



TTouch for You® - Inspiring Self Care “Live with Linda” September 21, 2021 - Class Chat

11:49:07 From SARA - P to Everyone: I figured out what is the problem: my computer does not have anymore the driver for the speaker. I can hear but you cannot hear me

11:49:21 From SARA - P to Everyone: I am going to fix it soon !

11:59:56 From Maggy Burrowes to Everyone: I do a weekly meditation class with a man who healed his Lyme's Disease with a breathing technique - I have been teaching my own version for a while.

12:13:57 From SARA - P to Everyone: i got in touch with my lips and the message from the cells was: "you are all like a red rose" while I did little tiny touches just with the fingertip. I realized my TMJ is all tense

12:20:31 From SARA - P to Everyone: what about hear you and see you to the emotions?

12:22:54 From Channelle to Everyone: hi SAge!!

12:24:04 From SARA - P to Everyone: linda I send you a private message with the better question

12:26:51 From Marnie Reeder to Everyone: Stokke saddle stool

12:36:14 From SARA - P to Everyone: is it possible share this article ?

12:36:26 From Kirsten to Everyone: All Wrapped Up For You, book by Robyn Hood with Mandy Pretty – Cetacea Publishing

12:36:58 From Kirsten to Everyone: Sara which article?

12:37:35 From SARA - P to Everyone:

the one from the massage association about oxytocin . it's very interesting

12:39:41 From SARA - P to Everyone: this one linda is reading :)

13:00:53 From Sage Lewis: Dancing Porcupine to Everyone: It's possible that those who lean toward deep massage don't know anything different. I love both deep massage and TTouch for different reasons, and my husband is a massage therapist, so I will ask him his thoughts, too! :)

13:01:42 From Angela Boocock to Everyone: Thanks Sage, that would be great. :0)

13:11:18 From Rasya Susanne van Geijn to Everyone: I am quite exhausted after my first working day. So I fell a bit asleep inbetween, may not always have the video on, but I am following and listening.

13:13:31 From Sage Lewis: Dancing Porcupine to Everyone: I asked my husband the benefit of deep massage as a massage therapist, and he said "it helps the client let go of deeper muscles and trigger points that are hidden under other muscles so they can let go more fully and completely" Then I asked him how TTouch affects the same thing and he said "TTouch is a lot about heart coherence so that relaxes the entire system. Eventually, you will get to the same muscles/trigger points. It just takes longer." He has been doing Lomi Lomi massage for 20 years, and TTouch for 14 years.

13:20:03 From Carol Chu to Everyone: Sorry my internet is being unstable so everyone sounds echoey and keeps freezing. Will need to leave meeting

13:20:57 From Chantelle to Everyone: yes my kitty stepped on the computer and i had to leave and restart. im trying to get him to learn to stay off the computer by building a barcade lol

13:22:29 From Angela Boocock to Everyone: That's a really helpful way to explain it Sage - Thank you. I wonder how the cortisol that is released during massage affects this too. Maybe it is just a small amount released.

13:26:44 From Chantelle to Everyone: i love your hair Denise

13:27:15 From Denise Müller to Everyone: thanks chantelle :)

13:27:31 From Denise Müller to Everyone: *chantelle

13:27:32 From Maggy Burrowes to Everyone: I am really looking forward to hearing from Denise on more about the physics of timing in TTouch

13:46:29 From SARA - P to Kirsten(Direct Message):

may I write to you Kirsten and you will share, please? I just had an experience about the finger work, last week

13:52:34 From Kirsten to SARA - P(Direct Message):

please do

13:56:54 From SARA - P to Kirsten(Direct Message):

thank you. last week i cut the finger tip exactly to the nail (from the external part of the finger tip to the nail). I applied my nursing skills to block the blood (a lot!!) plus I started to do ttouch around the wound under the cold water. well, I did not loose my consciousness (usually I do when I cut my fingertips) and the wound heal in 3 days! totally closed. I am still doing ttouch there to avoid the grow of the hard scar tissue. now I do understand better why I was used to loose my consciousness - because the neurological connection!

13:56:56 From Kirsten to Everyone: Fantastic Fungi

13:57:50 From SARA - P to Kirsten(Direct Message): I also do a lot of little ttouch around the horse "nail" and they become so grounded - little tiny ttouches with my fingertip, 3 pressure. they love it!

13:58:18 From SARA - P to Kirsten(Direct Message): thank you Kirsten

13:59:05 From dianeherold to Everyone: Thank you everyone! See you next week.

13:59:53 From Marnie Reeder to Everyone: Intention Experiment: Using Your Thoughts to Change Your Life and the World - Linda Mc Taggart

14:01:03 From Anna Oeste to Everyone: The Fantastic Fungi Global Summit, Voices From The Underground webinar, Oct, 15-17th, 2021...Anna Oeste

14:04:27 From SARA - P to Everyone: doctor Fritz-Albert Popp , correct?

14:06:08 From Katarina Drage ,Maine USA to Everyone: Fantastic Denise!!!!

14:06:08 From Sage Lewis: Dancing Porcupine to Everyone: Denise, I would love to hear more of what you have to say during another Live with Linda if possible! I've gotta run for today, but see you next week. Heart Hugs to each of you. :)

14:06:47 From Katarina Drage ,Maine USA to Everyone: Fantastic Denise!

14:07:29 From Anna Oeste to Everyone: 5G, Bees and Birds, Trees are not on their computers, Cell phones, ext. Too sad to separate the energy of this Vibrant Earth, the life-line Sun and the beauty magic of the MOON

14:08:29 From megan to Everyone: Anna, are you talking about the danger of 5G?

14:12:12 From Anna Oeste to Everyone: yes

14:12:55 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone: Emiliano Toso

14:13:28 From Channelle to Everyone: 432 Hertz

14:13:32 From megan to Everyone: Yes, it's very scary. Not sure if its totally here yet (rural Az, near Sedona)— not sure if it matters if you get a 5G phone or not. If you don't, aren't you still getting the radiation?

14:13:49 From Channelle to Everyone: google 432 H on youtube for 6 hr plus plays

14:15:21 From Rasya Susanne van Geijn to Everyone: Thank you Denise. This is such a great clarity you gave. I can see the golden 1 1/4 circles in ALL now ❤️

14:15:41 From Channelle to Everyone: please Teresa how to you spell the musician... milleno italo?

14:17:38 From Maggy Burrowes to Everyone: That would be wonderful Denise

14:17:58 From TT Teresa Cottarelli-Guenther Switzerland P/H/M to Everyone: Emiliano Toso

14:22:29 From Lauren Grey to Everyone: Meghan want to talk? Give me your phone again. Mine is 858.333.6011

14:23:14 From megan to Everyone: Yes, Lauren, I wanted to call you. Got to charge my phone....I will call you, but mine is: 928-300-3798