



## Extension

### of the Raindrop Technique

from Plant Soul Level

Received from Soul Level through and provided to you by:

Iris Kraml-Weber

[www.school-of-easy-living.com](http://www.school-of-easy-living.com)



Raindrop Technique – Extension from Soul Level

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## Foreword

This is an extension, an enhancement and completion of the Raindrop Technique to the highest good of all involved and affected.

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It was received in Soul Communication with the Plant Souls OREGANO, THYME, BASIL, CYPRESS, WINTERGREEN, MARJORAM, LAVENDER, PEPPERMINT, SPRUCE, FRANKINCENSE, BLUE TANSY and ROSEWOOD.

It can be used by all those who have mastered classical Raindrop Technique, and may be recommended with mentioning of the School of Easy Living to such persons, but must not be taught by people who are not School of Easy Living trainers.

School of Easy Living teaches Raindrop Technique in two seminars:

- Raindrop Technique – Basics, Classical Raindrop Technique
- Raindrop Technique – Consolidation and Extension from Soul Level

Both seminars can be booked directly one after the other or separately. You can look up seminar dates and all the other details on the homepage:

[www.school-of-easy-living.com](http://www.school-of-easy-living.com).

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### Introduction

This technique is key to open up doors and ways of learning, serving and being, to you and others. Blessed be!

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You know the correct procedure or Raindrop Technique. Only a few things are changed and added that will ease your understanding of this technique for what it is: a tool for transformation on the physical cell level, on the informational cell level, and on the emotional cell level.

It restores the dignity of people, as well as their access to the powers inherent in themselves. Whether a person uses those powers or not is of course their choice, but at least they have the possibility and access restored and available.

That is more than they had before receiving the application.

Now let us clarify please that the effect on the recipient will be much stronger than the effect on the Raindrop Practitioner, because many of the strategically important points will not have contact with the essential oils for the Raindrop Practitioner, whereas the recipient's system and body will. And the giver is in a physical state of more tension in the body tissue through simply standing, bending forward, moving, and through the necessary concentration, whereas the receiver relaxes and lays on the massage desk. So, the practitioner's cells cannot benefit as much as the recipients' cells. Thus, the giver is being offered only a small part of the potential benefits of the oils, compared to the recipient.

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### Preparation

Blend together 2-3 drops of every single oil of the Raindrop Technique in a small bottle and ask these Plant Souls for their blessing.

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This **oil blend** will prepare you for the application. It strengthens the flow of energies and frequencies through you into the system of the recipient, who in general has less connection to essential oils and the Plant Souls being part of this technique.

Apply one drop of this oil blend before each application on one spot of your body where you feel it would be good for you. One drop should be enough in most cases. Give thanks as soon as you sense or feel some kind of connectedness – this may be very vague for the first time for some people.

If you have used all of your oil blend, you make a new one in exactly the same way. You can keep it this way for the rest of your life, if you want to, but after applying the oil blend for several times, a mechanism should evolve, so that you don't really need to apply the oil blend any more. But many of you will begin to love this small ritual that will get your mind and system prepared for the application, and that's perfectly okay that way.

Drink lots of clear, pure, still water before and after the application, maybe also during it, and offer water to the recipient before, after and during the Raindrop. It is important for the essential oils to have enough water as a vehicle of transport, and everything can be rinsed the way it should be.

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## Application

### On the Feet

The essential oils are applied on the soles of the feet, nothing changes here.

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### On the Back

#### Application of both Hands after the Palm Rub Massage

Announce to the recipient before starting the application, that during it you will at some point place your hands on their back and leave them there for some time motionlessly. Suggest to them to relax and enjoy the warmth of your palms, and should there be pictures or memories or emotions coming up, they should just let them pass by like clouds on the sky. Tell and remind them to breathe deeply.

After the Palm Rub Massage warm your hands through rubbing them together if they are cold, and place them next to the spine of the recipient, fingers pointing at their head, between Solar Plexus and Heart Chakra, or above kidneys and adrenals, in the lung area.

Leave your palms there for 5-6 minutes. If the room temperature or the temperature sensation of your recipient make it necessary, you can cover the rest of the body with sheets and/or blankets (please use only natural, preferably organic materials).

Remind the recipient to relax, to let emotions and thoughts or pictures that come up flow away like clouds in the sky, remind them to breathe deeply. There is nothing to be done in that moment.

Through your hands, warmth flows from one human system into another one. That is an invaluable and joyful experience, because it shows tender caring and being provided with everything needed, it is a blessing for the whole cell memory, the Emotional Body\*, the Pain Body\* and other levels of the human system.

During that time, relief is brought into those fields of cell information, where cruel and painful things from the recipient's life and also earlier incarnations of the recipient's Soul are stored. The things that are stored here hurt so deeply, that they can only be stored in the area between the heart and the Solar Plexus, since

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everywhere else they would cause way too much damage simply through their existence on the informational level of the cells.

Neither the recipient, nor you as the practitioner should or must “look” into what comes up there or is being worked on.

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It is not in the Divine Order if you as practitioner ask for information here. Should your system do that automatically, train it not to do it during this period of the session. Quit all excuses or other comments regarding this and do what we teach you if you want to work with this extension. It is the privacy of the recipient and his or her Soul, what is stored and being reconditioned here. Is does not belong to you, and within the frame of this application it is not important that something is seen, realized, recognized, communicated, or that you add or support healing, or that you initiate further “treatment”.

Learn humility and learn to control your curiosity if you want to work with this extension. You could possible sense information here, that you can't cope with, and through your resonance to the pain and the information that we work on through your help, it is possible that you would not be able to finalize the Raindrop.

We Plant Souls can and will work on things you humans with your Emotional and Pain Bodies can't cope with. Doing this is our task, and we can and will do it. It is your job to focus during our work solely on the warmth and benevolence transfer without any special wishing, blessings or words like “love”, “peace” or whatever comes to your mind that you want to feed into the recipient's system.

It would be good to do preliminary exercises as often as needed, especially if your ability to “feel”, “sense” or “see” energetically is very active, or not really trained well yet.

Not to take a look and not to try feeling and sensing is a challenge, but it serves your protection. Whoever disregards this, will pay the price for it himself or herself – the recipient will not have any damage or disadvantage from it, unless you concentrate on it and keep it alive, so you always think of it when you see that person. And this is very likely, if your emotional pain points are triggered, so it is in both of your interests to comply with this instruction.

By laying your hands on the back the effect of the application is increased, and emotional healing is added. That allows the recipient to relax even more and even

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deeper, so issues can be worked upon, that could not be touched at any other time or in any other situation, because it simply would be too exhausting.

The recipient will feel well most of the time, and you as practitioner should focus during this period solely on your own wellbeing and your own comfort.

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Know for yourself, and let the recipient know: To look and feel what is being worked on by us, would actually be counterproductive, because it would occupy you so much, that you would deny the joy and a big part of the potential benefit of this application period. Should you log into these issues emotionally as well, only a tiny part can be worked upon, can be “treated energetically”, can be healed or dissolved, because you would become stuck with one detail, and through that you’d block further healing. It can even happen that after the application, this information comes back to your mind and occupies you, so that you would draw back a part of the problem. So, let that be, just enjoy the relaxation, the effects of the Plant Souls that serve both of you in that moment, as well as the warmth and loving care of the hands on the body.

### Use of the Singing Bowl

If needed and according to your gut feeling or inner guidance, you can apply the singing bowl in the pelvic area.

It is enough to buy only one good quality Root Chakra Singing Bowl.

**Warm it up** with some warm water or on a warm spot, then place it on the area around the sacrum on the recipient’s pelvic area. Make sure it is not hot! You don’t want to burn the recipient! Hit it 3 times and wait in between until you cannot hear the tone any longer. Then you will have the biggest effect.

You can integrate the use of the singing bowl at any time while working on the recipient’s back, a maximum of 3-4 uses will do and will cause optimum effect. Using it after every oil would be too much. The relaxation time after the Raindrop should remain free of any application of the singing bowl.

This application shall be a Raindrop Technique with additional use of a singing bowl, not a singing bowl treatment with additional use of some essential oils. If you want to learn other forms of applicating singing bowls, one has already been received from Soul Level through Iris and will be taught for the first time in spring

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2018 in Austria. Further other techniques with singing bowls will be communicated as well later on.

Please burn some incense of high quality resins or plants after the application and hold the singing bowl into that smoke to clear it. Several seconds to several minutes will be enough, you don't have to make the procedure complicated and long. If you do several applications on the same day, it will do to cleanse the bowl with smoke in the evening.

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### Closing Word

It is possible that Raindrop Technique will be simplified in several years or decades through advice from Soul Level, but until then it remains how it is. So, there are no more changes or extensions. This communicated extension is the easiest and most effective way, and it will be challenging enough for some of you, since human curiosity can sometimes stand in your way.

Feel our love for you, for your Soul, for the life within you, for the Divine within you!

We embrace you in all your abundance.

Blessed be now.

\* Explanations from Soul Level can be found in every full message from Soul Level as well as in the book "The Wisdom of the Plant Souls" which can be ordered via online shop of the School of Easy Living: [www.school-of-easy-living.com/shop](http://www.school-of-easy-living.com/shop).



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## Imprint

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