

Before Your Raindrop- Please Take Note:

- 1- **The Purpose of the Raindrop technique is to stimulate every organ, muscle and bone** of the body at the cellular level through the oils, boosting 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 their mind and assist in their own healing process. If talking is necessary (for instructional purposes, for example), it should be quietly or in a whisper.
- 3- **The Client is the Principal Participant in and the Means of their own healing.** The Facilitator is but a channel assisting the client to mobilize their own healing powers through a prayerful attitude, and acknowledging our Creator as the source of all health and well-being. The client should interiorize or center themselves and feel the body as it corrects and adjusts itself. The client should breathe deeply and in relaxed fashion.
- 4- **The Maladies of the Body and Mind are in layers.** During any given Raindrop session only those layers that the client is ready to release will be released- both physical and emotional. Negative experiences are often our greatest teachers; we sometimes hold on to them- because we still have something to learn from them. When you feel something ready to be released, repeat this affirmation: “I lovingly and willingly release and let go all 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, reflexology, etc. are added or inserted during the session. 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 treatment. At the completion of the Raindrop Technique session the client will have been lifted to a delicate state of balance and receptivity to healing energies. 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.** It is crucial for the client to drink *plenty of water* following a therapy session and to avoid toxic fluids such as soda pop, coffee or alcohol. A good rule is to divide your weight in pounds by 2 and drink that number of ounces of pure water every day. Sometimes the detoxification process results in bodily soreness, headache, sinus drainage, coughing or rash on the skin. While unpleasant, these symptoms are temporary and are 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 secretion- thus, a rash. If that happens, stop using oils for awhile and double your water intake. For the vast majority of Raindrop clients, there 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 the 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

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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 condition in the first place. What Raindrop Technique does is to help 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 also be stored in cellular memory. Essential oils can penetrate cellular membranes and release these forgotten emotions. In rare instances, clients may have a strong emotional response (such as crying, moaning, writhing, flailing of arms, etc.) These releases should be accepted as a necessary and beneficial healing process and they may occur in the days after the Raindrop session.
- 9- **All the benefits of Raindrop May Not Be Immediately Apparent** after the session. Adjustments may continue throughout the week following. Some clients experience a healing 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. Problems the client may have *hoped* would be corrected may not as yet be healed, thus waiting to be released in a future Raindrop Session. 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 and the benefits received from Raindrop Technique may take several days to assess.
- 10- **Skin Sensitivities.** Therapeutic Quality ®essential oils (such as those from Young Living) are generally safe to apply neat to the skin without unpleasant reactions. However, people prone to allergies or whose bodies are in an acid condition or who have high levels of toxins may react to some oils and develop a "rash" from detoxification following Raindrop. Please alert your practitioner if you are prone to skin sensitivities or if you are experiencing any health issues or discomforts. Fewer oil drops or an oil to slow absorption can be used to reduce the likelihood of discomfort.
- 11- **Anyone can do Raindrop- The healing is from God through the oils and the facilitator.** No license or formal training is necessary to perform on family members; however, public offering requires licensing as Spiritual Healer or other license to touch a person's body and apply the oils. We are working toward setting standards of learning for public application of essential oils to preserve the integrity of aromatherapy. There are a variety of valid and effective ways to do Raindrop – all true Raindrop technique application use Young Living essential oils as these are the premier therapeutic quality oils in the world.

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