

## Raindrop Therapy

D. Gary Young, founder of Young Living Essential Oils, was taught by the Lakota Indians a healing technique that Gary called, Raindrop Therapy Technique.

Wallace Black Elk, a Lakota medicine man, related the story to Gary of how the Lakota people used to migrate to Canada each spring. They would then experience the beauty and healing benefits of the aurora borealis, or Northern Lights.

The Lakota people would raise their hands high into the sky, using them as antennas pulling this beautiful vibrant energy from the dancing lights, inhaling the energy and pushing it up the spine. They believed that these enchanting lights had the power to raise their personal energy level and to make them well.

The United States and Canada borders were completed in the 1800's. The Lakota people could no longer travel north to experience the wonderful energizing effects of the Northern Lights. Feathers were then used instead to raise their energy, brushing them lightly up the spine.

Gary began studying essential oils.

Essential Oils were used in ancient times to lift the spirit and increase the energies of the body. The Bible has many examples of oils being used to anoint and cleanse the body. The ritual of applying oils was practiced with the purest intentions in the hope of bringing great joy and relief to both, those who gave and those who received it.

Gary studied the beneficial effects of therapeutic-grade essential oils on spinal malformations and other difficulties of the body. Remembering what Wallace Black Elk had taught him, he was inspired to use a brushing technique

similar to what is used by the Lakota, when applying the oils. The result is the famous Raindrop Technique, which has benefited thousands.

The Raindrop Technique is often used with Vita-Flex which means "vitality through the reflexes." It is a special form of massage. These two techniques are very different from traditional reflexology and back massage. They do not employ heavy pressure, pushing, or any form of spinal manipulation. The essential oils gentle action is what brings about the remarkable results.

Raindrop Therapy combines aromatherapy, vita flex, and more to create a healing and cleansing massage. This therapy is to bring total balance, a sense of harmony, and body wellness, including mental, physical, and emotional through the techniques used. The premise behind this massage therapy is the use of specific antimicrobial essential oils applied in a particular sequence with various techniques which reduces the body's inflammations and destroys any viral presence. Original theory behind this is to heal problems of the spine; however modifications can be incorporated into the therapy to treat other conditions.

Raindrop therapy focuses on the application of a number of specific essential oils to various parts of the body through a combination of techniques.

What Are the Principal Oils Used in Raindrop Therapy? Contains: Seven Single Oils (5ml bottles): Thyme, Basil, Peppermint, Oregano, Wintergreen, Cypress and Marjoram. Two Oil Blends (5ml bottles): Valor® & Aroma Seiz™. Also contains one 4-oz. bottle of Ortho Ease® Aromatherapy Massage Oil and one 4-oz. V-6™ Enhanced Vegetable Oil Complex. The oils are dropped onto the back from a height of about six

inches, hence the name, "Raindrop". The oils are then lightly brushed with the fingertips until they are absorbed into the skin, infusing the body with their positive properties.

The statement from the Essential Oils Desk Reference sums it up:

"RAINDROP technique is a powerful, non-invasive tool for assisting the body in correcting 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 in the 1980s from the research of D. Gary Young working with a Lakota medicine man named Wallace Black Elk. It integrates Vitaflex and massage, utilizing the power of essential oils in bringing the body into structural and electrical alignment."

Barbara A Jones

<http://yloils.com>

\*This statement has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent disease.