



Crow River  
Animal Hospital  
& Dental Clinic

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## Abbreviated Raindrop Technique

*Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.*

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We are all pressed for time. Get home from work, get dinner on the table, spend some time with the kids, answer emails, get the kids ready for bed, maybe get a few chores done, go to bed, then wake up to do it all over again. Then, someone throws a wrench into your well-oiled groove, by getting sick! How dare they? Don't they know you have a schedule to uphold!?

Well, this is just the way life is sometimes. I will be incredibly busy, swamped with work, overloaded with emergencies and office work, never having enough time to finish any home project...and then, a child becomes ill. It doesn't happen very often anymore – thanks to our wonderful natural protocols to keep our kids healthy. One of those natural things we do, is to give our kids a Raindrop Technique whenever we notice that they may be fighting off some cooties.

But, I don't always have 45 minutes (or more) to give an entire Raindrop Technique. (For the basics on human Raindrop Technique, there is a DVD and handout that comes with a Raindrop Technique Kit – please see that). I have come to understand, that a 5-10 minute "Abbreviated Raindrop" is still very beneficial for my kids. And, it is certainly more effective than doing nothing at all, just because I don't "have the time".

### **Here is information about what a Raindrop Technique can provide for you:**

*Raindrop Technique® created by Gary Young combining Tibetan and North American ancient healing modalities is a powerful, non-invasive technique utilizing the antiviral, antibacterial, anti-inflammatory, immune stabilizing, emotional balancing action of YL wild crafted Essential Oils. Raindrop Technique® assists in recovery of chronic pain, injuries, scoliosis, all spine, back, neck & body concerns, degenerative & auto immune disorders, shingles, cancer, respiratory, depression, anxiety, fibromyalgia, candida & much more.*

And here is information on each of the oils contained within the Raindrop Technique Kit:

**Aroma Seize™** - Anti-inflammatory, muscle relaxing, strengthening & toning, relieves muscle pain & promotes new muscle growth

**Basil** - Powerful antispasmodic, antiviral, antibacterial, anti-inflammatory, anti histamine, muscle relaxant

**Cypress** - Improves & strengthens circulation, blood capillaries & blood vessel walls, antispasmodic, anti-inflammatory, relieves bruising

**Marjoram** - Antibacterial, antifungal, vasodilator, balances blood pressure, improves intestinal peristalsis action, strengthens and promotes new muscle growth.

**Oregano** - Powerful antiviral, antibacterial, antifungal, anti-parasitic, strengthens innate defenses

**Peppermint** - Anti-inflammatory, antitumoral, anti-parasitic (worms), antibacterial, antiviral, antifungal

**Thyme** - Highly anti-microbial, antifungal, antiviral, antiparasitic, preserves & restores healthy brain tissue

**Valor®** - Supports proper structural & electrical alignment, balances energies instilling courage, confidence & self esteem

**Wintergreen** - Anticoagulant, antispasmodic, highly anti-inflammatory, balances blood pressure, pain reliever, rebuilds bones

**Ortho Ease® Massage Oil** - Soothes strains, sprains, swelling, sports injuries and tight sore achy muscles

**V-6™** - 6 Nourishing edible antioxidant vegetable oils ideal as an emollient carrier oil.

Here is how I abbreviate a Raindrop when needed – there are a couple of variations that will work:

**The Foot Only Raindrop with VitaFlex:** Just as demonstrated on the DVD – we apply the oils to the feet only, and apply VitaFlex reflexology over top of it.

1. Drop 3 drops of Valor into the palm of your hand. Dip your fingertips into the oil, and circle three times clockwise to energize the oil. Then with your “oiled” fingers, VitaFlex the oil into the first foot three times, dipping your fingers into the oil before each round of VitaFlex. Wipe the remaining oil onto the bottom of that foot (from your palm). Then repeat to the other foot.
2. Occasionally if we are dealing with a chesty cough or a stuffy nose, I will purposely VitaFlex the areas for the bronchi or the sinuses with

the oil as well. This technique has produced immediate drainage for my daughter, multiple times. And, the snot production immediately afterward is quite impressive. You can find reflexology charts in many references. The Essential Oil Desk Reference has information on VitaFlex as well as the reflexology charts.

3. Repeat the above step with each oil; Oregano, Thyme, Basil, Cypress, Wintergreen, Marjoram, Peppermint. You may add Aroma Siez if indicated.

That's it. You're done. Fast and easy, and still quite effective.

**The Foot Only Raindrop without VitaFlex:** For those who are insanely ticklish (like my daughter) often we are not able to do VitaFlex on her. Then we just layer each oil onto the soles of her feet. No VitaFlex done at all (not unless we like to get kicked in the head). ☺

**The Back Only Raindrop:** This can also be done with or without VitaFlex – which I found out when I didn't have a nail trimmer and my nails were far too long to give a VitaFlex treatment with the Raindrop application. It was still beneficial. VitaFlex is wonderful, and I would try to incorporate it into every Raindrop if you can, but it is nice to know the oils still work!

1. Start with Valor – in this method, I drip the Valor up the spine, just as you would with the other oils. Feather stroke the oils along the spine very lightly – three times. Usually, I am just using the 3 inch feather strokes, but you can add more types of strokes if time allows. See the DVD or reference materials for more information on the different strokes.
2. Repeat the first step with Oregano. Then Thyme. After Oregano and Thyme are applied, apply a streak of V6 oil along the spine. Massage in. If the person receiving the Raindrop feels like the oils are hot or uncomfortable in any way – apply more V6 oil to the area.
3. Now that the back has a light coating with V6, apply the rest of the oils in the same fashion: Basil, Cypress, Wintergreen, Marjoram, Peppermint (and Aroma Siez if desired or indicated). Feather stroking after each oil, and for a total of three times for each type of feather stroke done.
4. If you would like, or are able – perform VitaFlex up the spine three times.

This method can even be done with someone sitting in a chair.

**The Raindrop on Location:** Applying all of the oils in the same way as described above – you can apply the oils to a bothersome area. Your stomach, your knee, a leg, a tumor... You may or may not be able to VitaFlex, depending on the location, but applying the oils directly to a location is a quick and easy way to get a direct benefit at the site. Some areas may require more V6 than others, just adjust according to need.

Remember, it is not always about which Raindrop method you used, or how many different types of strokes you used to apply the oils. The most important

thing is that you USE the oils. Just getting contact with the 8 or 9 fabulous oils within this technique, can create a huge benefit.

### Case in point:

In July of 2009, I had the honor of helping about 120 horses fight off an outbreak of Strangles (a horrible infectious equine bacterial disease). In the act of helping them, it just so happened that most days I would facilitate about 80 – yes you heard me – EIGHTY – Raindrop Techniques PER DAY!!! What happens when a facilitator (the giver of the Raindrop) gets to absorb that many oils into her hands every day for 2 weeks?

Well, let me tell you. I thought for sure, I would have some horrible reaction, or never want to touch an essential oil again. Quite honestly, I reeked like essential oils. I was permeated with them.

So what happened to me? I noticed (about 10 days into it) that a cyst that I had for about 4-5 years, shrank. I thought it was just a fluke. But, it continued to shrink over the next few days as well. Then, around day 14, we were no longer needed to help at the farm (and needed to get back to our full time jobs). I didn't do another Raindrop for about 2 weeks after that (I wasn't all that sad). My cyst stayed at the new smaller size, and I checked on it often to see what it would do. It remained stable at the current size.

Then, I had a patient (this time a dog) who needed a Raindrop Technique applied to it. The next day, I noticed my cyst had shrunk again! Just a coincidence, I was sure.

It just so happened that about another 2 weeks later, a different dog was getting a Raindrop in our clinic. The cyst had stayed at its previously shrunken size until this time. Again, the next day – I checked on my cyst. I could barely find it. And when I did – it exploded and went away completely. As a medical professional, I can tell you – it is uncommon for a cyst to *shrink* and then explode. The amazing timing of the shrinking and the exploding – with the exposure of the Raindrop Oils being absorbed through my hands – was profound.

To this day, my cyst has not returned! Pretty neat for a “Hand Raindrop” to show that much power and effect!

Feel free to contact me if you need information on how to obtain medical grade essential oils, or to find a local person who applies Raindrop Technique. We enjoy adding essential oils into our daily lives, pets and humans alike. We feel that we greatly benefit from incorporating small amounts of preventive natural substances into our bodies; Not only physically, but in stress reduction, peaceful sleep, and emotional well being.

*“Mother Nature gave us the gift of healing. Providing our bodies with the nutrients, substances, and care required to heal, lies in our own actions.”*

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