

# Macaroons & Kitty Raindrop

This class is designed to be run at home, gathered around the kitchen+dining table, with 5 to 10 attendees. You may wish to charge \$15 per person for this class, to cover costs.

## What you will need for the presentation

- Go to your virtual office. Click on “Member Resources”. In the Information Pages section you will find the “Culinary Essential Oils” flyer. Print in colour, one per guest.
- Print page 4 of these notes, one per guest + one for yourself
- Required Young Living oils and products for the exercises:
  - The oils from your Premium Starter Kit (most importantly: Lavender, Lemon, Frankincense and Copaiba)
  - Orange oil
  - Lime oil
  - Jade Lemon oil
  - Tangerine oil (can substitute with Orange oil if needed)
  - Lemon Myrtle oil (can substitute with Lemongrass oil if needed)
  - Ginger oil
  - A Raindrop Technique Kit (or the individual oils from the Kit). There are about 100 drops in each 5ml bottle. Guests will use 4 drops of each oil, so this kit is enough to make approximately 25 “Kitty Raindrop” mixes
  - Extra V6 oil or carrier oil (eg. Olive oil, coconut oil) – in case someone gets oil in their eyes, and also for making up the Kitty Raindrop mix. A 236ml bottle of V6 will be enough for 6 kitty raindrop mixes, so if you have more than 6 guests, you will need additional V6 or coconut oil
  - Thieves Foaming Hand Soap (at the kitchen sink)
  - At least one Young Living diffuser (if you have more than one type of Young Living diffuser, have them all available to show guests)
- *Optional:* Additional oils from your oils collection. Have these on the table for guests to smell during the food break, so they get to know some of the blends they can use as perfumes. If you don't have these particular oils, put out any other *Young Living* single oils or blends that you like to wear, such as:
  - Abundance, Acceptance, Awaken, Believe, Clarity, Forgiveness, Gratitude, Gathering, Inspiration, Release, Surrender, 3 Wise Men, Valor, Black Spruce, White Angelica
- A measuring tablespoon
- A funnel (for dispensing the V6 oil into the 50ml bottles for the kitty raindrop)

- 1 or 2 baking trays + baking paper + access to an oven
- You'll need the following ingredients for the Macaroons:
  - 3 egg whites
  - 2 tablespoons of coconut nectar (or other natural sweetener, such as honey or maple syrup)
  - 1 tablespoon of coconut flour (this helps bind the mix so it's not too wet)
  - 1 cup of dessicated coconut
  - 2/3 cup of shredded coconut
  - ½ teaspoon of vanilla powder, which is ground vanilla pods (or vanilla essence)
  - Pinch of salt
- **For a Vegan-friendly macaroon recipe**, replace the egg whites with Aquafaba, which is the liquid from a tin of chickpeas! Visit <http://theblenderist.com/coconut-macaroons-vegan-and-gluten-free/> for a coconut macaroon recipe, and simply add 3 drops Lemon Myrtle and 4 drops Ginger oil into the mix
- Large drinking glasses – one per guest (for the “Lime-a-Colada”)
- Fresh lime, cut into thin slices (put a slice on the side of each tumbler)
- 300ml Coconut water per guest (most good health food stores will sell coconut water; “Taste Nirvana” is an excellent brand if you can get it, and it comes in 700ml size). Alternatively if you have access to fresh coconuts, you can give each guest a coconut with the top cut off and a straw in it).
- *Optional:* Small tin of coconut cream
- A plate for serving the macaroons
- Laptop set up to play Emmet video
- Two x 120ml spray bottles (for the demos only – not per person)
- 50ml glass or PET plastic bottles (one per attendee) for the take-home Kitty Raindrop mix. These can be ordered from [book@healthgarden.com.au](mailto:book@healthgarden.com.au), or if you are planning on running additional classes you can place a bulk order them from [www.plasdene.com.au](http://www.plasdene.com.au)
  - Code is IM-50-1378-AM for amber glass with an 18mm neck. Make sure you also order the 18mm black “cone seal caps”.
  - Code is PL-50-2636-AM for amber PET plastic with a 24mm neck). Make sure you also order the 24mm black “cone seal caps”.
- A printed copy of these notes for the presenter
- *Optional:* Labels for the Kitty Raindrop. You can purchase stick-on labels at most office supply stores, or create your own at [www.stickers.net.au](http://www.stickers.net.au) or order Infinity Team stickers from [book@healthgarden.com.au](mailto:book@healthgarden.com.au)
- *Optional:* Name tags and coloured pens for writing names on
- Calculator, stapler, pens

## **Paperwork for helping your guests to order products:**

- **Australian + Asian classes:** Price Lists, Product Guides, Order Forms, Application & Agreement Forms and Direct Debit Forms, and a computer with internet access if you wish to do online ordering
- Printouts of “Getting Started....*it’s easy*” document – only needed if you have guests attending who are not YL members (photocopy onto coloured paper, one per guest)

## **Young Living's Essential Oils make great chemical-free perfumes!**

Abundance®	Wrists	The Egyptian Pharaohs used this combo of oils to attract wealth and prosperity
Acceptance®	Wrists, Throat	If using Abundance® as a perfume and prosperity is not flowing, then the issue is often around an inability to “accept” life’s blessings.
Awaken®	Heart	A master blend....combines the blends of Joy®, Harmony®, Dream Catcher®, Forgiveness® and Present Time®.
Believe®	Chest	Helps us to believe in ourselves – great when tackling a challenge
Clarity®	Third Eye	Warning: highly photosensitive! Bring clarity and energy to life’s important decisions.
Forgiveness®	Navel	Inspires a desire to forgive and move through issues to a positive outcome
Gratitude®	Chest	Feeling resentful? Life not fair? Gratitude helps bring focus on the wonderful gifts life presents us with every day
Gathering®	Navel	Helps gather together scattered energies, so we can manifest more powerfully (use in combo with Abundance®)
Inspiration®	Third Eye	Inspires a natural flow of words and ideas. Great for creative moments and when teaching a group of people. This blend used to be called “Prayer and Meditation”.
Release®	Liver	When we need to consciously release something in our life
Surrender®	Shoulders	If we are trying too hard to stay in control, and just need to let go and trust in life
3 Wise Men®	Crown	Opens us to universal love, healing and blessings
Valor® or Black Spruce	Feet	Inspires strength, courage, calmness and confidence (3 drops under each foot)
White Angelica®	Shoulders	Perfect to wear if going into a negative or emotionally tiring environment – helps protect against negativity

# #3: Macaroons & Mini Raindrop

## Before guests arrive

- Preheat the oven to 150° Celsius (300° Fahrenheit)
- Line a large baking tray (or two small ones) with baking paper
- Put your coconut water into the fridge to cool, and have drinking glasses out, with a slice of fresh lime on the side of each (ready for the “Lime-a-Colada”)
- Put your collection of oils on the table for guests to smell

## Introductions and Safety

- As guests arrive, find out more about them (ie. what interested them in coming).
- Briefly introduce yourself to the group
- Remind guests of the safety protocols with essential oils:
  - If an oil burns your skin or you get it in your eyes, apply V6 or other good quality vegetable oil over the top
  - Citrus oils (and some other oils like Angelica and Ginger) are photosensitive. These oils have a sun symbol next to them in the product guide. Always apply under clothing. Don't expose that skin to UV light or sunlight for 24 hours.
  - We can't make therapeutic claims about the Young Living oils, because of the labelling laws in Australia. If you have questions about how essential oils may help you, do your own research using the internet and books.

## Cooking with oils

- We have a fantastic recipe for today – Lemon Myrtle and Ginger Macaroons
- This will take us about 10 minutes to make, then 20 minutes in the oven
- It's a “true blue” Australian flavor with the Lemon Myrtle oil
- For anyone who hasn't been to one of our classes before, here are some tips about cooking with oils
- Essential oils are really concentrated – so when you cook with them, start with a very small amount and build up
- Many a dish has been destroyed by adding too much oil into it!
- Because they are so concentrated, you want to make sure your oil has been produced organically, with no chemicals added
- You also want to make sure your oil is compliant with Food Standards Australia and New Zealand, so it's suitable to use as a flavouring agent
- Not every oil is considered suitable
- Generally we use the ones that come from our typical food plants
- You'll find Young Living's culinary oils listed in this handout (*Hand out the Culinary Oils flyer to anyone who hasn't attended a cooking demo with you*)
- They meet all of these criteria, so are ideal to cook with....and they are very economical

- The dish we are making today will use 3 drops of Lemon Myrtle oil, and 4 drops of Ginger oil in the entire dish, and that means our flavouring will work out at 15 cents per macaroon (or \$1.75 for the entire dish)
- Because we are about to handle food, please wash your hands in the Thieves Foaming Hand Soap (*direct guests to it*)

### **Exercise: Lemon Myrtle and Ginger Coconut Macaroons**

- *Presenter: Involve the guests in helping you make these*
- Mix the following ingredients together in a large bowl (this makes enough for 12 mid-sized macaroons, or 16 taster size)
  - 3 egg whites
  - 2 tablespoons of coconut nectar (or other natural sweetener)
  - 1 tablespoon of coconut flour (the coconut flour helps bind the mix so it's not too wet)
  - 1 cup of dessicated coconut
  - 2/3 cup of shredded coconut
  - ½ teaspoon of vanilla powder (or vanilla essence)
  - 3 drops of Lemon Myrtle Oil
  - 4 drops of Ginger oil
  - Pinch of salt
- Place a dollop of the mix into your palm
- Apply pressure to the mixture so that it binds
- Form into balls, place them on the baking tray and into the oven
- Set a timer for 20 minutes – they are cooked when the outside has turned slightly golden, and the macaroons are just firm
- When the timer goes off, remove the macaroons from the oven and let them cool. You will serve them just before the Kitty Raindrop.

- The macaroons are delicious when they first come out of the oven
- However, their flavours intensify and the mixture becomes firmer once they've cooled

### **The power of Inhalation**

- So while you have all those beautiful smells wafting your way, we're going to talk about the power of essential oils when they are inhaled
- This is a very gentle yet effective way of using the oils
- When we breathe an essential oil, the molecules of essential oil enter our nose
- From here they trigger receptors at the top of our nose, and this sends messages to our brain

- What's really interesting is that the signals from these receptors completely bypass our conscious brain
- Instead, they go straight to the ancient part of our brain – our subconscious
- This is the limbic region of our brain, and it has 3 key functions
- **Firstly**, it contains the hypothalamus
- This is the part of our brain that controls automatic body functions – things we don't want to think about, like breathing, and metabolism, and appetite
- Do you want to hear something really amazing?
- In 1995, Dr. Alan Hirsch conducted a study on people who were obese, and who had been unsuccessful with other weight loss regimes
- Over 3000 people participated in the study<sup>1</sup>
- All they had to do was to sniff Peppermint oil before each meal
- What he discovered was that the aroma of Peppermint oil helped them feel satisfied, so they ate less!!!!
- By eating a *healthy* amount for their body, instead of overeating, they naturally lost weight
- The limbic region of our brain is also the part of our brain responsible for spiritual experiences – euphoria, meditation, out of body experiences, white light
- So don't be surprised if your spiritual journey and abilities amplify when you use essential oils
- This is also why oils like Frankincense and Cedarwood are so good for meditation
- And thirdly, the limbic region of our brain stores memories and emotions
- Our sense of smell is the only one of our 5 senses that directly accesses the limbic region of our brain
- This makes *smell* a very powerful way to bring about memory recall and emotional release and transformation
- It's one of the most significant advantages that essential oils have over virtually any other natural substance
- What I'm about to show you is pretty amazing!

1. "Weight reduction through inhalation of odorants" by AR. Hirsch and R. Gomez, *Journal of Neurological and Orthopaedic Medicine and Surgery*, 1995; 16:28-31.

## 😊 Emmett's Story

- The following video is of a parrot called Emmett
- Parrots form life-long attachments to their owners
- Emmett watched his owner have a heart attack and die – right in front of his cage. It was 3 days before the owner was found.
- Emmett was adopted by a bird rescuer....but from that day forward he never came out of his cage, he stopped making sounds, and began picking feathers off his chest.
- He also developed a viral infection called "Papillomatosis", which caused him to develop painful warts from his mouth, right through his digestive system to his anus.

- He became so sick that the decision was made to have him put down
- The Vet who was taking care of him was a US holistic Vet
- She decided to try a combination of essential oils in a spray, just to see what would happen
- The combination was 20 drops of Frankincense and 5 drops of Copaiba, in 120ml of filtered water
- Emmett liked this spray
- He'd catch the spray in his mouth, and he seemed to be enjoying the ritual
- His Vet wanted to video Emmett for an upcoming seminar
- The problem was that Emmett would only catch the spray 5 or 6 times then he'd had enough
- So she made up a second spray – this was a spray comprising 20 drops each of Lavender, Lemon and Orange in 120ml of filtered water
- It was designed to calm him, so he wouldn't pull his feathers out
- His Vet decided to spray Emmett with that after he'd had enough with the first spray
- This is what happened.....
- 😊 *For the person driving the powerpoint* – click in the middle of the screen to start the video (if it doesn't start automatically)

**Exercise: Play Emmett's story from the powerpoint.**

*Presenter: in your comments about this video, focus on the emotional impact of the oils on Emmett, as we are unable to make comments on any physical impact.*

The Video Footage used in this powerpoint is © 2010 Angela Meredith. Music *Hummingbird Love* written, produced and performed by Grady Soine. © Gradymusic [www.gradymusic.com](http://www.gradymusic.com).

## 😊 Helping Emotions

- What you've just seen is the power of aroma, and how it can stimulate the limbic region of the brain, allowing memories and emotions to come to the surface
- This is where we really see the intelligence of the oils at work – they carry each person (or animal) exactly where they need to go
- Isn't it amazing that such a small amount of oil can produce such a dramatic emotional result?
- We're going to do an exercise around this, so that you can see the power for yourself

### **Exercise: The Power of Inhalation**

- Fill two x 120ml spray bottles with filtered water until they are  $\frac{3}{4}$  full
- In the first one, add:
  - 20 drops Frankincense
  - 5 drops Copaiba
- In the second one, add:
  - 20 drops Lavender
  - 20 drops Lemon
  - 20 drops Orange
- I'm about to spray you first with the Frankincense and Copaiba mix, then with the Lavender/Lemon/Orange mix
- I want you to be still for this exercise
- Just go inside, and see how each mix makes you feel
- Then you'll have a chance to share about what you experienced
- Close your eyes....
- *Presenter: Give a few squirts of the spray about 30 cm about each guest's head. The spray will mist down over their head and face.*
- Keep your eyes closed, and take a minute to notice what you feel from this mist
- *Presenter: wait 2 minutes in silence, to give guests a chance to be in a state of stillness and quiet*
- I'm now going to come around with the other spray
- I want you to observe how you feel with this one
- *Presenter: Mist above each guest's head with the second spray*
- Keep your eyes closed, and take a minute to notice what you feel from this mist
- *Presenter: wait 2 minutes in silence, to give guests a chance to be in a state of stillness and quiet*
- OK, now you can open your eyes

- So what did you feel? (*Group sharing – very often people feel more grounded with the Frankincense and Copaiba mix, and more uplifted and lighter from the Lavender, Lemon and Orange mix*).
- Can you see that these would be great choices to use in your diffuser?

### **☺ Diffusing and Oils**

- Remember to always use a cold air diffuser – this way we don't heat the oils
- Heating them will reduce their potency and effectiveness
- So for example, when we use them in our macaroons – we're heating them, so we'll enjoy the flavor but we'll reduce the other benefits from them
- Is everyone here familiar with diffusers and how they work? *Ask group.*

### **Optional Exercise:**

- *Presenter:* If anyone is not familiar with diffusers, demonstrate their operation using one of your Young Living diffusers
- Explain that the ultrasonic diffusers have a plate that vibrates at an ultrasonic speed
- This changes the water tension – turning liquid into vapour
- It's an ingenious device!
- *Presenter: share what you most love about your diffuser*

### ☺ **Human Diffusers**

- Diffusing is a really powerful way to access the benefits of essential oils
- But every time you put a drop of oil on your skin, you turn yourself into a human diffuser!
- You get to breathe the oil in all day!
- Not only do you benefit, but so do all the people around you
- When you use an essential oil topically as a perfume, you are doing much more than just smelling pretty
- So choose your “perfume” with intent, according to what you need today (or in this moment)
- You can apply and reapply it throughout the day
- Just make sure photosensitive oils are applied under clothing
- And as a rule of thumb, if you want to use more than 1 blend at the same time, either put them in different spots on your body, or wait 3 to 4 minutes between applications
- So how do you get started with this?
- Young Living has such an extensive range of single oils and blends
- You can try a new oil every month as part of your essential rewards program
- I'll send you these notes after our class, and they include suggestions on some of the more popular oil blends to use as perfumes

### ☺ **Favourite Oils to use as Chemical-Free Perfumes!**

- *Presenter:* Hand each guest a copy of the page on “Favourite Oils to use as Chemical Free Perfumes”
- *While you are getting the Macaroons and Coconut Water ready (and while they are eating), invite guests to have a smell of some of the oils and oil blends you've put out for them, to see which ones they like the most*

### **Exercise: Macaroons and “Lime-a-Colada”**

- **Presenter:** Serve the Macaroons
- Serve 300ml of Chilled Coconut Water to each guest (in a glass with a slice of lime on the side, or served in the coconut itself)
- Invite guests to add the following oils to their coconut water (*don't do it for them – it's more fun if they do it!*):
  - 1 drop of Tangerine oil
  - 1 drop of Jade Lemon oil
  - 1 drop of Lime oil
  - *Optional:* 1 tablespoon of coconut cream (this turns the coconut water white and slightly thicker, so that it resembles cow's milk)
- Wooahoo!!! You have now made your first “Lime-a-Colada”!!!
- Take 5 minutes for guests to experience the flavours, and to smell more of the oils you have on display
- Then while they are still eating/drinking, continue on with the next section

### ☺ **Learning Raindrop Technique®**

- So we have one more fun activity for the day
- You might have heard of Raindrop Technique?
- This is a beautiful technique that uses the Young Living oils in conjunction with Ancient Egyptian, Ancient Tibetan and Native American techniques, as well as massage
- All the oils you need for that technique are available in the Raindrop Technique® Kit, which is available through Young Living
- It also includes an instructional DVD to get you started
- It's quite a detailed technique, so if you prefer to attend a class, you have a few options
- Young Living runs “Intro to Raindrop” classes
- **Presenter:** If you or your upline run Raindrop Technique classes, mention those here
- And Raindrop Australia teaches an in-depth 3 day Raindrop Technique MasterClass
- It's great if you want to do Raindrop Technique professionally, or you just love learning about oils and want more detailed education
- It also gives you the option to get insurance cover as a practitioner if you wish.
- Visit [www.raindrop.com.au](http://www.raindrop.com.au) for more information or phone 0423 578 995

## ☺ Kitty Raindrop

- Most Raindrop Technique classes run for a day or more
- But today I'm going to show you a very simple form of Raindrop Technique, called Kitty Raindrop
- It's called Kitty Raindrop, because it was first developed for cats
- However, it can be used on both people and animals, and it's a great place to start
- It's extremely safe, because we dilute all the oils first
- And it's extremely easy to use
- To make up a Kitty Raindrop mix, we just use a tablespoon of V6® oil, and into it we put 2 drops of each of the oils from the Raindrop Technique® kit
- Then we just take a dollop of this mix - anywhere from a teaspoon to a tablespoon, depending on the size of our animal - and massage up their spine once a day
- We can change the proportions depending on who we are working on
  - For a cat we'd use 2 drops of each of the Raindrop Technique oils – this is a very weak dilution, because cats are very sensitive to essential oils
  - We would use this same dilution for a baby
  - For a small dog or young child we'd use 4 drops of each oil
  - For a large dog or older child we'd use 6 drops of each oil
  - And for a horse or adult human, we'd use 8 drops of each oil
- The majority of cats don't like the smell of essential oils
- So if you are doing this on your cat, they will probably want to get away from you....even though this is beneficial for them
- Most dogs and horses are a bit wary the first time they receive a Doggy or Horsy Raindrop...but they end up loving the massage
- They then associate the smell of the oils with something that feels soooooo good, and before you know it, they become Raindrop addicts!

### **Exercise: Make your own Kitty Raindrop Mix**

- Now it's your turn to make up a Kitty Raindrop Mix to take home with you
- We're going to be doubling the quantity, so that means you will be using 4 drops of each of the Raindrop Oils in 2 tablespoons of V6®
- Use the funnel to get the V6 oil into your bottle
- *Presenter:* Invite participants to make up this mix in a 50ml bottle (if you have labels, make sure the label goes on the bottle first, before oil gets on the outside)
- Now take a small helping of this mix and rub it into yourself (anywhere you have muscle tightness or muscle fatigue)
- You can take the rest home with you and experiment with it

**Optional Exercise: Live Demo on an animal**

- Now, would you like to see how it's done on an animal?
- *Presenter:* If you have access to an animal, you can demonstrate to the group (using the Kitty Raindrop mix for demonstration purposes, even if the animal is not a cat; if the animal is smaller than a cat, further dilute the mixture)

**Thank you and Goodbye's**

- So that brings us to the end of today's class
- What did you most enjoy about the class? *Group sharing*
- Please write down your email address, so I can send you a copy of these notes

**If non-members were present in the class**

- Once the class is finished, find out whether these guests are interested in ordering some oils for themselves
- If so, encourage them to start with one of the Premium Starter Kits, as these are the best value for money
- If this doesn't suit them, the Basic Starter Kit or Basic Starter Kit Plus make good alternatives, and they can add additional items to their order according to what they fell in love with today
- Use the "How to Order" document to step them through their ordering options, and to explain the Essential Rewards program