

Raindrop Technique if you are alone



1. Use 2~3 drops valor on your shoulders and wait until you are balanced. Valor aligns the spines.



2. Rub 1~2 drops oregano on your hand and reach as far back as you can.

Oregano is a hot oil, use with carrier oil if you like. Oregano is antibacterial.

3. Layer 1~2 drops thyme after 3 mins allowing the first oil to be absorbed into the skin. Thyme is highly antibacterial.



Rub as far back as you can.



Rub on your lower back.

Layer these oils 3 mins apart to allow absorption.

- 4. Basil - anti-inflammatory
- 5. Cypress - for circulation
- 6. Marjoram - for muscles
- 7. Wintergreen - for joints
- 8. Peppermint - drives all the oils deeper into the skin



9. Finish off with Aroma Siez or a favorite oil.

10. Add Copaiba (optional) to amplify the benefits of all the raindrop oils.



Raindrop Technique

Alan E. Smith



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

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Raindrop Technique, 2016-04-13 [Raindrop Technique](#) D. Gary Young, 2003-04 [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

The Chemistry of Essential Oils Made Simple David Stewart, 2005-04 This solidly scientific book is anchored in scripture and easy to understand It will give you an appreciation of both the scientific and spiritual bases of healing by prayer and anointing with oils Publisher description

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

Reference Guide for Essential Oils Connie Higley, 1998 [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

[How to Unbreak Your Health](#) Alan E. Smith, 2010-06-01 Find better health with your map to the world of complementary and alternative therapies in this comprehensive health and wellness guide for mind body and spirit Are you sinking into the Quicksand of Pain Are you stranded in the Mountains of Misery or simply lost in a Forest of Symptoms Find your way to Hope with the second edition of the award winning book *How To UnBreak Your Health Your Map to the World of Complementary and Alternative Therapies*

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