



'Raindrop' or '**Raindrop Technique**' is a natural modality that combines the power of 'Anointing' with (young living) Essential Oils, Lakota energy traditions, and an ancient Tibetan methodology called 'VitaFlex' accompanied by our signature integrative therapeutic massage.

The Lakota people would migrate each spring from the U.S. to Canada before the borders were created. There they would experience the natural beauty and healing benefits of the Aurora Borealis or Northern Lights. They would reach their hands high towards the sky, breathing deeply and pulling in the vibrant energy from the dancing lights, and then push it up through their spines. The VitaFlex has been adapted from an ancient methodology coming from Tibet.

Quick side note: 'VitaFlex', the word coined by Stanley Burroughs meaning 'vitality through the reflexes'.

The essential oils are applied using the VitaFlex technique on the bottom of the feet and the back. VitaFlex is effective as a technique in and of itself while aromatherapy also known as 'anointing with essential oils' is also effective independent of any other modality. By combining the two, the effectiveness of both is enhanced. Stanley Burroughs book 'Healing for the Age of Enlightenment'.



The **Raindrop Technique** is in the spirit of the Lakota Indians, the Tibetans, and the amazing benefits of Young Living Therapeutic Grade Essential Oils which are used on the bottom of the feet and feathered up the spine.

According to the Reference Guide to Essential oils 12th Edition, "Essential oils can help promote emotional, physical and spiritual healing." "In fact, essential oils can affect every cell of the body within 20 minutes and then be metabolized like other nutrients." "Essential oils have a bioelectrical frequency that is several times greater than the frequency of herbs, food, and even the human body. Clinical research has shown that essential oils can quickly raise the frequency of the human body, restoring it to its normal, healthy self." According to the Essential Oil Desk Reference 5th Edition, "Health-minded people the world over have learned the value of using high quality natural herbs. Interestingly, most therapeutic herbs can be distilled into an essential oil. The key difference is that of concentration. The essential oil can be from 100-10,000 times more concentrated- and therefore more potent-than the herb itself."

The rituals and disciplines of the Lakota and Tibetan natives have been known to embrace the concepts of balance through natural healing and spiritual awareness. Those people who understand the magnificent power of anointing the spirit, will enjoy the many benefits of Young Living Therapeutic Grade™ essential oils and the knowledge of the ancient ways.



The Raindrop Technique was developed by Dr. Gary Young and gets its name by dispensing the essential oil drops from a height of about six inches above the back. "After a crippling injury in his early adult years that nearly cost him his life, D. Gary Young dedicated his life to researching essential oils and natural ways to combat disease, preserve health, and promote natural and healthy lifestyles. Gary has since earned a degree in nutrition, a doctorate in naturopathy, and has gone on to become one of the foremost authorities on essential oils and their therapeutic value in the world."

We are so excited to be introducing and offering this wonderfully beneficial session. It will be a 2hr long session with focus on all of the above as well as breath work, massage, and balancing of the energies.

None of this information and/or the products are intended to cure, treat, prevent or diagnose disease of any kind. None of these statements or research has been has been evaluated by the FDA.