



# Raindrop Technique®

## *Out of the Box Thinking on Supplementation*

Many of us think of taking a pill when we hear the word "supplement", but they don't have to come in the form of a pill. There are other options such as, tea, essential oils and herbs. Therapeutic-grade essential oils can be added to a horse's food, inhaled or applied topically. One timely process is the Raindrop Technique® as it helps boost the immune system. With competitions, shows and trail riding season starting, this means increased contact with germs and heightened stress. Give your horse some added protection and give yourself that competitive advantage!

The Raindrop Technique® was developed in the 1980's by D. Gary Young, based on a Lakota Indian healing ritual and was first used to aid in healing of spinal and related muscle injuries. Now it is known to be a powerful, non-invasive process for assisting the body in many things such as:

- Founder
- Infection
- Allergies
- Detoxify from anesthesia, medications or poisons
- Arthritis
- Tying up or muscle cramps
- Muscle fatigue and soreness
- Stress or trauma; physical or emotional
- Boost immune system
- Increase mental alertness
- Active and athletic horses

Every person wants their horse to be healthy, alleviate their stress and help them to perform to their optimal levels. Giving your horses a Raindrop Technique® semi-annually or quarterly, depending on the level of activity will help support your horse physically, emotionally and mentally. For a professional body worker or once you have learned to administer it on your own, an equine session will only take 30-40 minutes to complete. It is a flexible process, allowing you freedom to modify it based on the situation and desired outcomes. Since I am a certified equine massage therapist and also use acupressure in my sessions and when teaching, I often include tips on massage techniques and acupressure points to enhance the outcome. As a bonus, you will also benefit along with your horse from the Raindrop Technique® because the essential oils will absorb into your body through your hands when administering them.

The process involves:

- Balancing the body's energy
- Aromatherapy - inhalation of the oils
- Applying oils to the back and cornet bands
- Using acupressure and massage

There are nine primary Young Living essential oils used:

- Valor
- Basil
- Oregano
- Thyme
- Marjoram
- Cypress
- Wintergreen
- Peppermint
- Aroma Siez

Optionally, additional oils can be incorporated into the process to enhance the effect or to help reach a given. The process itself is very soothing and the horse usually shows major signs of relaxation. A warm compress is placed over their back at the end of the session to increase the circulation and absorption.



I have seen many profound results from what the Raindrop Technique® can do. I use this supplemental technique on my own horse, Indy. Unfortunately, issues do sometimes arise no matter how careful we are or what good intentions we have for our horses. For example, Indy choked which caused an infection because he aspirated during the procedure that removed the blockage. With a spike in his fever, a call into the vet and an appointment set in the morning, I decided that it would be a good time to give him a Raindrop Technique®. The vet was worried about pneumonia since the infection was still present after the first round of antibiotics and I have to say so was I! So with no time to waste, in the approximate 30 minutes it took me to complete the session, his fever dropped by 1°. Wow! This amazed me and made me feel better about waiting until morning for the vet to come out.

Spring season is a prime time to give your horse a Raindrop Technique® before competitions and ride season is underway, it is a perfect time to give your horse that extra immune stimulant. I'm offering FREE hands-on training this month. That's a \$50.00 savings! All you have to do is gather five people together for the training and each purchase a Raindrop Kit through my Young Living sponsorship, # 925420. Contact me for more details. One-on-one sessions or training is also available.



#### **About Peace of Mind, Body & Soul**

Products and services to help maintain the health and wellness of animals and people using integrative methods: animal communication, equine massage therapy, Reiki, acupressure, Raindrop Technique®, Young Living therapeutic-grade essential oils, nutritional supplements &

body care items. For more information contact Jenny Gott, E.C.M.T., Peace of Mind, Body & Soul, at (952) 484-4396, [Info@animal-intuition.com](mailto:Info@animal-intuition.com) or visit [www.animal-intuition.com](http://www.animal-intuition.com).