



Name: \_\_\_\_\_

# RAINDROP TECHNIQUE NOTES

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Raindrop Technique is a sequence of anointing with oils and laying on of hands that brings structural and electrical alignment to the body in a relaxing and invigorating manner through the power of essential oils. There are many versions of Raindrop Technique, but the same oils are always applied, though not always in the same sequence. Most of the Raindrop oils are high in phenolic content to ward off potentially damaging viruses and bacteria while cleansing cellular receptor sites to enhance inter- and intra-cellular communication and improve overall bodily function. Some Raindrop oils contain a variety of monoterpenes and sesquiterpenes to assist in deleting misinformation in the DNA and in reprogramming correct information in cellular memory to restore and maintain physical and emotional wellness. The oils used in Raindrop Technique must be high quality therapeutic grade and are as follows:

◆ **BALANCING BLEND (VALOR®)** Contains oils of black spruce, rosewood, blue tansy, and frankincense in a caprylic/capric triglyceride (a form of coconut oil) base. Gentle and soothing, it helps balance bodily electricity, and stimulates spinal realignment, affects the limbic system in a way to improve one's self-image, and enhancing one's feelings of confidence, courage, and self-esteem. Contains esters, monoterpenes, and sesquiterpenes.

◆ **OREGANO** (*Origanum vulgare*) CT carvacrol. One of the most powerful antimicrobial essential oils. Research at Weber State University demonstrated 99% kill rate against in-vitro colonies of *Streptococcus pneumoniae*. High in phenylpropanoids, which cleanse cellular receptor sites.

◆ **THYME** (*Thymus vulgaris*) CT thymol. Antiseptic, immune enhancing, supportive of body's natural defenses. Thyme has been used to combat the bacterium that causes anthrax. High in phenylpropanoids.

◆ **BASIL** (*Ocimum basilicum*) CT methyl chavicol (estragole). Can be relaxing to both voluntary muscles and to the involuntary muscles as well. Voluntary muscles include the motor muscles of the arms, legs, back, abdomen, neck, and face. Mentally energizing and invigorating. Used for tension headaches. Can improve senses of taste and smell. High in phenolic ethers (estragole and anethole).

◆ **WINTERGREEN** (*Gaultheria procumbens*) Supports joints and skeletal structure. Composition of Wintergreen is more than 80% methyl salicylate (a phenolic ester) which has a cortisone-like effect in that it may stimulate the body's own production of natural cortisone which has none of the untoward side-effects of synthetic cortisone. Also has analgesic properties inasmuch as its chemical structure is similar to that of aspirin.

◆ **MARJORAM** (*Origanum marjorana*) Relaxing to both the involuntary muscles and to the voluntary muscles as well. Involuntary muscles include the heart, diaphragm, digestive tract, and reproductive organs. Soothing to nerves. Used for migraines. Antiseptic and antimicrobial. Marjoram is about half monoterpenes.

◆ **CYPRESS** (*Cupressus sempervirens*) Antimicrobial. Supportive of the circulatory and lymphatic systems. Stimulates the body's natural white corpuscle production. 76% monoterpenes and 14% sesquiterpenes which may assist in restoring proper cellular programming to restore health and maintain wellness.

◆ **PEPPERMINT** (*Mentha piperita*) CT menthol. Supports digestive system, respiratory system, and nervous system. Has been used for headaches. Research has shown that inhaling peppermint improves concentration and mental retention. Detoxifying to the liver. A synergistic oil that supports and improves the beneficial actions of other oils used in conjunction. High in phenolics but contains 9% sesquiterpenes.

◆ **MUSCLE RELAXING BLEND (AROMA SIEZ®)** (contains oils of basil, marjoram, lavender, peppermint, and cypress) Calming, relaxing and relieves tension. Relaxes muscles, including tight muscles and muscle spasms (seizures). May relieve headaches. Contains monoterpenes, esters, and phenols.

◆ **SOOTHING MASSAGE BLEND (ORTHO EASE®)** A massage base oil of caprylic/capric triglyceride (a form of coconut oil), jojoba, avocado, meadowfoam seed, grapeseed, wolfberry seed, rice bran extract, rosemary leaf extract, sunflower extract, tocopherol; containing essential oils of peppermint, juniper, eucalyptus globulus, lemongrass, marjoram, thyme, eucalyptus radiata, vetiver, clove, lavender, and balsam copaiba. Used in European hospitals, formulated to soothe muscle aches and minor swelling. Contains natural antioxidants.

◆ **CARRIER OIL (V-6™ Vegetable Oil Complex)** A blend of fractionated coconut oil, sesame seed oil, grape seed oil, sweet almond oil, wheat germ oil, sunflower seed oil, and extra virgin olive oil.

# RAINDROP TECHNIQUE AS TAUGHT BY GARY YOUNG

At the Young Living Essential Oils Level I Training Conference

Dallas, Texas, January 25-29, 2000

◆ **NOTE:** The person receiving oils is called the “client” or the “receiver.” The person administering the oils is called the “facilitator.” In some states or provinces, only licensed health care or massage professionals can call themselves “therapists.”

◆ **PRELIMINARIES:** Facilitator should trim nails as short as possible and file sharp corners and edges. Facilitator and client should remove all metal, especially rings, bracelets, and watches. Discuss “Eleven Points to Mention” on pages 7-8 or let client browse a copy of *Statistical Validation of Raindrop* (Stewart, 2003). If needed, have the client review and complete the Informed Consent on page 14. Raindrop is a 12- Step Program for self-improvement (for MS or Paralyzed clients, see Note on p. 6). The massage table should be set to a comfortable height for the facilitator. Standing by the table, make a fist or half fist. Your knuckles should barely touch the top of the massage table. After you have completed several Raindrop sessions you may choose to adjust the table higher or lower if you find it more comfortable.

## STEP 1. EVALUATION, PREPARATION AND PERMISSION:

- a. **Ask Permission.** After explaining a raindrop to the client, ask permission to continue. If appropriate, have the client review and sign the Client Informed Consent Form. (See p. 14)
- b. **Bathroom:** Ask if client needs to use the bathroom before you start.
- c. **Allergies, Sensitivities, Toxicity, etc.** Ask if client is prone to allergies, reactions to drugs or has developed any sensitizations to any substances. Mention to the client that **allergic reactions** to therapeutic grade, steam distilled essential oils **are extremely rare** but sometimes there can be a detox reaction. Some oils are not steam distilled (citrus oils that are cold pressed, absolutes such as jasmine, onycha, neroli, and oleoresin of vanilla) and some YL blends contain a base carrier (e.g., avocado, jojoba, sweet almond oil, etc.) which can pose a slight risk of containing allergens (see pp. 451-470, *Chemistry of Essential Oils Made Simple*, by Stewart, 2016). Ask if they smoke or if they have ever engaged in occupations exposing themselves to chemicals found in places such as a beauty shop, auto body, professional housecleaning, pesticides, herbicides, photo chemicals, environmental engineering, hospitals, etc. Ask client if there are any areas on their feet or back that may be of concern, sensitive or sore that you should be aware of before you begin.
- d. **Suggested Resources with Cleansing Information:** Essential Oils Desk Reference; Reference Guide for Essential Oils; Healing for the Age of Enlightenment.
- e. **Measure Height** of the client barefooted, with feet together and heels pressed against the wall, using a rectangular box (similar to a cereal box) with a long side and a shorter side, so the longer side rests flat against the wall. This will provide the most accurate measurement. This is not an essential part of Raindrop but is an objective demonstration of what often happens. Most people grow a little with a Raindrop, but if one does not grow, that does not mean the raindrop has been ineffective or erroneously performed.
- f. **Bodily Contact:** Once session begins, the facilitator should try to keep bodily contact with client as much as possible. Be aware of where you are touching the client and keep touch professional and appropriate at all times.

## ◆ HAVE CLIENT LIE FACE UP

### STEP 2. VALOR®:

- a. **Shoulders & Soles of Feet.** Apply 3 drops to each shoulder and 6 drops to soles of each foot. Hold for 5-15 minutes or until a balance of energies is felt. If working alone, do shoulders first, then feet. If a helper is available, they may hold their hands on the shoulders simultaneously with facilitator at the feet. Left hand on left shoulder or foot and right hand on right shoulder or foot. The person at the feet will have to cross their arms to accomplish this.

**STEP 3. VALOR, OREGANO, THYME, BASIL, WINTERGREEN, MARJORAM, CYPRESS and PEPPERMINT:**

- a. **Foot Vitaflex.** Vitaflex, 2 to 3 drops of each oil, in the order listed above, along the spinal reflex points (see p. 9) of each foot from the heel of the foot to the end of the big toe. This covers the coccyx to the brain. Start with the right foot and Vitaflex up the foot 3X and then repeat on the left foot. Your thumb should wrap around the foot, Vitaflexing with little to no opening between your hand and client's foot. Your body should be in alignment with the client's body as you face them. Your shoulder should align with their shoulder.

◆ **HAVE CLIENT ROLL OVER TO A FACE DOWN POSITION**

**STEP 4. DUO: OREGANO AND THYME\*** (Note Step 1b above):

- a. **Raindrop Oregano.** Holding bottle of Oregano about six inches above the client's back, drop 4-6 drops directly on the spine from sacrum to the middle of the shoulder blades.
- b. **3-6-12" Feathering Straight Up Spine.** Feather stroke Oregano straight up the spine, with a light touch, using the backs of your fingernails gently brushing your client's skin. Start with 3" strokes, alternating hands, one behind the other, up the entire length of the spine from the sacrum to the atlas. Repeat this step 3X. Next feather up the spine with 6" strokes and repeat 3X. Lastly feather up the spine with 12" strokes and repeat 3X.
- c. **Raindrop Thyme.** Repeat steps a. & b. used for Oregano for Thyme.
- d. **Feathering Straight to Sides.** After both Oregano and Thyme have been applied, starting at the sacrum, feather oils away from spine straight out and down the sides of the body 3X in each spot, then move up half-a-hands width and repeat feathering straight out and down the sides moving up the spine all the way to the atlas. Repeat this entire step 3X from the sacrum to the atlas.
- e. **Full-Length Strokes.** These are long feather strokes along both sides of the spine. Place your hands side by side where index fingers are touching. Using nail tips only, feather up the spine with a full-length stroke from the sacrum to base of neck and then fan out and off the shoulders. This is not a flicking motion, but a smooth, continuous stroke. Repeat this step 3X.

*\* Important Note. Some oils (particularly Oregano and Thyme) can cause heat when in contact with the skin and react with viruses, bacteria, and toxins. This is generally a good sign that the oils are seeking out and destroying harmful aliens that hibernate in the fatty tissue and lymph nodes along the spine. However, if at any time the heat becomes unpleasant for the client, apply V-6 or other vegetable oil where indicated. Relief should be immediate. Ask the client to tell you when and where this is needed throughout the Raindrop Technique session.*

**STEP 5. TRIO: BASIL, WINTERGREEN AND MARJORAM:**

- a. **Raindrop the Oils on Back in the Order Given.** Follow steps a. & b. of STEP 4 above, substituting with Basil, Wintergreen and Marjoram instead of Oregano and Thyme.

**Note on Additional Oils:** *At this point, before the finger circles, additional oils (such as Joy®, Frankincense, Release®, Relieve It®, Harmony®, Panaway®, etc.) may be applied, if desired, according to the wishes, needs, or special circumstances of the client. Drop each additional oil raindrop-style directly on the spine and then stroke them straight up the spine with the 3-6-12 feathering described in STEP 4, a & b, described above (Same as with Basil, Wintergreen and Marjoram).*

- b. **Finger Circles.** After all three oils have been applied, apply your fingers to the laminar groove along the side of the spine, starting at the sacrum, using four fingers of both hands and placing your palms down on the back, circling your fingers together in a clockwise motion making sure to pull the tissue away from the spine with each circle. Pressure is not applied on the upward motion of the circle. Continue the circles from the sacrum to the atlas. Then, walk around table and repeat the step from the sacrum to the atlas the other side of the spine. Alternate from side to side, until both sides have been done 3X. Aroma Siez® may be applied as soon as any tense muscles are discovered.

## STEP 6. CYPRESS.

- a. **Sprinkle Cypress.** Sprinkle Cypress oil directly on the spine with a saltshaker-like motion from sacrum to neck. Cypress is mild and does not get hot.
- b. **3-6-12 Feathering Straight Up Spine.** Feather straight up the spine as described in STEP 4b.
- c. **Thumb Vitaflex\*\*\*** Thumb Vitaflex along each side of the spine starting at the sacrum and continuing to the atlas. Place your thumbs in an offset position so that your knuckles are not hitting each other. Repeat this step 3X. When performing this technique the facilitator may either (1) stand beside the client (facing client's head), or (2) stand off to one shoulder (facing client's feet).
- d. **Finger Straddle/Saw Maneuver\*\*\*** Starting at the sacrum, with one hand, straddle your index and middle finger on both sides of the spine, fingers facing the sacrum, while applying pressure. Completely extend your other hand out like a board and place the side of your hand on the fingernails of your straddled fingers. While applying pressure with your board hand, move your hands back and forth, from side to side, and then slowly move your hands up the spine from the sacrum to the atlas. This step is repeated 3X from the sacrum to the atlas.
- e. **Stretch & Rock (Shake)\*\*\*** From the side of the receiver, cross your hands over the spine (pinkies touching will give you a better stretch). Place your fingertips on one side of the spine and your thumbs on the other side of the spine. While pushing down with just your fingertips and thumbs, pull your hands apart, stretching the skin, and make a rocking or shaking motion (in sync with body's natural movement) perpendicular to the spine.  
Reposition hands and move gradually upwards from sacrum to atlas. Repeat this 3X.

**\*\*\*Note:** Describing these techniques in words is difficult but easy to show visually. These techniques are all demonstrated on the CARE Raindrop video, as well as demonstrated and taught in CARE's hands-on Raindrop Seminars.

## STEP 7. ORTHO EASE®.

- a. **Apply Ortho Ease Oil.** Dispense oil into palm of one hand, allowing oils to warm for a second or two. Apply oil in a circular motion, making small clockwise circles starting from left hip moving toward the neck, then cross over to client's right side, back down to right hip, returning to left hip. While making one large clockwise circle around the back, with smaller circles, stop periodically to refill your hand with more Ortho Ease. Repeat this motion using both hands 3X without applying more Ortho Ease. A free-style anointing without structure or counting may be done. Include attention to the shoulder blades, neck, trapezius muscles, and places that are tight or sore. You may ask the client if they have any particular requests in this regard.
- b. **Palm Slide.** With flat palms, standing on the side of your client, put one palm on the right side of the back and one palm on the left side of the back at the sacrum. Repeatedly push and pull your palms from one side of the body to the other side as you rock your hips from side to side. Along with palms, the forearms should also slide on the back. Be certain hands are not getting close to client's breast tissue or buttocks. This step is to go up the back from the sacrum to top of the shoulders (just below base of neck) and then back down to the sacrum. Repeat it 3X. The purpose of this step is to stimulate all of the organs so a good amount of pressure, at a comfortable level for your client, can be applied. Except for step 7a. above, this is the only procedure performed both up and down the back. All others are in an upward motion only.

## STEP 8. VALOR®.

- a. **Sprinkle Valor.** Sprinkle Valor oil directly on the spine with salt-shaker-like motion from sacrum to neck. Valor is mild and can be applied generously.
- b. **3-6-12 Feathering Straight Up Spine.** Feather straight up spine as described in STEP 4b. Repeat 3X.
- c. **Arched Feather Strokes (Angel Wings).** Using all four fingers on each hand, place your hands with index fingers together on both sides of the spine. Feather upwards, with backs of fingernails, in a curved fanning motion arched up and out to sides in 3" strokes. Repeat 3X from sacrum to atlas, next make 6" arched strokes from sacrum to atlas, repeat 3X, and then make 12" arched strokes, repeat 3X.
- d. **Full-Length Strokes.** Starting at the sacrum make long feather strokes up to the neck and off the shoulders as described in STEP 4e. Repeat 3X.

## STEP 9. PEPPERMINT (use oil sparingly in this step, no more than 2-4 drops)

- a. **Raindrop Peppermint Oil.** Unlike Step 8a, count drops, *don't* sprinkle.
- b. **3-6-12 Straight Up Spine.** Same procedure as Step 8b.
- c. **Arched Feather Strokes.** Same procedure as Step 8c.
- d. **Full-Length Strokes.** Same procedure as Step 8d.

## STEP 10. HOT COMPRESS.

- a. **Dry Towel.** Place large, dry bath towel covering client's back from hips to atlas.
- b. **Hot Damp Towel.** Fold smaller towel into thirds lengthwise and then roll into a cylinder. Soak with hot water from the faucet and then wring or press towel so that it does not drip any water. The towel needs to remain damp enough to retain heat. Unroll the hot towel over the length of the spine from **ATLAS to HIPS**.
- c. **Another Dry Towel.** Lay another large towel (or used remaining ends of first towel if large enough) over the compress to hold in heat.
- d. **Cooking the Client.** Oils will heat up and peak in 5–8 minutes. If heat becomes too uncomfortable, apply V-6 or vegetable oil where needed. (See note in Step 4.) Ask your client to tell you when oils have cooled to a comfortable level. The facilitator does not need to maintain bodily contact during this time, but it is important to stay nearby and to be sensitive to any needs your client may have.
- e. **If Not Hot Enough.** If oils do not heat up for your client, facilitator may place hands on the back over the towel. NOTE: Because peppermint oil has been applied last, the client may experience what feels like coolness when, in fact, their back is warm.
- f. **Remove Towel.** After 5–8 minutes, or when towel starts to feel cooler to the client, remove all towels carefully and slowly as to not chill the client too much. Leave sheet over client's back.
- g. **Multiple Sclerosis (MS).** For people with MS, use a cold pack, *NOT* a hot pack. A towel soaked in cold water will do. An ice pack is also okay. For MS and other neurological disorders such as paralysis, see "Special Circumstances" below.

## STEP 11. REST & WATER

- a. **Rest Quietly.** At this point client may wish to relax quietly for a few minutes. Whenever ready, the client may sit up slowly, with the facilitator maintaining contact, being careful to make sure your client is steady before letting go.
- b. **Drinking Water.** Have the client immediately drink a glass or bottle of good water and urge them to drink plenty of water for the next week.
- c. **Stand Client Up.** When the client feels ready, help them off the table. Do not let go until your client is steady.

## STEP 12. RE-EVALUATION AND RE-MEASUREMENT.

- a. **Measure Height Afterwards.** Re-measure client's height barefooted with heels together and pressed against the wall. Most will have grown from 1/4 to 1/2 inch. Those with severe spinal curvature may grow an inch or more. The benefits of Raindrop may not always include immediate growth but can be experienced by the receiver in other ways.
- b. **Adjustments Continue for a Week.** A complete evaluation of the benefits received from Raindrop Technique may take several days to a week to assess.
- c. **Drink Lots of Water.** Remind the client to drink lots of water. The recommended amount is to divide his/her weight in pounds by two and drink that number of ounces of purified water every day.

## SPECIAL CIRCUMSTANCES

- a. **Paralysis:** For paraplegic clients (paralysis from hips down) and for quadriplegics (paralysis from neck down) techniques on the back are done from the head down to the sacrum, i.e. backwards from the normal Raindrop. All other parts of Raindrop are performed the same, specifically, for vitaflex on the spinal points of the feet, perform it the same for everyone, from heel to toe, paralyzed or not.
- b. **Leg or Foot Amputees:** For clients without feet, the vitaflex normally done on the spinal points of the feet can be done on the spinal points of the hands where thumbs correspond to big toes and palms to soles.
- c. **Multiple Sclerosis:** For MS, do Raindrop the same as with anyone else, except use a cool or cold compress, instead of a hot compress.

# **ELEVEN POINTS TO MENTION AS A PRELUDE TO RAINDROP TECHNIQUE**

1. **The Purpose of Raindrop Technique** is to stimulate every organ, muscle and bone of the body at a cellular level through the oils, supporting the immune system, bringing the body into structural/electrical balance, and enabling the release of toxins or disease wherever they may be lodged-including those illnesses lodged in the mind and emotions. Raindrop Technique is a non-secular art and science.
2. **Raindrop Technique is Most Effectively Performed in Silence** - no music and no talking. This allows the facilitator to concentrate and serve as a better channel while allowing the client to interiorize his/her mind and assist in the healing process. If talking is necessary (for instructional purposes, for example), it should be in a whisper. Gary Young encourages both facilitator and client to engage in Raindrop with an attitude of prayer, acknowledging our Creator as the source of all health and well-being and seeking His guidance at all times.
3. **The Client is the Principal Participant in** and the means of his/her own healing. The Facilitator is but a vessel assisting the client to mobilize his/her own healing powers. The client should interiorize or center himself/herself and feel the body as it adjusts and corrects itself. The client should breathe deeply and in a relaxed fashion.
4. **The Maladies of the Body and Mind are in Layers.** During any given Raindrop session, only those layers the client is ready and willing to release will be released - both physical and emotional. Negative experiences are often our greatest teachers. That is the reason we sometimes hold on to them - because we still have something to learn from them. When the client feels something ready to be released, Gary Young suggests this affirmation: "I lovingly and willingly release that which no longer serves me in a positive and progressive way."
5. **Raindrop Technique is a Complete Modality, In and of Itself,** that reaches to all levels of the body, mind and emotions. In general, its results are not improved when additional modalities (such as chiropractic, etc.) are added or inserted during a Raindrop session. The objective of Raindrop is to awaken the receiver's internal healing powers and any external manipulation at the time of the raindrop session interferes with that objective. Raindrop Technique alone is sufficient to awaken the self-healing powers of the client and does so in a way that delivers optimal benefit according to the readiness and willingness of the client at the time of the session. At the completion of a Raindrop Technique session, the client will have been lifted to a delicate state of balance and receptivity to healing energies. Employing additional modalities at that time can upset that balance and reduce the healing potential. While acupuncture, allopathy, chiropractic, reflexology, and other therapeutic modalities can be enhanced when employed with essential oils, Raindrop Technique is generally best when done by itself. If needed or desired, other healing modalities can be employed later when the Raindrop Technique has had time to complete its work.
6. **Raindrop Technique Stimulates Detoxification of the Body.** Therefore, it is crucial for the client to drink plenty of water following a session and avoid toxic fluids such as soda pop, coffee, or alcohol. A good rule to follow is to divide your weight in pounds by two and drink that number of ounces of pure water every day. Sometimes the detoxification process results in bodily soreness, headache, sinus drainage, coughing or a rash on the skin. While unpleasant, these symptoms are temporary and merely an indication that the technique is working and, perhaps, saving you from a much more serious illness at a later time. If the colon, liver and kidneys are saturated with toxins and unable to function normally, the skin becomes the third organ of excretion - thus a rash. If that happens, stop using oils for a while and double your water intake. For the vast majority of Raindrop clients, their experience is a pleasant sense of improved wellbeing, relaxation, and energization and in some cases, chronic ailments have fallen away immediately or have disappeared soon after the session.

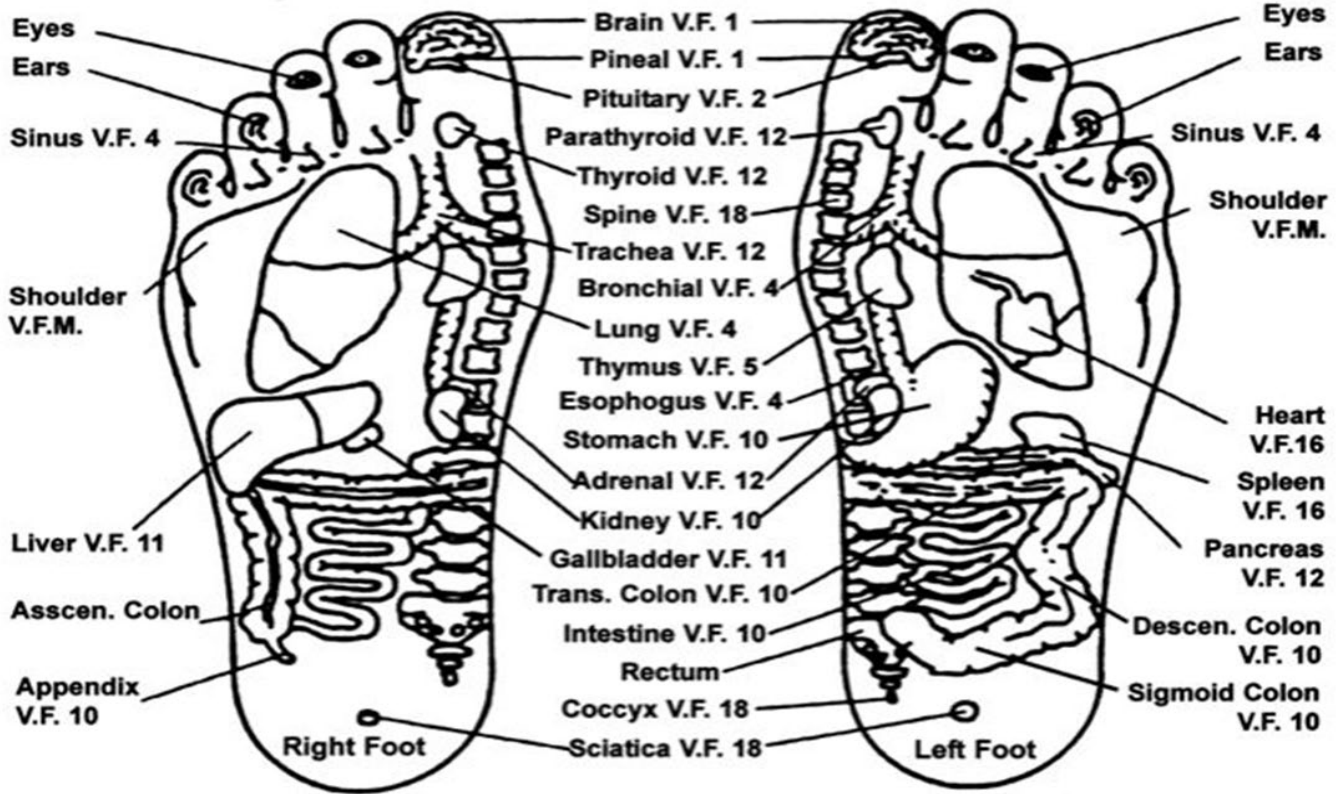
7. **Raindrop Technique can Lead to Permanent Healing, but . . .** The correction or healing of maladies will vary widely among clients according to their needs going into the session and their willingness to release what ails them at that time. Not all problems can be solved in a single session. A state of ill health is usually the result of many years of accumulation of toxins and traumas - physical, mental and spiritual. Each Raindrop Session can potentially correct something, but to completely return to a state of perfect health may take a series of sessions over time; plus, lifestyle changes in terms of diet, exercise, habits, and environment. Raindrop Technique cannot lead to permanent healing unless permanent changes are made by the client to eliminate the factors that led to the ill conditions in the first place. What Raindrop Technique does is help to cleanse one of the consequences of past negative activities and affords one the opportunity to start afresh and get it right in the present and into the future.
  
8. **Strong Emotional Releases can Sometimes Occur** with Raindrop since the oils, when inhaled, go directly to the central brain which coordinates the memory of stored emotions. The oils also go directly to muscles, tissues and organs throughout the body where emotions can be stored in cellular memory. Essential oils can penetrate cellular membranes and release these forgotten emotions. In rare instances, receivers may have a strong emotional response (such as crying, moaning, writhing, flailing of arms, etc.) Accept what you are witnessing as a necessary and beneficial healing process for that client. In such instances, the Raindrop Session has provided what the client perceives as a safe environment to allow such expressions to manifest and work it out. The facilitator should keep silent and maintain physical contact. Allow them to work it out. It is best to say nothing or, at the most, simply reassure them by saying quietly something like, "I'm here for you." Stay with the client for as long as it takes (which can be hours in some cases), but above all, never break physical contact with them. Since emotional release can occur spontaneously from Raindrop, as facilitator you may choose to apply White Angelica® to your shoulders, forehead, and back of neck before beginning
  
9. **The Benefits from Raindrop May Not All be Apparent** immediately following the session. Adjustments can continue throughout the week following. Some clients experience a healing (occasionally dramatic) immediately upon receiving Raindrop. However, the completion of the benefits to the client's mind, body and emotions takes place over a period of hours and days following the session and may not all be evident right away. Furthermore, some of the benefits may be subtle and not noticed for a while. The problems the client may have hoped would have been corrected may not as yet be healed, thus waiting to be released in a future Raindrop Session. Meanwhile, unexpected healings may occur for chronic problems the client had not even thought of. One can never predict in advance what benefits Raindrop may bring in a given session. Therefore, evaluation of the benefits received from Raindrop Technique may take several days to assess.
  
10. **A Word About Skin Sensitivities.** Therapeutic grade essential oils (such as those from Young Living) are generally safe to apply neat to the skin without unpleasant reactions. However, people whose bodies are in an acid condition or who have high levels of toxins may react to some oils and can develop a rash from too rapid a detox following Raindrop. For such individuals, use half the recommended number of drops of oil and apply V6 and/or Valor® to the back before applying any essential oil. For very sensitive people, try Raindrop with just Ortho Ease and only one or two oils.
  
11. **Anyone Can Do Raindrop.** The healing is from God through the oils and the facilitator. No license or formal training is necessary if one is performing Raindrop in a non-professional capacity. There are, however, great benefits to taking formal training from a CARE Instructor. Raindrop is more effective if the techniques are done proficiently. There are a variety of valid and effective ways to do Raindrop. While following a basic outline, the experienced facilitator may sometimes be led to vary the oils and the technique to fit the client according to his/her needs at the time. There may be some ways of applying the oils of Raindrop Technique that are more effective and some that are less effective, but there are no ineffective ways to do Raindrop. Gary Young has cautioned that, "More is not necessarily better when you apply the oils." Follow the guidelines for the amount of drops to apply found in the Raindrop Notes, but don't worry if you apply a few drops more or less than suggested, and don't worry that your technique isn't perfected just yet. The important thing is to get the oils on the body where they can do their work.



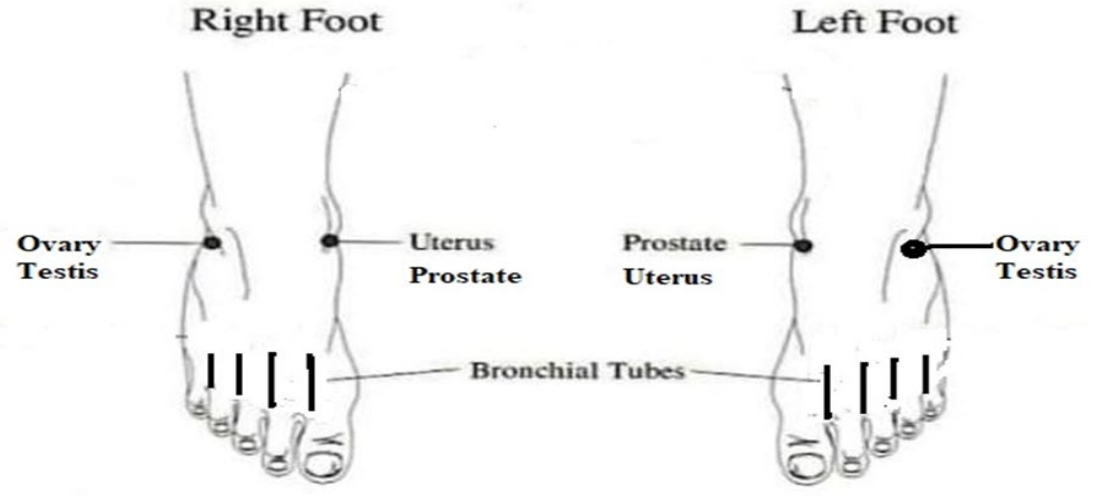
# VITAFLEX FEET CHART

Note: This chart corresponds with those of Caucasian and African descent.  
In Asians and Native Americans, sinus points are switched with the eyes and ears.

V.F = Vitaflex V.F.F. = Vitflex Feet V.F.M. = Vitaflex Muscle

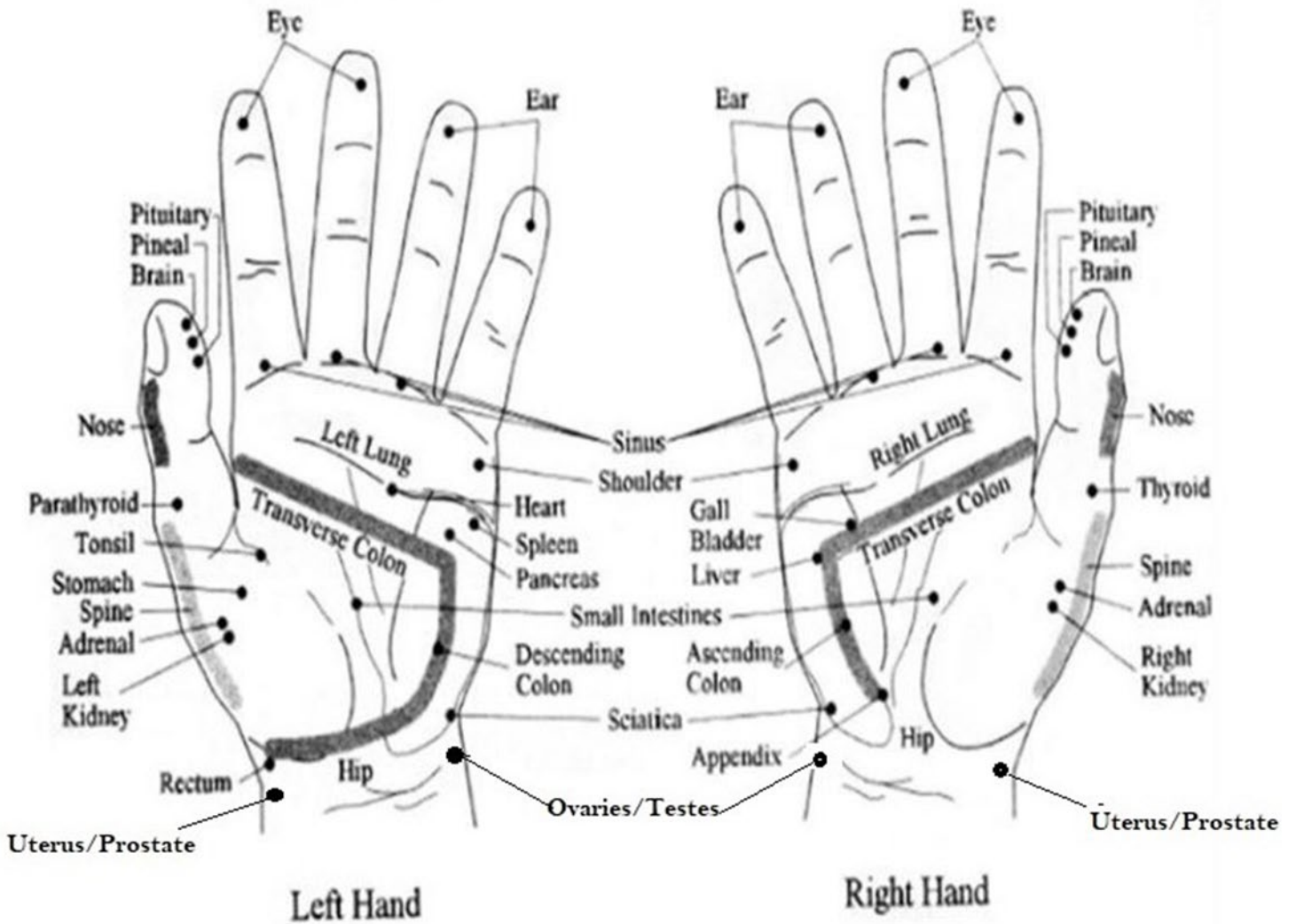


V.F.1 Clarity	V.F.10 Di-Gize	V.F.18 PanAway
V.F.1 M-Grain	V.F.11 JuvaFlex	V.F. 22 Dragon Time
V.F.4 R.C.	V.F.F.11 Thieves	V.F. 22 Mister
V.F.4 Raven	V.F.12 EndoFlex	V.F.F. Valor
V.F.5 ImmuPower	V.F.16 Aroma Life	V.F.M. Aroma Siez



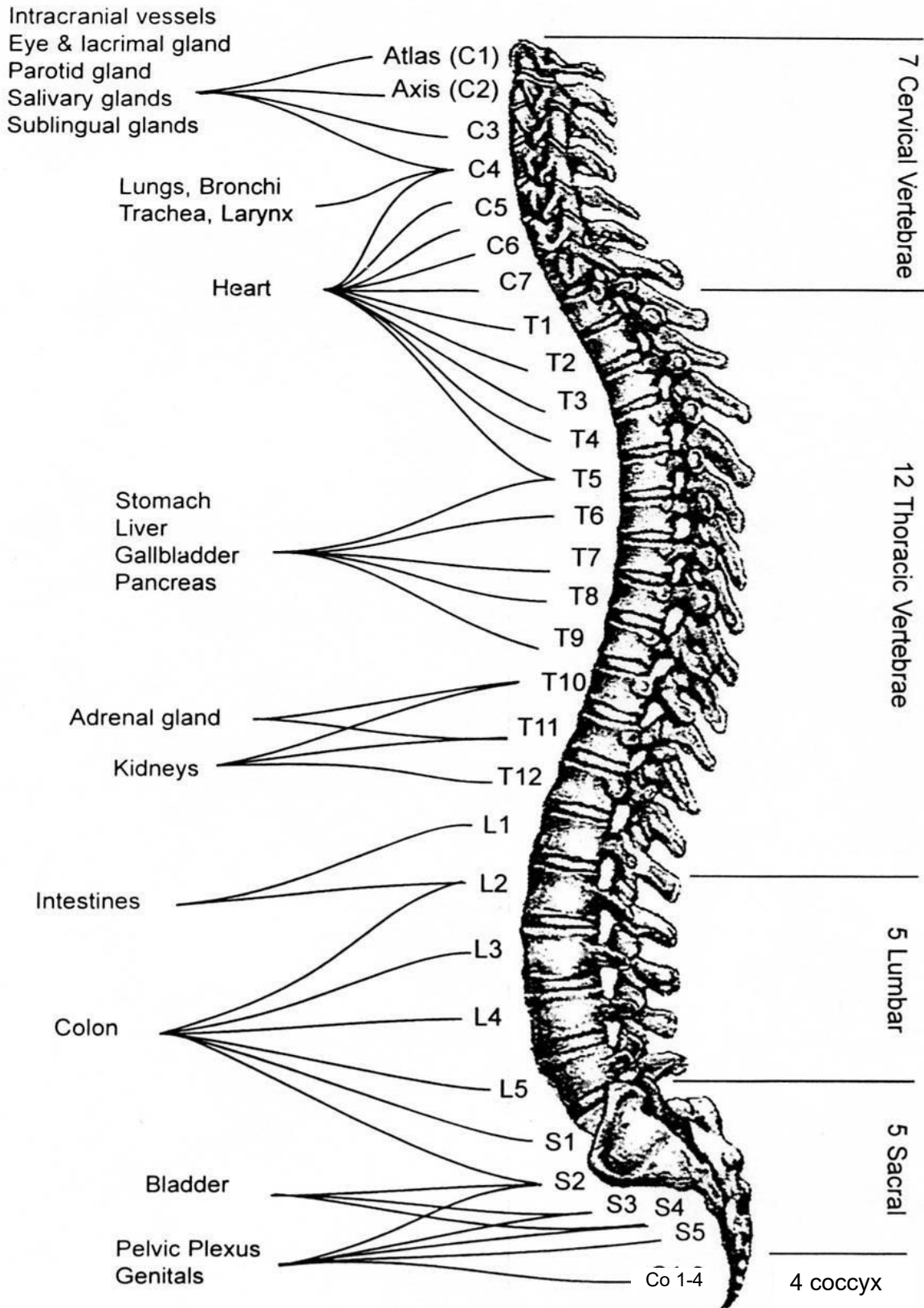
# VITAFLEX HAND CHART

Note: This chart corresponds with those of Caucasian and African descent.  
 In Asians and Native Americans, sinus points are switched with the eyes and ears.



For further details, refer to Stanley Burroughs book  
 "Healing for the Age of Enlightenment" (pages 45-47)

# Nervous System Connection Points



## NERVE CONNECTIONS FROM BRAIN & SPINE

**The Body as Connected to the Spine:** Look on page 11 of these notes and you will find a chart of the spine from which nerves extend between the vertebrae to various organs of the body. In Raindrop Technique it is important to know where the nerves leave the spine and connect with specific organs of the body.

For purposes of understanding the various reaches of nerves originating from brain and the spine, the body can be divided into six vertebral regions as follows:

1. Cranial Nerves (12 pairs of nerves emanating directly from the brain above the atlas (C1) and between the top four Cervical Vertebrae, C1–C4) These nerves are also called “Intracranial Vessels” and are designated by the letter “V.”
  - V1-V12 Eyes, tear ducts, ears, nose, tongue, facial muscles, chewing muscles, lips, mouth, teeth, salivary glands, throat, larynx, and muscles of the shoulder and neck (*now you see the connection of why you can get headaches from upper back tension*)
  - V10 The Vagus Nerve: throat, larynx, lungs, heart, liver, stomach, large intestine, small intestine, and several other organs
2. Cervical Vertebrae (7 with 8 pairs of nerves) C1 is called “The Atlas” and C2 is called “The Axis”
  - C1-C3 Tear ducts (lacrimal glands), salivary glands (parotid, sublingual, sub-mandibular, etc.), facial muscles
  - C3 Muscles of back of head, and around upper neck
  - C4 Muscles of lower neck & upper shoulders. throat (pharynx), voice box (larynx), trachea, bronchial tubes, lungs, the Vagus nerve
  - C5 Heart and muscles of upper arms, top of back and shoulders
  - C6 Heart, muscles of inner arms & thumbs, upper back & shoulders
  - C7 Heart and muscles of index and middle fingers, shoulder blades, the 8th pair of cervical nerves comes out between C7 and T1 and controls the ring and the little fingers
3. Thoracic Vertebrae (12 of them with 12 pairs of nerves)
  - T1-T5 Heart & muscles of arms, upper chest and just below shoulder blades
  - T5-T9 Stomach, liver, gallbladder, pancreas, muscles of chest and back
  - T10-T12 Adrenal glands and kidneys and muscles of abdomen and back
4. Lumbar Vertebrae (5 of them with 5 pairs of nerves)
  - L1-L2 Small intestine and muscles of hips, lower back and upper legs.
  - L2-L5 Large intestine and muscles of upper and lower legs and soles of feet
5. Sacral Vertebrae (5 of them, partially fused, with 5 pairs of nerves)
  - S1-S2 Large intestine, bladder and butt, backs of legs, heels and ankles
  - S2-S5 Genitals and muscles in genital area
6. Coccyx Vertebrae (4 of them, fused, with 4 pairs of nerves)
  - Co1-Co4 Genitals, anus and muscles in genital area

# QUICK REFERENCE RAINDROP OUTLINE

## 1. Measure, Evaluate, and Prepare

- Have the client lie face-up on the massage table

## 2. Establish Energy Balance with Valor®

- Apply on shoulders (3-drops each shoulder)  
Your right hand to client's right shoulder, your left hand to client's left shoulder
- Apply on feet (6-drops on each foot)  
Your right hand to client's right foot, your left hand to client's left foot
- Hold until you feel the energy equalize on both the left and right

## 3. Vita Flex on the Feet, 3x up spine Vitaflex points on feet, sacrum-head, 2-3 drops each oil

- Valor®, Oregano, Thyme, Basil, Wintergreen, Marjoram, Cypress, and Peppermint

## 4. Oregano and Thyme (see Step 4 of extended outline on page 3 for more detail)

- Raindrop 4-6 drops Oregano and feather stroke 3-6-12 (3x each)
- Raindrop 4-6 drops Thyme and feather stroke 3-6-12 (3x each)
- Feather straight to sides three times and then move up half-a-hands width (repeat 3x)
- Full-length strokes 3x

## 5. Basil, Wintergreen and Marjoram

- Raindrop 4-6 drops Basil and feather stroke 3-6-12 (3x each)
- Raindrop 4-6 drops Wintergreen and feather stroke 3-6-12 (3x each)
- Raindrop 4-6 drops Marjoram and feather stroke 3-6-12 (3x each)
- Raindrop 4-6 drops other choice oil and feather stroke 3-6-12 (3x each)
- Finger Circles up one side and then the other (3x).  
Aroma Siez® may be applied before the third pass on any tight muscles

## 6. Cypress

Sprinkle Cypress in salt-shaker method along the spine and feather stroke 3-6-12 (3x each)  
Thumb Vitaflex 3x  
Finger Straddle 3x  
Stretch & Rock 3x

## 7. Ortho Ease®

- Apply Ortho Ease® oil all over the back in a clockwise application path
- Palm circles three times around (large clockwise circles with flat palms)
- Palm slide up and then down three times (up and down is one stroke)

## 8. Valor®

- Sprinkle Valor® like a saltshaker along the spine and feather stroke 3-6-12 (3x each)
- Arched Feather Strokes 3x
- Full-Length Strokes and off the shoulders 3x

## 9. Peppermint (use sparingly 2-4 drops only)

- Raindrop 2-4 drops of Peppermint and feather stroke 3-6-12 (3x each)
- Arched Feather Strokes 3X3
- Full-Length Strokes

## 10. Hot Compress

- Cooking the client (5-8) minutes

## 11. Rest and Water

## 12. Re-Evaluate and Re-Measure

**RAINDROP TECHNIQUE**  
**INFORMED CONSENT**  
**(Facilitator's name)**

I understand (facilitator's name) is a Licensed Spiritual Healer (LSH)\* qualified to help me surrender to the Divine and accept Divine healing on every level of my being.

I also understand (facilitator's name) is a Board-Certified Raindrop Specialist (BCRS)\* (or Certified Raindrop Technique Specialist - (CRTS))\* and is qualified to help me make more informed decisions about my own life and health. I also understand that aromatherapy can help me reduce my stress, manage my pain, detoxify my body and improve my quality of life.

I understand (facilitator's name) will not intentionally suggest any diagnosis, treatment, prescription or cure for any disease, disorder or condition that I may have.

I understand that Raindrop Technique is a non-secular art and science and is an application of essential oils. I understand the use of essential oils may help me improve the quality of my life. I also understand that human responses to essential oils may vary considerably and are not predictable because of the unique chemistry, make up, and intent of each individual.

I understand that the natural therapies offered by (facilitator's name) are not a substitute for adequate medical care. I intend to remain under the care of my primary care physician.

I understand all healing may cause some minor discomfort, and some adverse side effects may occur through no fault of my own or (facilitator's name). I have read and understand the *Eleven Points to Mention as a Prelude to Raindrop* and/or the *Statistical Validation of Raindrop Technique*.

I understand my health is my responsibility. I will advise (facilitator's name) of anything that might help us work together better to achieve the healing that I seek.

I understand my identity and any information about me, whether I share it with (facilitator's name) or he/she discovers it on his/her own, will be held in the strictest confidence, except when released by me in writing or as required by law.

I acknowledge that I have read and understand this form. (Facilitator's name) has answered all of my questions. I agree to allow (facilitator's name) to help me learn to heal myself using the natural healing techniques and modalities herein listed.

Client or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Client Printed Name \_\_\_\_\_

Address \_\_\_\_\_

**(NOTE: This form is to be personalized to suit your needs by modifying the text and/or inserting your name in the ten places indicated, or other places where appropriate. This is merely an example)**

\* LSH, CRTS, and BCRS are special designations and should only be used if one has completed steps with NTCB and FSHLB.