

Tellington  
TTouch-for-You®  
**Co-Creating Heaven-on-Earth**  
**July 7, 2019 - Class 5**

**Chat Box from Class on July 7, 2019**

- 10:00:52 From judy frank : Happy belated birthday, Linda! <3
- 10:51:06 From Elizabeth Eckert : Yes, me! :)
- 10:53:03 From Saskia : Can someone write the book title please?
- 10:53:33 From Morgine Jurdan : I take a twice a month Seth class with Richard Stack who took classes for years. Nature of Personal Reality is my BIBLE1
- 10:54:00 From Elinor Silverstein : that is awesome, Morgine!
- 10:54:11 From Morgine Jurdan : Seth talks all about cells in ways you are 50 years ago!
- 10:54:30 From Sandy Rakowitz :  
**BOOKS: Seth Speaks -& The Nature of Reality- Jane Roberts**
- 10:54:42 From Saskia : Thanks Sandy!
- 10:55:51 From Sandy Rakowitz :  
**BOOK: Heart Intelligence - Connecting with Intuitive Guidance by Doc Childres, Rollin McCraty**
- 10:56:28 From Deb Burk : Who wrote Heart...thanks Sandy
- 10:56:55 From Sandy Rakowitz : Deb, see previous post
- 10:57:01 From Deb Burk : Got it!
- 10:59:18 From judy frank : I'd like to share
- 11:02:49 From donna : hearing lots of feedback. Anyone else?

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11:18:15 From Heidi Mosbarger : During the Forest Meditation I put on a CD called Rainforest by Natural Wonders. The sounds are birds, insects, other animals, rivers, streams and waterfalls. It was a lovely addition to my meditation.

11:20:24 From Sandy Rakowitz :  
**BOOK: Lynn McTaggart - The Intention Experiment**

11:23:10 From Morgine Jurdan : that explains the placebo effect...seth said it was more important what you THINK about what you eat, than what you eat for example!

11:30:15 From Susanne Peschel : I am not sure I know the bear touch... A bear showed up in the meditation today. Can you perhaps show the bear touch?

11:32:46 From Morgine Jurdan : I have told people for years our brain is made out of heart cells! our heart can light a light bulb it has so much energy, as the brain, can barely make it even glow!

11:40:08 From Sally Boulding : Brilliant Elinor!

11:41:17 From Sandy Rakowitz : Bear TTouch, and many other TTouces covered in Class 3.

11:41:50 From Janice : Elinor-Thank you-Beautiful!

11:47:39 From Susanne Peschel : Thanks Sandy, I found it again. My bear did something else, so I was unsure...

11:48:04 From Sandy Rakowitz : Great, and, trust what you receive!

11:49:27 From Deb Burk : Thank you Sage! Hugs!

11:49:40 From Saskia : That is beautiful!!

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11:50:11 From shannon : Another “through the hoop” by Sage Lewis

11:50:29 From Elinor Silverstein : sooooo awesome!

11:53:58 From Amy from Maryland : (this mees is from earlier.. next mssg is current) I had heard the distorted sounds (during Judy)...in and out echo, time & speed changes in sound... very mystical, but hard to understand few words ata a time... othesound after that is good

12:03:19 From judy frank : I'm notiing how more nourishing it is for me to add a Noah's March-ish movement...

12:04:13 From Amy from Maryland : I find comfort in also holding my entire heart... especially the back and sides so it's like supporting, hugging my entire heart in the circle of my hands. Otherwise I was initially heart hugging only the front. It feels warm, moist, supple and tender.... ANS

12:05:12 From Sage Lewis : Heads up, I'm in contact with Marianne Williamson's campaign about my work at the jail with the kiddos and have an intention to teach her the Heart Hug. : )

12:06:16 From Sage Lewis : I'm at the Juvenile Detention Center every Wednesday at 11. And yes, you all have permission! It's a rough environment to walk into, and I feel blessed and honored.

12:06:52 From Amy from Maryland : AND Sometimes my head/neck pain is certain cells screaming for freedom and connection since others near it are still"sleeping" and need connection. I'm ok sharing this

12:09:30 From Saskia : A lot of time I have a problem with my left hip. TTtouch helps me and I experienced this now again, to be kind to my body. And thank my body for being there for me. It gives it a kind of stillness and makes it warm

12:13:54 From shannon : I love Sage's book too.

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12:14:05 From Sage Lewis : Humbled

12:14:25 From Morgine Jurdan : name of Sage's book

12:14:57 From shannon : Linda, speaking of Raccoon Touches, can you talk about using them around the breasts.

12:15:24 From Sandy Rakowitz :

**BOOK: Where Angels Play: Life Death & the Magic Beyond by Sage Lewis**

12:15:36 From Sage Lewis : I have to fly and play for today, but sending love to all of you til I feel you at the jail on Wednesday! : )

12:22:05 From Amy from Maryland : Is sending "the unnecessary extra or not good/unbalanced bacteria" into the light like sending unnecessary "energy" into quantum space?

12:22:12 From Janice : how do I call on the "negative" gut bacteria to send it/them to the Light?

12:22:51 From Morgine Jurdan : you can do chiropractic work energetically....

12:32:06 From Sally Boulding : thank you...must go for now. Hearthugs & aloha 

12:32:22 From Elinor Silverstein : thank you Sally <3

12:34:01 From shannon : The palms of the hands are the most powerful parts of the body.

12:34:49 From Elinor Silverstein : yes they are, there is a neuro-fascia kind of connection and much more I imagine

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12:36:27 From Sandy Rakowitz :

**BOOK - Judy Gee - Intuition**

12:40:33 From Sandy Rakowitz :

**BOOK - Greg Braden - Spontaneous Healing of Belief**

12:42:12 From Morgine Jurdan : beliefs create healing i the placebo tests....dipenza wrote. a

**BOOK...you are the placebo by Joe Dispenza**

12:43:51 From Morgine Jurdan : just reread that book again!

12:44:43 From Sandy Rakowitz :

**BOOK: Jane Roberts - The Education of Oversoul Seven**

12:45:00 From Rev. Donna El Haber : I also listen often to the work of **Esther Hicks** channeling the wisdom of Abraham. Also have been listening often to **Dr. Joe DiSpenza** and find his work to be leading edge. There are many YouTube videos to listen to and he has several books. His latest is "**Becoming Supernatural.**" All the doctors and teachers who are tapping into the Quantum Field remind us that we do indeed create our own reality and affect what comes in the Law of Attraction. We need to reprogram our minds to really change our lives. Thank you Linda for being such a magnificent voice in this field. And Happy Birthday. You are always giving gifts to the world. Your heart is such an amazing one! :-)

12:59:16 From Janice : Heart Hug to ALL!

12:59:23 From shannon : Just signed up for Esther Hicks' emails.

12:59:52 From shannon : Be proud of your age, be proud of your life.

13:00:16 From Elizabeth Eckert : Thank you everyone!

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13:00:22 From Morgine Jurdan : Seth and Abe tell us all the time..aging IS A STATE OD MIND..a BELIEF WE HUMANS CREATED

13:00:31 From Saskia : Thank you all!

13:00:34 From ann guhman : Mary Pipher-Women Rowing North-great book on aging

13:00:36 From Ruby : Truly beautifui

13:01:29 From Rev. Donna El Haber : Thank you Shannon!

13:02:27 From Rev. Donna El Haber : Love you Linda! Happy Birthday! Thank you Sandy and Elinor!

13:03:09 From Cindy Ketchbaw : Aloha

13:03:18 From pamv : Linda, This is my first class/study with you. What an honor. I look forward to many more.