?utm_medium=text&utm_source=attentive&utm_campaign=copy-2&externalId=04QQE

12:28:01 From Sage Lewis (she/her) to Everyone : Michael Singer: The Untethered Soul and the Surrender Experiment

13:05:19 From Becky Davis to Everyone : Also yoga therapy video / utube on bunions. Actually stretches toe forward. Develops the support.

13:17:08 From Lauren Grey to Everyone : Nancy Lund May I suggest also that you seriously look at a cold laser? Borrow one and try it?

13:17:51 From Nancy Lund to Everyone : Thank you, Lauren - I'll definitely look into it.

13:22:35 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone : My husband suffer from goat, due to some medicines he needs, as a side-effect. He has to take a pill allopurinolo, in order to keep the crises down. I do a lot of TTouches on

hes feet, starting on the plant of the foot, immagening to connect with the whole body, like lightening the Christmas Tree Then I TTouch every single toe in a very gentle way, pressure 0.5 to 1 also around the nails.

13:23:28 From Lauren Grey to Everyone : CELLULAR AWAKENING - How Your Body Holds and Creates Light by Barbara Wren

13:23:39 From Tyra Quesenberry to Everyone : There is an excellent old fashioned remedy for arthritis and joint pain that works really well on bunions and fingers. It is an ointment called Iodex in 2 versions, with and without methyl salicylate. It gets rid of nodules, redness, inflammation and pain. Available on Amazon and Baer.

13:26:02 From Lauren Grey to Everyone : Nancy Lund, I pulled out Prescription for Nutritional Healing. (The health bible!) Phyllis A Balch, there is a ton of natural info on Gout

13:26:45 From Sage Lewis (she/her) to Everyone : Book: Oxytocin (Kerstin Unnas-Moberg?)

13:26:54 From Sage Lewis (she/her) to Everyone : Robert Monroe Institute

13:27:52 From Maggy Burrowes to Everyone : There's a wonderful talk about a very intense near death experience by a neuro-surgeon, Dr Eben Alexander, called Proof Of Heaven - the long YouTube talk is lovely :-)

13:27:56 From Kirsten Henry to Everyone : Oxytocin : The Biological Guide to Motherhood by Kerstin Uvnas-Moberg

13:37:06 From Nancy Lund to Everyone : Thank you for all the great suggestions!

14:01:33 From Sage Lewis (she/her) to Everyone : I have to head out for today, and I will see you again next week! Happy Heart Hugs to everyone.

14:09:40 From Simila Sulekha to Everyone : Can you write it here in the chat? I must go but is always precious to hear you all ❤️

14:11:23 From Denise Müller to Everyone : You have to begin to tell the story of your life as you now want it to be and discontinue the tales of how it has been or of how it is. (Abraham Hicks)

14:12:21 From Simila Sulekha to Everyone : 🙏

14:12:39 From Denise Müller to Everyone : 💕

14:20:52 From Maggy Burrowes to Everyone : Remembering the smile was my other thing I couldn't remem

14:21:00 From Maggy Burrowes to Everyone : remember!!

14:31:47 From Anna Oeste to Everyone : Kirsten, Thank you for always being with us on Tuesdays and sharing your insights, learnings with us! *Anna Oeste