

Raindrop Technique

The Raindrop Technique, (RDT) is a method of using Vita Flex, reflexology, and other massage techniques. Structural and electrical alignment is the result of applying Young Living Therapeutic Grade Essential Oils to various locations of the body. Designed to bring balance to the body with its relaxing and mild application, it will help align the energy centers of the body and release them if blocked. Hard pressure or trying to force the body is not necessary. The RDT is generally performed with one therapist, but the DVD included with the kit is advised to have two. See the [DVD](#) or [Essential Oils Desk Reference](#) for a complete explanation and demonstration.

Raindrop Technique: Although there are several variations, learning to be in tune and sensitive to your clients needs by adjusting the oils to their symptoms of depression, pain, diabetes, parasites, etc. RDT requires little knowledge or skill in massage, because most of the efficacy of the technique is due to the oils. The profound natural “intelligence” of the oils can heal where healing is needed. The oils used in the RDT flush out toxins and kill dormant viruses and bacteria along the spine, which restores health to the entire system.

The level of health, proper diet, exercise, spinal alignment, and mental attitude are key factors. One application may last months or it may be necessary to have RDT done weekly until the body begins to develop a new memory in the tissue and nerve impulses.

Preparation: Have your client lie face up with their feet at the edge of the table. The body should be as straight as possible with the hips flat. You will need three medium-size towels for the hot compress, hot water, and a sheet to cover and protect their modesty, as they will be moving from front to back.

Step 1 It is best to have two people applying the Valor, they may stand sit or kneel at the head and feet of the client. . One places six drops of Valor on each foot, holding their right hand to the client’s right foot and their left to the left foot. The one at the shoulders would also place six drops of Valor on their right hand on the right shoulder and their left on the left shoulder of the client. The palm of the hand should be flat against the bottom of the feet and shoulders with as much hand-to-foot contact as possible.

Now you must be patient. Do not attempt to force your thoughts or make something happen, let your mind be free and peaceful. You may feel a mild heat or tingling sensation around the feet, or an energy working up through the legs or back, even as high as the head.

This is the foundation for everything that follows. In most cases, you will see some realignment of the spine. The results you will see depend largely upon the frequency of the person holding the feet. If there are other people in the room with negative attitudes and the individual applying the oils does not have a high enough frequency to block out that negative interference, the results may be less than optimal.

Step 2: The next application of the oils are Thyme and Oregano. Hold the bottle approximately six inches above the skin letting five drops of each oil drop from the bottle evenly spaced along the spine from bottom to top (sacrum to atlas or 1st cervical). Try to stay in the electrical field as much as possible. It does not matter which oil is applied first. Apply one oil and then layer it by gently spreading it evenly along the curvature of the spine. Apply the second oils the same way. You don’t need large drops, and more is not better. Then apply 10 to 15 drops of the V-6 Mixing Oil to prevent any discomfort or redness.

With four-inch strokes in a brushing motion and using the nail side of your fingertips, lightly feather up the spine from the sacrum to the atlas. Remember to follow the curvature of the spine. Repeat this technique two more times, always starting at the sacrum.

Using the fingertips again, starting at the sacrum, feather up about four inches. Begin your stroking again, starting at the sacrum, stroking up about eight inches. Begin your stroking again, starting at the sacrum, feathering up about 12 inches. Continue this technique to the atlas and flare out through the shoulders. Repeat this whole sequence two more times.

The final move is to start at the sacrum, and in full-length strokes, feather all the way up the spine to the atlas.

Step 3 Now apply the oils of Cypress, Wintergreen, Basil and Peppermint in that order. Apply four to five drops of the first oil along the length of the spine. Layer it in by evenly spreading it with your fingertips. Then do the same with the other three. Starting on one side of the spine, gently massage the oils in along the spine. Do not work directly on the spine. Do not force it or apply direct pressure. Start at the sacrum and use the fingertips of both hands placed side-by-side, and in a circular clockwise motion, work up the side of the spine to the atlas, pushing or pulling the tissue in the direction you want the spine to move. This technique helps to create a "space" for the spine to move. After finishing one side of the spine, walk around to the other side of the individual and begin on the second side starting from the sacrum working up to the atlas. Repeat this two more times.

Next, using the index and middle fingers of either hand, place the fingers so that they "straddle" the spine beginning at the atlas. In this position, you move from top to bottom. With mild pressure and with the fingers on either side of the spine, place one hand over the top of the fingers in a gentle sawing-like action, rock the fingers back and forth while moving gently down the spine to the sacrum. Repeat this two more times.

The next technique will take a little practice. Beginning at the sacrum with your thumbs on either side of the spine, you will use the Vita Flex technique working up the spine about a thumb's width apart with each move up to the atlas. With the thumbs on each side of the spine, nail side up and slightly angled out, rock the thumbs up to where the thumbs are straight up with the joints bent and apply a mild pressure straight down. Continue to roll your thumbs slightly over onto the nails and then release. Move your thumbs up about a thumb's width and apply the same technique. Do this all the way to the atlas and then repeat two more times.

Step 4 Apply five to six drops of Marjoram and Aroma Siez to each side of the spine, away from the spine, into the muscle tissue all over the back. Work these oils in using a gentle massage to smooth and relax, working all over the back for a few minutes. After the oils have been massaged in well, rest approximately five minutes. Then apply Ortho Ease over the entire area of the back.

Step 5 Take a hand towel that is folded into thirds lengthwise and soak it in hot water. Wring it out and lay it along the entire length of the spine. Take a dry towel and fold it in half lengthwise and place it over the wet towel. Pay close attention because the back can become very hot! The heat will generally build slowly in intensity to where it will peak in five to eight minutes and then cool down to where it feels pleasant. The water in the towel drives the oils deeper into the skin. The more out of balance, the more virus or bacteria activity in the body, or the more inflammation in the spine, the hotter the area will become along the spine. Some people will experience no heat, for some it will be mild and very pleasant, while for others it may be hot and a little uncomfortable. Pay attention to what the person is saying. Ask questions. If it gets too uncomfortable, remove the towels and apply V-6 Mixing Oil on the back and work it in. This will usually remove the heat in minutes.

After putting the towels on, wait a few minutes to see how the person is responding. If the back does not become very hot, have the person roll over so the back is against the towels on the table. This usually creates more heat.

Step 6 This next step works best with two people. Have the individual assisting stand at the feet of the person on whom you are working and hold each leg tightly just above the ankles. You stand at the head and gently put your right hand under the base of the head and your left hand around the chin and gently pull to create a slight tension. Hold this traction for several minutes, but do not pull hard. The person at the feet will be the anchor, holding the same position while the person at the head begins a mild rocking of pulling releasing, pulling and releasing, etc. This make take anywhere from four to eight minutes. It can be tiring, so you have to exercise patience. As you get a feel for the whole application, you will sense what is needed.

Step 7 Have the person on the table roll back so he or she is again face down. Rest the head in the head-cradle of the massage table again and make sure the person is lying straight. Remove the towels and then examine the spine. Corrections may or may not be visible. At this point you may add another technique as desired. Sometimes the desired results do not come immediately, and yet the body will continue to respond for days, at which time you may begin to see gradual changes.