

Raindrop Technique Training, Dallas, TX with Gary Young in 2011

Gary Young:

You are here to teach what you learn. How many of you know all there is to know about essential oils? You will learn more in a raindrop class than it took me 5 years to learn. In this class, you will learn what took me 10 years to learn.

I learned chemistry, how to use a GC to test the oils, we added a MSD in Ecuador, we have the most sophisticated lab in all of South America. No one has a GC that is calibrated the way ours are in Utah and Ecuador. Most have 30-meter column, ours are 50-60 meter column, then the MSD. Dr. Cole Wooley heads our lab in Utah. Sue Chao has retired, but still consults with us when needed. Dr. Wooley worked at Algin, which builds GC and Mass Specs. He knows the machines backwards and forwards. Dr. Casabianca trains our teams regularly. He will go to Ecuador for 2 weeks to train the staff in identifying these new compounds from the Ecuadorian oils.

Why build another lab in Ecuador when I have 2.5 million worth of equipment in our lab in Utah? It is because I need to find the compounds right away with these new oils. I can look at the test and decide to stop distillation. We learned that you have to let the **Ruta** lay for 6 days before the dachanome content was right. We got 3-4 liters before, now we get 8-9 liters after letting it lay 6 days. We let it lay 3 days before. That's the value! You have to know what level the compounds need to be.

Because something says therapeutic on the label, does that make it therapeutic? No! It is necessary to know the compound percentage in it.

Ocotea oil- we've been running tests on this, reducing hypertension and lowering blood pressure. It also has an active ingredient that kills malaria. We are still studying the oil for this possibility. In the 1st test it killed the malaria, 2nd test did not. It was a different Ocotea from a different region that has a different chemistry, different structure. The Ocotea tree makes Ocotea oil and ishpinga. **Yucon** (a sweetener from Ecuador) and Ocotea are a magic bullet for diabetics.

Palo Santo- I've worked 5 years to find the best region for Palo Santo. It has d-limonene for the reduction of inflammation. Testing indicates it has anti-viral and anti-bacterial properties.

Memory retention- smell peppermint. We need memory retention.

Remember, a synthetic oil will not match the receptor site.

Cancer- a lady with 3 weeks to live drank frankincense. Another person with cancer did the orange oil protocol. They both had the same good outcome. Although at the clinic, IV's of orange oil did not kill the cancer. Frankincense did.

10 year old girl came to Gary in Ecuador with a painful lump in neck. She had 14 vaccines from birth to 3 months old!! Mother was put on 3-4 drugs in her 1st trimester. This girl was on her way to lymphatic cancer. They ate food cooked in rancid oil. This appears to have plugged up the lymphatic system.

If you want to have life, make choices, not based on fear.

When applying oil for pain, the pain should be reduced 75% in one minute. If not, look for another oil!!

Applying oil on feet:

Put in hand, clockwise circles 3 times then up the spine 3 times. Hand that applies is the same as the foot that receives the application. This stimulates the nerve reflexes. Standing in alignment with the receivers leg. It's the energy alignment that is important. Keep contact with the receiver. I've seen massage therapist shaking out their hands. What's with that? Don't break contact with your client. Essential oils balance your body and cleanse your body of the negative effects of the medication. Essential oils are balancers, regulators. They will help your body find homeostasis.

Oregano and Thyme- cleaning the receptors, dissolving toxins. Can cause headache, and burning if you put on directly. It is better to dilute oregano. Heavy exposure to toxins, like Chernobyl? Dilute the oils. Best with coconut oil, which is a finer molecule, more sebum friendly. Take caution and dilute the oils for a person's first raindrop. Give them a good experience for the first time. Don't overload.

This might be a good time to add **Di-Gize**. Rub all over the center of the foot for any gastro-intestinal issues. Respiratory problems- apply **RC** across the top pads of the feet. Circular motion up and down feet.

Right foot is right side of the body. Left foot is left side of the body. Right side and left side spinal foot (arch path of foot) reflexes are the right and left side of the spine. You are actually doing the spine twice when you do vita-flex on the feet as well as the spine.

Cypress- oxygen uptake to the body.

Polarity: hold neck of the toe and put your hand on their hand and hold. Hold the digestive area of the foot.

LC protocol:

Sit straddling a chair so you are leaning over the backrest. Use pillow if needed. Get your roll-ons. Receiver's head is bending over the chair. Bring finger up to the LC point, (this is that hollow spot where the spine meets the skull) roll **Valor** over LC clockwise. You are now stimulating the LC, and through LC to entire circuitry of the body. You have balanced the body, and addressed sublimation.

Apply **Stress-Away**, same application. Then the exposed portion of the neck. Apply Stress- Away, work up one side of the spine and then up the other side. Then feather it in till absorbed. Then stimulate between vertebra to allow vertebra to take on more hydration. It expands, then decompresses. Overrides sympathetic system to parasympathetic, the autonomic nervous system is engaging and the headache is gone.

Discoloration? This is due to stress. Use **Valor** with application, or your finger.

Pain? Apply oregano.

Tension? Apply basil

Neruological problems-go from atlas to coccyx because signal is not going down the spine with these problems, you have to go down the spine with the oils to get the nerve signals firing.

Migraine Technique "milking the cow"

Swipe peppermint up the thumb (**M-Grain** is better) right hand to right, left to left. And tweak like vita-flex, hold thumb between your thumb and index finger. The secondary point is the neck of the thumb. Tweak point where the elbow creases on outside of arm. At crease of arm, roll to outside of arm-large intestine point. Hold four fingers on the 4 points on the thumb and squeeze. "milking the cow"

First: peppermint or m-grain. 2nd one drop thieves under tongue

(We saw this instantly fix a couple long standing migraines) Debra Rayburn

Auricular vitaflex on either side of the neck then under cranial bone with m-grain

One hand on base of skull and one on forehead and hold.

Client lying down. Do the lymphatic pump. Fingers under cranial ridge, thumbs over ears, let the fingers move the body up and down. Do when you are in stress/pain. When the hormones cascade it causes a hormone headache.

Migraine: Valor, lavender, Panaway. Basil to relax the muscles. Basil and peppermint for headaches.

Menthol-it is safe, there are warnings, but unwarranted. With estrogen and all hormones, you cannot push them above the normal ranges. The standard recommended hormone levels are way too low. Estrogen level is supposed to be 35 for a 50 year old, that's way too low. Mary Young's levels were 150 when we were working to conceive. The doctors were freaked out, said it was too high, danger of down's syndrome. Not at all.

Oils do not create problems, they correct them. I've never seen peppermint or basil cause hypertension or irregular heart function. These tests were made from a synthetic phenol not a natural oil. Mary and many others took clary sage throughout her pregnancy. You should be cautious, but don't shortchange yourself or your client.

Good bumper sticker: (I love this//DR)

"If you don't have Common Sense, you can order it."

Gary has planted 10,000 ylang ylang trees at the farm. We distill ylang ylang every 2 days, about 90 ml. yield.

Frankincense- prevents collagen degradation and inhibits the production of pro-inflammatory inhibitors.

Ten times more powerful electrical charge when doing vitaflex than just rubbing on the oils. Add intent with that and it is even more powerful.

Make your body position in alignment with the client. Roll tops of fingers over all the way, stay in contact with the spine line. Focus is 100% on your client to receive information (intuition) for their benefit. No "spider hand"-hand should be in contact with foot when doing vitaflex.

After wearing heels, walk backwards for 20 minutes to change the tilt of the pelvis. Rotates the pelvis back and elongates the spine.

1 drop of **Inner Child** or **Sacred Frankincense** on thumb. Put thumb in mouth and press up on palate, and then walk backwards. As you do that you get greater flow to limbic region of the brain.

Neuro Auricular technique

Sacred Frankincense- a swipe up the cervical spine to the LC point (indent)

At that point, inside, is the LC, which is the switchboard for the nervous system and the endocrine system. Mix in with finger, or with the applicator, do a circular motion at LC. Hold applicator with 2 fingers and rotate probe or roll on or whatever you are using. (Currently the applicators are not for sale, can use the rounded end of ball point pen or eraser end of pencil)

Cypress or **Valor** is good to stimulate the LC point. They open the receptors of the brain.

A quick response to boost the immune system, for depression:

Measure 2 hands down from LC to start points. 3 points down either side of the neck to work with probe or roll on. Use **Deep Relief**, clockwise motion with roll-on. (good for earaches or ringing in the ears)

Work alternately side to side, working up both sides of the neck
Work the point near the ear and work applicator toward the LC. Both sides

Then down the spine, starting at same point (2 hands below LC)
Now do the applicator side to side rather than circular
Will offer hydration to the disc
Stabilize the roll-on between 2 fingers.

For stress and tension in the neck, use **Stress Away**, Start at the same point with the roll on. Same cross stitch. When you get to the skull, stress is stored in the LC, which reduces energy flow. Switch to **Ruta**

ala. Stroke down on one side of neck from the LC point. Reduces stimulation to the adrenals. Stroke on both sides of the neck.

Tension in traps? If not, go back to **Stress Away**. "Paint down to traps with roll-on. It's like brushing stress off the shoulders, both sides.

Then do some thumb vitaflex on the traps.

You can swipe the roll-on continuing down from the traps, down the back another 4 swipes. Then do the lymphatic pump on the cranial ridge.

Then apply the **Valor** roll-on – to close it up. Valor accentuates the treatment, drives it into the DNA. In a circular motion, strokes off the shoulders.

Using the roll-ons on yourself. Rub stress away on LC and stroke it down your neck. Put **Rutvala** which will slow down adrenal stimulation, helpful for depression.

Roll-ons on the feet:

Valor-on the toes. Circular motion across the pads. Apply **Breathe Again** on bronchial points at top of foot (indentations)

In hotels- all the chemicals. Use breathe again roll-on under nose, behind ear lobe in a circular motion. On eustacean tubes. Follow the jaw line.

Second Practice

Sacred Frankincense or **frankincense carterii** on LC rub in with finger after application with probe between the 2 fingers (call the probe the oil applicator) rotate in circular motion.

For physical stress or tension- clockwise

For emotional stress (financial, death, etc.) go counter clockwise

Counter-clockwise stimulates the action of unwinding the transcription on the template of the DNA. With frankincense, rub along the cranial bone from ear to spine. Wipe it up the cervical spine. In a counter-clockwise motion with oil applicator from ear to center. Switch to other side.

1st roll on. Use round end of applicator. Stroke oil in. two hands down to start

(L-2). When working on indentation between vertebra, use the pointed end. Move back and forth to open vertebrae. Between 3 to 8 back and forth motions. C-8 bronchial nerves. Maybe 15-20 times.

Close your eyes when applying and feel how many times you should do it. To develop sensitivity, close your eyes, roll your eyes up to your eyebrows. It changes the opening in the pineal gland and allows you greater communication with higher power. Ask: how many times do I do this?

Stress Away-stitch motion. Use applicator with a circular motion. You can start with the LC or do LC at the end. (2 hands down, points on either side of neck)

Paint out on either side, stroke it off the traps both sides, circular motions going off traps at least 3 pathways. Try applying with both hands. Stroke oil in, a little circular massage.

Depression- if on anti depression meds

Rutavala- counter-clockwise. Start at LC and move down. Cranium ridge to ear- follow skull bone to ear, then other side. Hold roll on between fingers. Then stroke off traps and down 3 strokes

If shirt is off- expose elbows, imagine a yardstick across the elbows, mark a point 2 inches above that on the spine. That will be approximately the kidneys. That's where the adrenal glands are. Work those points with **Rutavala**. When you are depressed, there is a spike in adrenalin in the neuro cortex. If adrenalin is high it will come down, if too low, will come to balance. Then you can vitaflex it in to nourish that location.

Use **Breathe Again**- C-5, from LC to kidney point. Work between the vertebrae.

T1 and T2- respiratory area

Measure from T5- 4 inches above that will be T2 for feeding the respiratory nerves. Stitching action from T5 to T1 in a circular motion, crossing back and forth. Cover as much area as you want as many times as you feel. (Gary did 4 applications)

If roll on is not dispensing, pop the roll on out and put it back. Vitaflex it in. Go down to T5 with **Rutavala**. if there is a knot in the stomach due to stress. Stops

that reflux problem. Use **Di-gize**, use applicator on thumbs.

L1 or L2- reproductive region. 6 inch region on the lower lumbar, or for cramps, menstrual problems. Work points with **Sclarescence** and **Endogize**

Listen to the person's complaints and choose oils accordingly.

DR: I know this may not really convey what we saw, but read through a couple times and it will make more sense. If you are near the Houston area, several of my massage therapists who joined me in attending this event will share and teach these techniques early next year. More details coming soon.

**Contributed by: Debra Raybern
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