

Sweet Smell of Health



Raindrop Technique

Raindrop Technique is a powerful, non-invasive tool for helping to correct defects in the curvature of the spine. During the years that it has been practiced, it has resolved numerous cases of scoliosis and kyphosis and eliminated the need for back surgery for thousands of people.

Raindrop Technique originated from the research of D. Gary Young and a Lakota medicine man in the 1970s. It integrates Vita Flex and massage with essential oils to bring the body into structural and electrical alignment. Raindrop Technique is based on the theory that many types of scoliosis and spinal misalignments are caused by viruses or bacteria that lie dormant along the spine. These pathogens create inflammation, which, in turn, contorts and disfigures the spinal column.

Raindrop Technique uses a sequence of highly antimicrobial essential oils designed to simultaneously reduce inflammation and kill the viral agents responsible for it. The principle oils used are: thyme (*Thymus vulgaris*), oregano (*Origanum compactum*), wintergreen/birch, cypress (*Cupressus sempervirens*), peppermint (*Menthapiperita*), basil (*Ocimum basilicum*), and marjoram (*Origanum majorana*). The oils are dispensed like little drops of rain from a height of about six inches above the back and massaged along the vertebrae. Although the entire process takes about 45 minutes to complete, the oils will continue to work in the body for 5 to 7 days following treatment, with continued re-alignment taking place during this time.

The Raindrop Technique is not a cure-all or a magic bullet. A healthy body is the result of a well-rounded program of exercise and proper diet. Health is everything we do, say, hear, see, and eat. The Raindrop Technique is only one tool to help restore a balance in the body that will result in good health. Healthy eating habits help prepare the body and skin to accept the oils better and more rapidly.

Although this therapy is explained as simply as possible, it is recommended that you contact Essential Science Publishing for a demonstration video on this remarkable technique. Viewing this video, combined with the outline presented here, will make this revolutionary technique relatively easy to understand and easy to put into practice.

This information is intended for reference only. If you are under a Doctor's care check with him/her to see if this would be supportive. This information is an abbreviated version compiled from Essential Desk Reference by Essential Science Publishing, 2002.

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It is recommended that the Raindrop Technique be performed in a quiet, semi-darkened area free of distractions. The temperature should be cool enough to prevent sweating, but warm enough to be comfortable as the receiver's back and legs will be exposed.

For this technique, you will need:

1. Each of the oils listed throughout this chapter.
2. Massage table (preferably) or flat surface for the receiver to lie on. The surface should be high enough so the facilitator can perform the technique without back strain. It is best to cover the surface with disposable sheets, towels, or blankets, as several of the oils may stain certain fabrics. Also, some of the oils can react with vinyls used to cover massage tables.
3. Two medium towels and a bed sheet. Use towels/sheets that can be stained or soiled. You will also need access to hot water.
4. Timer or watch.
5. Tray or flat surface to place oils (and instructions) that are near the receiver.

Preparation

- Remove all jewelry. This includes watches, pendants, rings, bracelets, earrings, etc.
- Wear clothing that is loose and comfortable. You may wish to remove your shoes.
- Make sure your fingernails are clipped and filed down as short as possible. This will prevent unintentionally scratching the receiver's skin.

- The two towels will be used to make a warm compress; the sheet or blanket to protect the modesty of the receiver.

NOTE: The facilitator may choose to apply frankincense and/or White Angelica to themselves (on wrists, neck and top of head) to help counter any negative frequencies or energy coming from the receiver.

To begin:

- The receiver should lie face down on the massage table with the head resting in the face cradle.
- The facilitator should keep constant physical contact with the receiver to prevent feelings of insecurity or anxiousness.
- The receiver should lie as straight as possible with the hips flat on the table. The arms should rest alongside the body.

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STEP 1 - Valor is the most important oil used in this application, because it works on both physical and emotional levels, supporting the electrical and energy alignment of the body. The key to using this blend of oils is patience. Once the frequencies begin to balance in these areas, a structural alignment can occur.

This first step forms the foundation for everything that follows.

- Put 6-10 drops of Valor into hand and apply Valor to the soles of the receiver's feet and hold them there until you feel a pulsing effect or feel it is complete.

CAUTION: If there is a fold in the skin on the back of the neck, you may wish to put V-6 Mixing Oil or Massage Oil Base on the fold at this point in the procedure. This will help prevent excessive burning as essential oils tend to accumulate in skin folds.

STEP 2 – Application of the Oils

Thyme is documented to be highly antimicrobial. Thyme acts directly on the virus or bacteria. This essential oil easily penetrates the skin and travels throughout the body. Oregano has an antimicrobial action even more aggressive than thyme. It also has anti-inflammatory, antibacterial, and antiviral properties.

- Hold the bottle six inches above the skin and evenly space 5-6 drops of oregano oil along the spine from bottom to top (sacrum to atlas). Apply the same amount of thyme oil the same way. It does not matter which oil is applied first.
- With 4-inch brush-like strokes, brush fingertips along the sides of the spine as you feather up the back from the sacrum (base of spine) to the atlas (hair line on back of neck). Repeat two more times.

CAUTION: More is not better. If there is a hot along the spine or on the neck, apply a pure vegetable massage oil, such as V-6 Mixing Oil or Massage Oil Base. The high phenol content of oregano and thyme essential oils can produce excess warming or reddening to the skin, particularly with fair-skinned people. Following the application of

thyme and oregano, if the receiver becomes uncomfortable with the heat, apply 5-10 drops of massage oil over affected areas.

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(NOTE: For more information about each of the Raindrop Technique oils, refer to the single oils and oil blends chapters of the Essential Desk Reference).

STEP 3 - Application of basil, wintergreen/birch, cypress, marjoram, on the muscles along the spine and rib areas of the back.

Basil has antispasmodic activity that relaxes muscles. It is also anti-inflammatory and antimicrobial.

Wintergreen/Birch are anti-inflammatory and analgesic (pain relieving) due to their high methyl salicylate content. These essential oils are excellent for bones.

Cypress improves circulation and relieves spasms and swelling. Cypress also helps heal damaged tissue.

Marjoram is antispasmodic and helps relax muscles.

- Drop (Raindrop-style) 4-6 drops of each of these five essential oils one after another onto the muscles along each side of the spine.

Applying basil, wintergreen/birch, cypress, marjoram to muscles on each side of the spine.

- Then, with 4-inch brush-like strokes, use the nail side of your fingertips to feather oils up the spine from the sacrum to the atlas.
- Then, with the same 4-inch brush-like strokes, use the nail side of your fingertips to lightly flare your fingertips out towards the sides of the back as you feather up the spine. Flare right hand to the right side of the back, and the left hand to the left side of the back.
- Starting at the sacrum, stroke up 8 inches before flaring out again. Repeat two more times.

Starting at the sacrum, stroke up 12 inches before flaring out again. Repeat two more times.

- Continue feathering until your strokes reach the full length of the spine up to the atlas (the hairline on the back of the neck). Flare your fingertips out over the shoulders and neck when you reach the atlas. Remember to repeat each step two times.

STEP 4 - Apply Aroma Siez to the back.

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Aroma Siez is a highly antispasmodic blend of essential oils that helps relax sore, tense, or inflamed muscles.

- Apply 6-8 drops of Aroma Siez over the entire length of each side of the back and massage into the muscles. Be sure to massage muscles along the outer edges that have not been previously worked.

STEP 5 - Back and neck massage with Ortho Ease massage oil.

Ortho Ease Massage Oil is a blend of vegetable and essential oils with many properties such as being antioxidant, stimulating circulation, and alleviating sore muscles and joints. This blend has been reported to be beneficial for stress, muscle cramps, arthritic pain, and tension.

Ortho Ease also helps to seal in the essential oils, thus enhancing penetration.

- Put 15-20 drops of Ortho Ease in your hand to warm the oil before massaging into the muscles of the entire back and back of the neck. Use a gentle fingertip massage for several minutes.

STEP 6 - Apply Peppermint to the spine.

Apply 6-8 drops of Peppermint, Raindrop style, to the spine, from the sacrum to the atlas. Gently rub in. Peppermint has pain-killing properties. It is also antimicrobial, working synergistically with the other oils to enhance their activity. Peppermint also stimulates circulation and cools inflamed tissue. Peppermint also helps to drive the oils in and can be warming so make sure you have V6 oils handy if the oils are too warming. Simply apply a bit of the V6 over the warm areas.

STEP 7 - Towel placement, warming the back and stretching.

- Soak one of the towels in warm water, wring it out, fold it in thirds, and lay it along the entire length of the spine.
- Place the other dry towel (folded in half) over the wet towel.

CAUTION: Special care must be taken with this step because the back can become very hot! The heat will usually build slowly and peak in about 5-8 minutes, before cooling down to the point where it feels quite pleasant. The greater the inflammation and viral infection along the spine, the hotter the area along the spine will become.

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If the heat becomes uncomfortable, place a dry, folded towel between the back and the damp towel. If the uncomfortable, burning sensation continues, remove the towels and massage the area with 10-15 drops of V-6 Mixing Oil or a massage oil.

STEP 8 - Remove towels and inspect spine. It is best to not shower for at least a day after so that the aroma of the oils are able to continue their work.

- For optimum results, the receiver should drink extra purified or distilled water for the first few days following the technique. This will aid the body as it flushes any toxins from the tissues.

SUMMARY:

This is the basic Raindrop Technique, although there are several variations. However, these are not easy to explain and require class instruction and demonstration.

Every person is different, and what works for one may not work for another. Different body types respond to the applications in ways you may not expect. Learn to be sensitive to the person on whom you are working so that you can respond to his or her needs.

The question is often asked, "How long do the effects of this application last?" Again, each person responds differently. Generally speaking, the level of health and proper diet are key factors, as are exercise and attitude. The effects of one application may last four months for one person, but then for another it may be necessary to have the application repeated every week until the body begins to respond. The key is to retrain the body. In some cases, you will have to develop a new memory in the tissue in order for the body to stay where it should be. This may take a few weeks or even a full year.

Spinal alignment may have a completely different look when the individual is lying down, rather than sitting. There is more torque on the spine in a sitting or standing position, so these are the positions in which X-rays are usually taken. There may appear to be a total correction when the individual is lying down and then appear to be crooked when they are in a sitting position. This variance is normal and may be apparent until a total retraining of the tissue can occur. The object is to achieve straightening in all positions.

The Raindrop Technique is a powerful tool that not only can assist therapists but also helps everyone achieve a balance in the body.

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