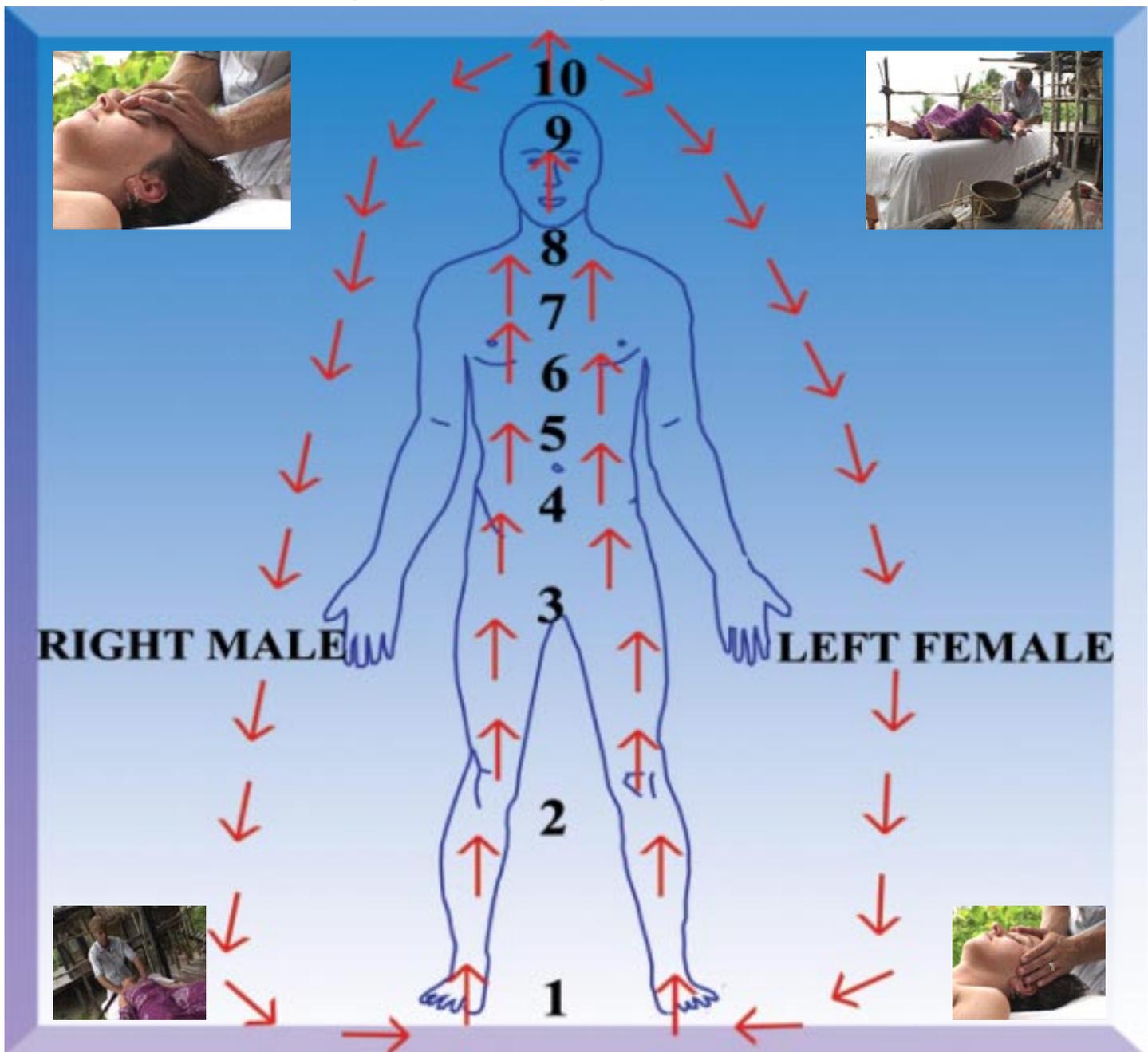


# Egyptian Raindrop Therapy

In this one-and-one-half hour session, we will employ a number system drawn from an ancient Egyptian Hermetic system of numerology, divided into 12 steps. This system acknowledges the inherent intelligence of the body to recognize and to remember its original state of being. Through the power of suggestion and by applying a set of numbers over the body, the cells of the body can begin to rearrange themselves back to their original configuration. As the body aligns itself, a powerful and positive current of energy is created that flows throughout the body. As this energy, or Chi, flows an altered state of consciousness begins. This remarkable experience opens the doorway to a lucid dream state while healing the physical body at the same time. Pain diminishes, stress dissipates and the body is left in a deep state of relaxation as small, but powerful, experiences within the dream state are brought forth into consciousness.

<sup>1</sup> Zain, C.C., *The Sacred Tarot*. Los Angeles, CA: The Church of Light, 1936.





### Step 1. The Ceremony

The opening ceremony consists of asking permission from God, and the heavenly beings that are present, to assist us in the session. We will also ask for the support of Mother Earth as well as the elemental energies of Fire, Earth, Air and Water.

### Step 2. Balance

Valor essential oil works on the body's electrical energy alignment. It is massaged into the feet. A balancing technique is applied in order to energetically align the male, electric side of the body and the female, magnetic side of the body. This is accomplished by placing the fingers on the feet directly over the reflex points that correspond to the spine. Small movements are made with the fingers, similar to playing a piano, thereby generating an electrical response in the nervous system and assisting the body to relax and balance itself.



### Step 3. Animal power

We will ask the female or left side of the body to function on all three levels — physical, emotional, and spiritual. Next we will slap the left foot in a sequence or rhythm of 3 times 3, to signify that the female part of the body is simultaneously functioning on all three levels. Upon initiating this process we bring in the power of the Sun. This is accomplished by applying circular pressure to 12 reflex points at the base of the heel to signify that the female side of the body is working with all the influences that come from one year of life. We then deeply press the heel at the center of this circle of pressure while spinning the thumb 9 times, signifying that the female side of the body is working with the higher mind within this year. This action creates an influence of 21 or the power that comes from the Sun. Next, we press in a sequence or rhythm of 3 times 7 directly up the center of the foot signifying that the female side of the body works in direct contact with the 7 major influences that are present within the material plane. By adding the number 7 we get 28 (which numerologically translates into 10 by the addition of the two digits) completing the cycle for the female part of the character. Following this sequence of numbers, a 15-minute reflexology session is applied to the left foot to stimulate the nervous system of the entire body. We end by generating green Moon energy, assisting it in spreading through the left side of the body. The entire sequence is repeated to the right or male side of the body for step 4 below, the only difference being that we now apply orange Sun energy instead of green Moon energy.



#### Step 4. Spreading the energy

We massage the legs with long strokes, pushing and spreading the energy up from the feet. This is done in a special way by rubbing along the energy meridian of the body, heating the legs while visualizing the energy flowing and building strength as it moves up the legs and connects with the sexual organs.

#### Step 5. Preparing for the oils

We massage the spine, pulling the energy up from the hips and spreading it throughout the entire back. This is done by visualizing the energy spreading from the base of the hips and up the spine as the client uses their breath to help the energy move up the body.



#### Step 6. Applying the oils

Seven essential oils are dispensed like little drops of rain from a height of about six inches, and gently massaged alongside of the vertebrae. The oils are dropped onto the body in a very special way using a numerical system that aligns the seven emotional parts of the character. Seven drops are applied on both sides of the spine using the first oil. The drops are evenly dispersed from the base of the sacrum to the base of the neck, giving a signal to the nervous system to begin the adjustment of the spine. A series of hand swipes are applied to spread the oil: Three swipes up the right side while asking the first emotional layer of the male side of the body to work on all three levels — physical, emotional and spiritual; three swipes up the left side while asking the first emotional layer of the female side of the body to work on all three levels. Then 10 swipes are applied with even pressure up both sides to reset the cycle of the first layer within the emotional body. Next, light circles are massaged up the spine over points 3 through 8 in the diagram. As this is done, the energy is directed to be built up within point number 3. The process of applying the oils is repeated 7 times, the only difference being that the energy is directed to build in point number 3 and end with point number 10 in the diagram.



#### Oils used:

- 1 Thyme:** Proven scientifically to be anti-infectious, anti-bacterial, and anti-viral.
- 2 Oregano:** Works similarly to thyme but is more aggressive and helps stimulate the immune system.
- 3 Wintergreen:** Anti-inflammatory. Helps relieve pain. It may also help with arthritis, tendonitis and rheumatism.
- 4 Cypress:** Helps circulation and helps to relieve spasms, cramps, edema, cellulite, and varicose veins along with water retention.
- 5 Peppermint:** Used to soothe and strengthen the nerves. It also helps bring harmony between the other oils to enhance their individual activity.
- 6 Basil:** Smooths muscles with its anti-spasmodic activity and is also known to stimulate the nerves, alleviate mental fatigue, and relieve migraine headaches.
- 7 Marjoram:** Anti-spasmodic and helps to relax the muscles and relieve cramping, aches and pains.



### Step 7. Tibetan Singing Bowl

A Tibetan singing bowl is rung 3 times, representing the physical, emotional and spiritual levels. At the same time it is placed gently on the spine on point number 3 in the diagram. The overtones that are created by the bowl vibrate the physical cells of the body, reminding them to work in their natural configuration, thereby creating a chain reaction effect. This is repeated 6 more times placing the bowl directly on points 3 through 10. This allows all of the energy that has been generated up to this point in the session to move to that spot in the body directly under the bowl, creating an alignment of the physical, emotional and spiritual parts of the character.



### Step 8. Releasing the Neck and Head

The client now turns over and a deep massage is applied throughout the vertebra of the neck to release the tension within the neck and head. This prepares the body for step number 10.

### Step 9. Connecting the Heart to the Head.

Energy work is applied starting with the feet and moving up to the stomach. The energy is assisted to flow evenly up through the stomach into the heart. A Native American flute is then played over the top of the head and in each ear. This creates the number 3 as the music balances the right and left hemispheres of the brain while using a special type of visualization to let the soothing music of the flute connect the energy coming from the heart to the head.



### Step 10. Applying healing energy to the neck and head

Now that the flute has opened the flow of energy coming from the heart, energy work is applied to 6 different locations on the neck and head. This creates a positive energy flow coming from the heart to the top of the head, and preparing the energy to move out the top of the head.



### Step 11 The Aborigine Didgeridoo

A didgeridoo is played, creating powerful overtones, while the circular breathing generates large amounts of electromagnetic energy that is directed by the healer. This is done in a special sequence. While playing the instrument into one ear, the healer's hand is placed on the left foot. This assists the energy to flow up the left side of the body. The same is repeated on the right side of the body. Then the instrument is played on the top of the head creating the number 3. The energy flow is then activated as represented in the diagram.



### Step 12 Giving Thanks

A prayer is said to give thanks to God and the heavenly beings that were present to assist us in the session. We also give thanks to Mother Earth and the elemental energies of Fire, Earth Air and Water. As this session comes to completion the physical body is now free from pain and stress, realigned on all 3 levels.