

# Performing the Raindrop Technique

## Quick Reference Chart

### 1 Energy Balancing



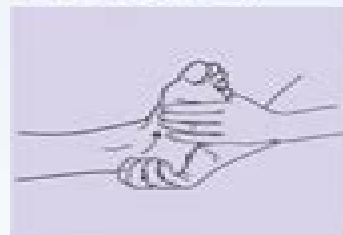
**OILS**  
Vital blend

**DROPS**  
5 drops

**DESCRIPTION**

Dispense oil blend into hands, hold hands on the soles of recipient's feet until you feel a shift in recipient's energy.

### 2 Vita Flex



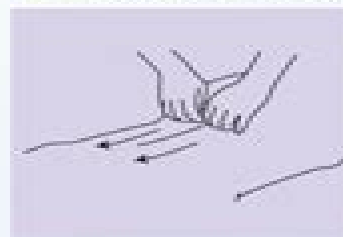
**OILS**  
Oregano, thyme, basil (or balsam fir), cypress, wintergreen (or birch), marjoram, peppermint

**DROPS**  
5 drops

**DESCRIPTION**

Apply oils, one at a time, to the spine of each foot using Vita Flex technique. Perform Vita Flex three times. Apply all seven oils to the right foot before moving on to apply all seven oils to the left foot.

### 3 Feather Stroke



**OILS**  
Oregano, thyme

**DROPS**  
2-4 oregano, 3-5 thyme

**DESCRIPTION**

Starting with oregano, drop oil along the length of the spine. Gently, using six-inch feather strokes, spread the oil along the back. Do this three times. Repeat with thyme. To reduce discomfort, apply V-6 Enhanced Vegetable Oil Complex if needed.

### 4 Circular Massage



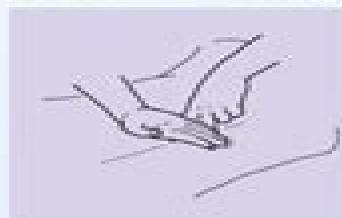
**OILS**  
Basil (or balsam fir)

**DROPS**  
6-10 drops

**DESCRIPTION**

Feather stroke three times up the spine to distribute oil. Place fingers next to spine and using small, circular motions massage all the way up the spine. Massage should be deep tissue. Complete three times on each side.

### 5 Saw Massage



**OILS**  
Cypress

**DROPS**  
6-10 drops

**DESCRIPTION**

Feather stroke up the spine to dispense oil. Place index and middle finger on either side of the spine. Using other hand, rub the index and middle fingers up the spine using a saw-like motion. Repeat two more times.

### 6 Thumb Roll Massage



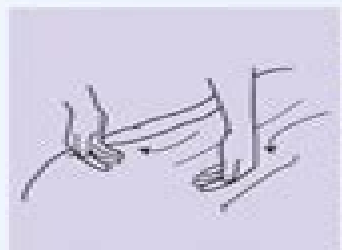
**OILS**  
Wintergreen (or birch)

**DROPS**  
6-10 drops

**DESCRIPTION**

Feather stroke three times to dispense the oil. Place thumbs on either side of vertebrae, slowly move up the spine using Vita Flex technique. Repeat three times.

### 7 Flare Feather Stroke



**OILS**  
Marjoram, peppermint

**DROPS**  
6-10 drops

**DESCRIPTION**

Apply marjoram oil liberally all over the back. Feather stroke three times to dispense. Place hands at the base of the back and feather stroke up about eight inches and then flare off down the sides. Work your way all the way up the back. Repeat three times. Follow with peppermint.

### 8a Relaxing Massage



**OILS**  
Aroma Sens blend

**DROPS**  
15-30 drops

**DESCRIPTION**

Feather stroke to dispense oil all over the back. With the palms of the hands, move up each side of the back using large, circular massage strokes. Work shoulder and neck area with thumbs. Repeat three times.

# Raindrop Technique

**D. Gary Young**



## **Raindrop Technique:**

**A Statistical Validation of Raindrop Technique** David Stewart, 2003 Jesus Christ wants every Christian to grow in a deeper relationship with Himself Yet so many people stagnate in the Christian life Grow explains how to have a daily quiet time in order to know Christ intimately and grow to maturity This book offers plenty of practical help for turning the chore of devotions into a lifechanging joyproducing habit Grow outlines clearly how to seek God in the quiet time and explains the amazing benefits of experiencing God on a daily basis With this helpful and enthusiastic book a person can have a quiet time that is much more than opening a Bible and saying prayers It will be a time of experiencing the living God a time of communion with the King This book can be used both in a Sunday School classroom and one on one

TABLE OF CONTENTS Lesson 1 Sharing Good News Lesson 2 Sowing the Seed Lesson 3 Relational Evangelism Lesson 4 Looking for Open Doors Lesson 5 How to Share the Message Lesson 6 Sharing Your Journey Lesson 7 Fishing with a Net Lesson 8 Meeting Needs as a Group Appendix How to Coach Someone using this Material Index

**Essential Oils For Cats: Essential Oil Recipes, Usage, And Safety For Your Cat** Scott Green, 2015-06-10 There are many specific uses of essential oils for cats Throughout this book you will learn what specific oils to use for calming or relaxing your cat eliminating fleas or ticks keeping their skin healthy and general care for their delicate ears and noses There are also some oil recipes you can use for deodorizing your cat's surroundings and repelling insects Grab the book to learn more

**Raindrop Technique** D. Gary Young, 2003-04  
**Raindrop Technique**, 2016-04-13 *Vibrational Raindrop Technique* Christi Bonds-Garrett, 2012-06-01 Expanded edition of the original book describing Vibrational Raindrop Technique includes new protocols Bible Oils Metabolic Essentials plus introduction to NeuroEndocrine Centers chakras use in VRT

**Collapse and Splash of Soil Peds from Single Raindrop Impacts** Aicardo Roa-Espinosa, 1989 *Study as to Merits of Various Rapid Raindrop Counting and Sorting Techniques* Glenn E. Stout, 1958 **Mastering the Art of Raindrop Technique** Seeds of Thyme, 2025-03 The Raindrop Technique combines unique targeted massage and energy approaches with premium authentic essential oils for a deeply harmonizing rejuvenating and relaxing experience The technique developed by Young Living Founder D Gary Young draws from his experience with ancient wellness traditions and methods that have been used for centuries The Raindrop Technique method provides a revolutionary means of nurturing harmony physically mentally and emotionally This booklet will help guide you as you utilize the Raindrop Technique in your home

*Discovery and Innovation*, 1989 **Beiträge zur tropischen Landwirtschaft und Veterinärmedizin**, 1991 **Annalen der Meteorologie**, 1988 *Soil Erosion in the Tropics* R. Lal, 1990 Filling a need for all soil scientists this comprehensive volume on the problem of soil erosion covers the principles and processes of wind and water erosion with emphasis on the tropics Because soil erosion is the single largest problem in maintaining food production worldwide management practices advocated in this volume will be of significant environmental impact

TABLE OF *An Evaluation of Raindrop Sizing and Counting Instruments* John E. Pearson, Gordon E. Martin, 1957

**Role of Mulching Techniques in Tropical Soil and Water Management** R. Lal, 1975 Surface mulching with crop residue at the rate of 4 to 6 tons ha decreases soil temperature and maintains favorable soil structure through enhanced biological activity Mulch tillage such as minimum tillage meets most soil management requirements for many upland crops Yields of maize cowpeas soybeans and sweet potatoes equal yields from plowed plots **Berichte über die**

**wissenschaftliche Biologie**, 1976 Spa Management, 2005 *Bibliography of Agriculture*, 1975 **Aircraft Maintenance and Repair** Northrop Institute of Technology, Charles Edward Chapel, 1955 Catena Supplement, 1982

**Rill Erosion** Rorke Bryan, 1987 Processes and significance of rill development Spatial and temporal variability in rill development processes at the huldenberg experimental site Transport of rock fragments by rill flow a field study Rill development in a wet savannah environment Resistance to rill erosion observations on the efficiency of rill erosion on a tilled clay soil under simulated rain and run on water Rill erosion on arable loamy sands in the west midlands of england Threshold conditions for incipient rilling The initiation of rills on plane beds of non cohesive sediments A review of dissolutional rills in limestone and other soluble rocks Rill development and badland regolith properties

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