

# The story of Raindrop Technique and how it can help you!

By Jean Oswald RN CA

D. Gary Young developed Raindrop Technique (RDT) 25 years ago. It is based on 1) research with essential oils as antimicrobial agents, 2) his knowledge of the Vita Flex technique and its reflex points in the feet, and 3) fascinating information on effleurage (finger stroking) and its effect on the muscles and nervous system that he learned over much time (and many visits) he spent with the Lakota people in South Dakota.



While visiting with the Lakota people, Gary learned that for several generations, before the US/Canadian border was established, the Lakota Indians migrated across the Canadian border into the northern regions of Saskatchewan and Manitoba. There, they often witnessed the Northern Lights, or Aurora borealis. Those who were ill or had complicated health problems would stand facing the Aurora Borealis, hold their hands toward the lights, and inhale deeply. The Lakota believed that when the Aurora

Borealis was visible, the air was charged with healing energy. They would mentally 'inhale' this energy, allowing it to pass through their spine and on to other afflicted areas of the body through neurological pathways. Many experienced dramatic healing effects through this practice.

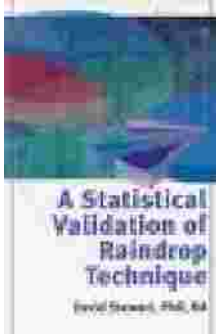
Eventually, after the border made migrations impossible, the Lakota began to use effleurage, or feathered finger stroking, which became associated with this healing technique. Additionally, the Lakota continued their practice of mentally processing energy, coupled with effleurage, to distribute healing energy throughout the body.

**Gary Young found that when this Lakota practice of effleurage was coupled with the energy created by essential oils and Vita Flex, its effects were greatly heightened.**



Since its formal adoption in 1989, Raindrop Technique (RDT) has received an enormous amount of praise from users all over the world for its help with relaxation, emotional release, tissue cleansing and help with spinal misalignments.

In 2001, Dr. David Stewart, PhD, circulated a questionnaire to over 2000 health practitioners, massage therapists, aromatherapists and their clients to gain insight on



the results that were accruing from RDT. He received 422 responses summarizing the experiences of some 14,000 RDT sessions. His findings are summarized in his booklet, *A Statistical Validation of Raindrop Technique* (available through Essential Science Publishing).

Overall, the 416 respondents who had received RDT rated it positive (97%), pleasant (98%), resulted in an improved emotional state (86%). 99.9% of receivers said they would choose to receive RDT again.

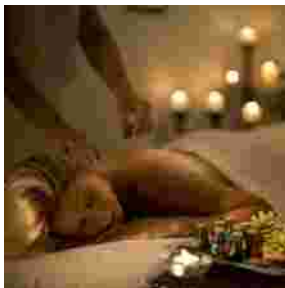
Originally Raindrop Technique was taught and given using essential oils NEAT (pure/full-strength) on the feet and spine. In my official training in Raindrop Technique (through C.A.R.E.\* in 2006) I followed the protocols that Gary taught (the Dallas method) and used them for six years while clients shared wonderful stories with me of stronger backs, pain relief and improved immune system.

When I took [Advanced Aromatherapy Training](#) I began to ask how difficult it was for the kidneys and liver to 'clear' the essential oils. These organs perform hundreds of functions in the body but I came to understand that the healing work of essential oils prevailed even when used in lower dilutions. My education taught me to practice more caution with these powerful essential oils and so, since 2011, I use a 5 - 10% dilution of essential oils in organic jojoba (carrier oil) for a "Modified Raindrop". Clients still tell me that this special treatment leaves them feeling relaxed and improved overall.



RDT is a powerful, non-invasive technique utilizing the antiviral, antibacterial and anti-inflammatory action of several key essential oils to assist the body in maintaining normal spinal curvature. RDT can release many kinds of tension, congestion, and imbalances in the body. The clients who come for a Raindrop treatment suffer from things like:

- Fibromyalgia
- Chronic Fatigue Syndrome
- Chronic pain
- Frequent bacterial/viral infections
- Stress, Anxiety and Low Energy Levels
- Poor Circulation



*It's important to know that Raindrop Technique is not a 'massage' with essential oils. When you come for a treatment you will lie on a massage table and receive essential oils on your feet as I perform "Vita Flex" technique and then apply oils to your spine using effleurage and more Vita Flex. I finish the treatment with a short massage and typically, hot towels! The whole treatment takes a little over an hour. And - it's really wonderful J*

**Raindrop Technique sessions: Start at \$85**