



Prelude to Raindrop Therapy

1. **The Purpose of Raindrop Therapy** is to stimulate every organ, muscle and bone of the body at a cellular level through the oils, supporting the immune system, bringing the body into balance and enabling the release of toxins or disease wherever they may be lodged. Raindrop Therapy is a non-secular art and science.
2. **Raindrop Therapy is Most Effectively Performed in Silence.** This allows the facilitator to concentrate and serve as a better channel while allowing the client to be present in his/her mind and assist in the healing process.
3. **The Client is the Principal Participant** in the means of his/her own healing. The Facilitator is a vessel assisting the client to mobilize his/her own healing powers. The client should center himself/herself and feel the body as it adjusts and corrects itself. The client should breathe deeply and in a relaxed manner.
4. **The Maladies of the Body are in Layers.** During any given Raindrop session, only those layers (both physical and emotional) the client is ready to release will be released. We may sometimes hold onto negative experiences because we still have something to learn from them. When the client feels something ready to be released it may be helpful to say *“I lovingly and willingly release that which no longer serves me in a positive and progressive way.”*
5. **Raindrop Therapy is a Complete Modality** that reaches all levels of the body, mind and emotions. The objective of Raindrop Therapy is to awaken the receiver’s self-healing powers and does so in a way that delivers optimal benefit according to the readiness and willingness of the client at the time of the session. At the completion of the Raindrop Therapy session, the client will have been lifted to a delicate state of balance and receptivity to healing energies. Other healing modalities such as acupuncture, chiropractic, reflexology, massage, etc., can be employed when the Raindrop Therapy has had time to complete its work.
6. **Raindrop Therapy Stimulates Detoxification of the Body.** It is crucial for the client to drink plenty of water following a session and avoid fluids such as soda, coffee or alcohol. A good rule to follow is to divide your weight in pounds by two and drink that number of ounces of water within 24 hours of receiving the Raindrop Therapy. The detoxification process may result in body soreness, headache, sinus drainage, coughing or a rash on the skin. While these symptoms may be unpleasant, they are temporary and merely an indication that the therapy is working. If the colon, liver and kidneys are saturated with toxins and unable to function normally, the skin becomes the third organ of excretion, which may result in a rash. If that occurs, double your intake of water and stop using essential oils for a period of time.
7. **Raindrop Therapy can Lead to Permanent Healing, but...** The correction or healing of maladies will vary widely among clients. Not all problems will be solved in a single session. A state of ill health is usually the result of many years of accumulation of toxins and traumas – physical, mental and spiritual. Each Raindrop session can potentially correct something, but to return to a state of perfect health may take a series of sessions over time. In addition to Raindrop Therapy the client should also address lifestyle changes in

terms of diet, exercise, habits and environment. Enhanced wellness can be achieved when the client eliminates the factors that contribute to ill conditions.

8. **Strong Emotional Releases can Sometimes Occur** during a Raindrop session since inhalation of the essential oils used stimulates the central brain which coordinates the memory of stored emotions. The oils also go directly to muscles, tissues and organs throughout the body where emotions are stored in cellular memory. Receivers may have a strong emotional release such as crying, moaning, writhing, etc. Accept this as a necessary and beneficial part of the healing process. The Raindrop session provides the client with a safe environment to allow such expressions to manifest and come out.
9. **The Benefits of Raindrop Therapy May Not All be Apparent** immediately following the session. Adjustments can continue throughout the week following the session. Some clients experience a healing immediately upon receiving Raindrop. However, the completion of the benefits to the client's mind, body and emotions takes place over a period of hours and days following the session and may not be evident right away. Some of the benefits may be more subtle and not noticed for a while. One can never predict in advance what the benefits of a given session will be, and it may take several days to assess the benefits received from a session.
10. **Skin Sensitivities:** Therapeutic grade essential oils are generally safe to apply neat (directly) to the skin without unpleasant reactions. However, people whose bodies are in an acid condition or who have high levels of toxins may react to some oils and develop a rash from too rapid a detox following a Raindrop session. For such individuals, carrier oils can be used along with fewer drops of essential oils. For sensitivities known by the client, alternate essential oils may also be used.
11. **Anyone Can Do Raindrop.** There are a variety of valid and effective ways to do Raindrop. A variety of resources are available to anyone who wishes to learn the techniques. While following a basic outline, the experienced facilitator may sometimes be led to vary the oils and the technique to fit the client according to his/her needs at the time. Check with your state guidelines for massage before performing Raindrop Therapy on individuals outside of your family.