

Rain Drop Technique

(RT) stimulates detoxification of the body. Therefore, it is crucial for the client to drink plenty of water following a therapy session and avoid toxic fluids such as soda pop, coffee, or alcohol. A good rule to follow is to divide your weight in pounds by two and drink that number of ounces of pure water every day. Sometimes the detoxification process results in bodily soreness, headache, sinus drainage, coughing or a rash on the skin. While unpleasant, these symptoms are temporary and are merely an indication that the technique is working and perhaps, saving you from a much more serious illness at a later time. If the colon, liver and kidneys are saturated with toxins and unable to function normally, the skin becomes the third organ of excretion--thus a rash. For the vast majority of Raindrop clients their experience is a sense of improved wellbeing, relaxation, and more energy, in some cases, chronic ailments have fallen away immediately or have disappeared soon after the session.

Strong emotional releases can occur with RT since the oils, when inhaled, go directly to the central brain which coordinates the memory of stored emotions. The oils also go directly to the muscles, tissues and organs throughout the body where emotions can also be stored in cellular memory. Essential oils can penetrate cellular membranes and release these forgotten emotions. In rare instances, receivers may have a strong emotional response. Accept what you are witnessing as a necessary and beneficial healing process.

The benefits of RT may not all be apparent immediately following the session. Adjustments can continue throughout the week. Some experience a healing (occasionally dramatic) immediately upon receiving RT. However, the completion of the benefits to the mind, body, and emotions takes place over a period of hours and days following the session and may not all be evident right away.

Furthermore, some of the benefits may be subtle and not noticed for a while. Meanwhile, unexpected healings may occur for chronic problems that had not even thought of. One can never predict in advance what benefits RT may bring in a given session. Therefore, evaluation of the benefits received from RT may take several days to assess.

RT can lead to permanent healing, but.....The correction or healing of maladies will vary widely according to the needs going into the session and the willingness to release what ails them at that time. Not all problems can 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 RT session can potentially correct something, but to completely return to a state of perfect health may take a series of sessions over time--plus lifestyle changes in terms of diet, exercise, habits and environment. RT cannot lead to permanent healing unless permanent changes are made to eliminate the factors that led to the ill conditions in the first place. What RT does is to help cleanse one of the consequences of past negative activities and affords one the opportunity to start afresh and get it right in the present and into the future.