

## **What exactly is the Raindrop Technique?**

By Angelina Burgin, LMT, Reiki Master

Many people have heard the term “Raindrop Technique®” but what does that really mean? The Raindrop Technique®, or RT, is a mind and body detoxification performed by placing drops of several therapeutic grade essential oils along the spine. The oils are used to flush out body toxins and kill harmful bacteria along the vertebrae. This practice originates from the Lakota Indian tribe in South Dakota, whose ancestors would travel North across the Canadian border to experience the wonders of the Northern Lights or Aurora Borealis. They would breathe in this light and electromagnetic energy into their bodies and into their spine, which they believed healed them from many forms of ailments and disease. Once the border between Canada and America was created, the Lakota Indians could no longer carry out this journey. Instead, they developed a technique using feathers to simulate the powers of the Northern Lights to heal their minds, bodies, and spirits.

Naturopathic Doctor Gary Young was lucky enough to study with one of the elders from this tribe, Wallace Black Elk, and was inspired to create what is now the Raindrop Technique® that everyone hears of. Gary Young is the founder of Young Living and has dedicated his adult life to helping others heal without the use of synthetic ingredients and toxic chemicals. The modern technique used involves using ONLY therapeutic grade oils, free of manmade chemicals or preservatives. Using cheaper, lesser quality oils do not have the same healing properties, and may even harm the recipient. The oils, which have been clinically tested, are highly antimicrobial, anti-inflammatory, and antiviral, so they help kill toxins and dormant viruses that live along the spine. Unlike most antibacterial substances, the essential oils keep the “good” bacteria intact, so your body is not deprived of its healthy equilibrium. About ten different oils are dropped like rain from approximately four to six inches above the spine, which allows their healing properties to be received through the aura, or energy field, of the client. This helps balance the connection with the mind, body, and spirit. The oils are dispersed using feathering techniques, mimicking the Lakota tradition, as well as various other strokes to work the oils into the spinal muscles.

Each essential oil used has its own specific purpose in the technique for both the body and the mind. Since the spine is the “superhighway” where all nerves emerge, absorption of the oils here enhance electrical flow along the neural pathways. In turn, this helps to heal all parts of the body, including organs, glands, muscles, and other systems in the body. RT also works on the limbic system, which is the center of emotions, through the sense of smell. The scent of the oils travels through the nasal passage to reach this center of the brain. This helps to bring clarity in the mind and spirit and then back to the body. RT combines the aromatherapy with cellular level cleansing, inducing a state of relaxation and rejuvenation. This process has had success in treating many conditions, including scoliosis, irritable bowel syndrome, ME/fibromyalgia, back pain, vertical misalignment, and depression.

In NY State, this technique must be performed by a licensed massage therapist, or LMT. If you decide that RT is for you, you may want to ask if they have been trained in the original RT, developed by Dr. Gary Young, since this is the technique that has had such profound results. Also, you should ask your LMT if they use therapeutic grade oils. If they are not sure, the answer is most likely a no. Ask your LMT about RT next time you have an appointment for a massage. It just might be the healing you are looking for.

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