

Vita-flex is an ancient Tibetan massage technique, re-discovered and brought to the United States, by Stanley Burroughs in the late 1920's. His book, *Healing for the Age of Enlightenment*, is the original English text on the subject. Vita-flex is a reflexive or pressure point massage that activates the reflex points, assisting the body to heal itself. When the gentle rolling pressure is applied, an electrical impulse is sent along the channels or meridians to a specific area, organ or muscle group, causing the body to stimulate or depress the region creating balance. The body itself has a self-regulating system that Vita-flex simply and effectively taps into. Vita-flex is exceptionally effective in delivering the benefits of essential oils throughout the body. Combining the frequencies of: The receiver, Vita-flex and Young Living's essential oils results in rapid and phenomenal benefits. It encompasses the entire realm of mind and body and is capable of releasing many kinds of tension, congestion and imbalances. "VITA FLEX" simply means vitality through the reflexes. It is a complete scientific, workable system of controls which releases the energy of the unlimited healing power within us", as stated by Burroughs in his book.

Vita-flex is sometimes thought of as a superior form of reflexology. Stanley Burroughs refers to more than 5000 vita flex points throughout the body in comparison to the 365 acupressure points used in reflexology.

Modern day Reflexology, has a tendency to ground out the electrical charge from constant pressure, compression and rotation; causing oxygen deprivation, cell separation and further injury to delicate nerve endings.

Vita-flex technique is applied by laying the pads of the finger(s) flat on the body surface and slowly rolling up until the tips of the finger(s) are vertical; continue to roll over until the fingernail lies flat against the body surface. Then moving forward about half the width of the finger:- this rolling and releasing technique is continually repeated until the Vita Flex point, or area, is covered. This movement is repeated over the area three times. Combine this technique with 1-3 drops of essential oil applied to those areas corresponding to the system of the body you wish to support. Using all four fingers, one finger or the thumb are equally effective depending on the area you are working.

Vita-flex wakes up the piezoelectric characteristic of the human skin, where pressure, however slight, induces voltages and corresponding currents in the body. 'Piezo' is a Greek prefix meaning 'pressure' ...thus 'piezoelectric' means 'pressure induced electricity'. The light gentle pressure of vita-flex builds up to a maximum voltage as the finger pads roll from flat to vertical. As the finger tips roll over to the nails, the nails act as electric insulators, suddenly breaking the connection and firing the built up electrical energy into the body. When oils are applied along with the vita-flex maneuver, the oils are carried along these generated currents at the speed of light. When oils are applied anywhere on the body their benefits are enhanced by incorporating Vita-flex.

I studied vita-flex with one of Stanley Burroughs students 8 years prior to experiencing the healing benefits of therapeutic oils. In my then; poor state of health, vita-flex as a receiver was relaxing and uplifting, as the administrator it was exhausting.

Raindrop technique as developed by Gary Young incorporates many vita-flex techniques. This specific combination of techniques is the most beautiful, healing gift anyone can either give or receive. In my opinion it has as many benefits to the giver as the receiver. If you have not experienced vita-flex technique in combination with Raindrop --- You are in for a treat, my Friend! --- make it a priority to find an experienced Raindrop Facilitator TODAY and give yourself or a friend the healing gift of "RAINDROP"

What is Raindrop Technique?

Raindrop Technique originated in the 1980s from the research of D. Gary Young working with a Lakota medicine man. Raindrop Technique is a powerful, non-invasive tool integrating the art of

aromatherapy with the techniques of Vita-Flex and massage in the application of therapeutic grade essential oils to various areas of the body.

During your Raindrop session, the oils are dispensed like little drops of rain from the heights of about six inches above the spine and massaged along the vertebrae.

The purpose of Raindrop Technique is to stimulate every organ, muscle and bone at a cellular level through the oils, boosting the various body systems, bringing the body into structural/electrical balance, and enabling the release of toxins wherever they may be. This includes those lodged in the mind and emotions.

The Therapeutic Value of Essential Oils

Poetically called the “life force” of the plant, essential oils are very complex, concentrated and powerful. Essential oils are extracts from the plant fluids that maintain plant life. These fluids and resins move through the plants circulatory system in the leaves, stems, roots and flowers, carrying nutrition and oxygen into the plant cells and carrying waste products out, just as the human blood functions in the body.

Vita Flex “Vitality Through The Reflexes”

Vita-Flex is the ancient Tibetan massage technique that was rediscovered by Stanley Burroughs in the late 1920s. Vita-Flex is a reflexive or pressure point massage that activates the reflex points, assisting the body to heal itself. When the technique is applied, a minute electrical impulse is sent along the channels or meridians to a specific area where the body will either stimulate or depress the region to create balance. The body itself has a self-regulating system that Vita-Flex simply taps into. Vita-Flex is exceptionally effective in delivering the benefits of essential oils throughout the body.

Reference Books & Video’s for comprehensive explanations and visuals of applied vita-flex:

Healing for the Age of Enlightenment by Stanley Burroughs

Essential Oils Desk Reference by D. Gary Young (Essential Science Publishing)

C.A.R.E. (Center for Aromatherapy Research & Education) Seminars & Videos

www.raindroptraining.com

Reference Guide for Essential Oils by Alan & Connie Higley,

Vita Flex Instruction video by Tom Woloshym

