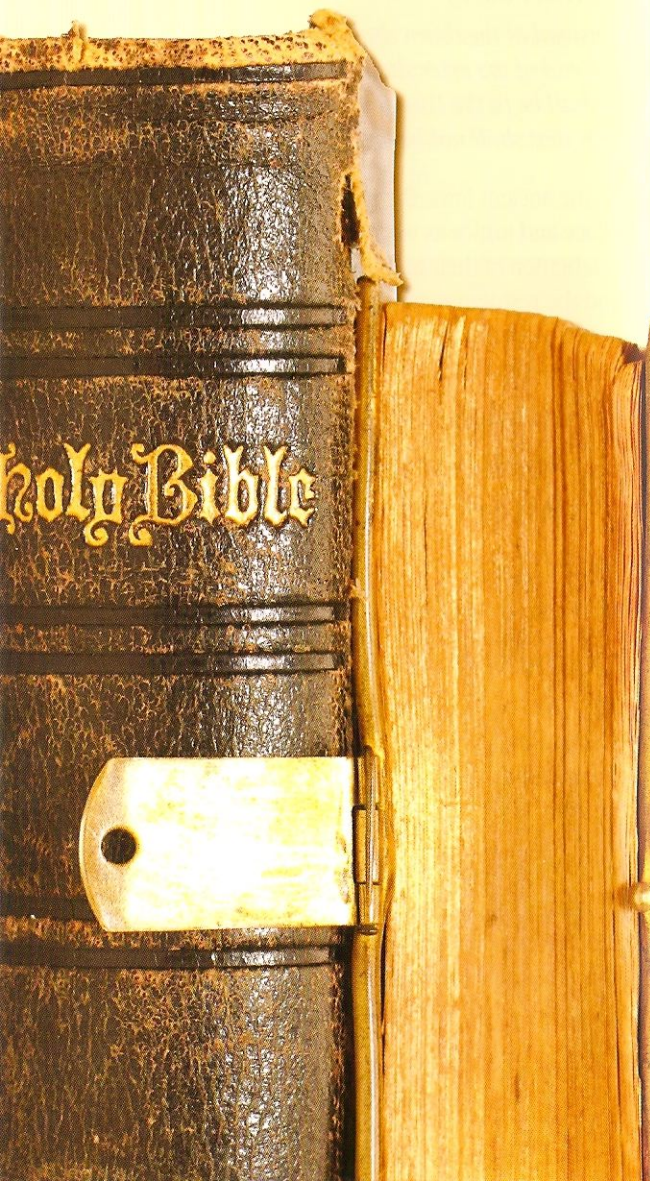


# 12 Oils of ANCIENT SCRIPTURE



**ESSENTIAL OILS** were a part of daily living among Hebrews, Jews, early Christians and their Gentile neighbors throughout Biblical times. Thirty-six of the 39 books of the Old Testament and 10 of the 27 books of the New Testament mention essential oils or the plants that produce them.

## ALOES or SANDALWOOD (Santalum album)

### JOHN 19:39

*"And there came also Nicodemus, which at first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound weight."*

Biblical aloe was an oil imported from India, also known as sandalwood. Sandalwood is known for its ability to nurture various systems in the body by:

- Oxygenating tissue, including the brain
- Stimulating our natural secretion of melatonin
- Enabling a good night's rest
- Preparing bodies for burial

## CASSIA (Cinnamomum cassia)

### PSALMS 45:8

*"All thy garments smell of myrrh, and aloes, and cassia, out of the ivory palaces, whereby they have made thee glad."*

Essential oils, including cassia, not only affect our physical bodies, but our emotions as well. Unlike our other four senses which reach our conscious brains first, our sense of smell is wired directly to our emotional brain where feelings are catalogued. Cassia nourishes our body and spirit by:

- Stimulating feelings of joy, happiness, and gladness
- Enabling emotional healing

## CEDARWOOD (Cedrus atlantica)

### LEVITICUS 14:17

*"And the rest of the oil (cedarwood, hyssop, and olive) that is in his hand shall the priest put upon the tip of the right ear of him that is to be cleansed, and upon the thumb of his right hand, and upon the great toe of his right foot."*

King Solomon built his palace and temple from unfinished cedarwood (1 Kings 6:9-15). This choice provided Solomon an environment in which he inhaled molecules of cedarwood oil continuously and in which he could think clearly and administer wise decisions. Smelling cedarwood has the following effects:

- Clearing our minds of clutter
- Clarifying our thinking

## CYPRESS (Cupressus sempervirens)

### ISAIAH 41:19

*"I will plant in the wilderness the cedar, the shittah tree, and the myrtle, and the oil (cypress) tree."*

Galbanum was one of the four oils in the holy incense, which has been burned in Jewish temples for thousands of years in combination with myrrh, onycha, and frankincense. Historically, Galbanum has been used for:

- Providing pain relief
- Hindering cramps and spasms
- Repairing abscesses, wounds, wrinkles and acne
- Battling asthma and chronic coughs

## HYSSOP

(*Hyssopus officinalis*)

### EXODUS 12:22

*"Take a bunch of hyssop, dip it in the blood that is in the basin, and strike the lintel and the two side posts."*

Animal sacrifices were offered almost daily in Jewish temples which could result in a bad odor problem. However, the Jewish congregation regularly supplied the priests with fresh fragrant herbs which were scattered on the temple floor each morning. When people walked over them, crushing their leaves and stems, their fragrant oils would be released and freshen the air. The scripture above refers to the first Passover.

## MYRRH

(*Commiphora myrrha*)

### MATTHEW 2:11

*"They saw the young Child with Mary His mother, and fell down, and worshiped Him: and when they had opened their treasures, they presented to Him gifts: gold, frankincense, and myrrh."*

Myrrh is the most frequently mentioned oil of the Bible (156 times). It is the first oil mentioned in the Old Testament (Genesis 37:25) and the last to be mentioned

in the New Testament (Revelation 18:13). It was one of the first to be received by the Christ child along with frankincense and the last to be offered as he stood at the cross (Mark 15:23).

## MYRTLE

(*Myrtus communis*)

### ISAIAH 55:13

*"Instead of the thorn shall come up the fir tree, and instead of the brier shall come up the myrtle tree: and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off."*

To the ancient Jews, the myrtle tree was a symbol of peace and justice as well as a source for a healing oil. In celebration of their freedom from Babylonian captivity and the restoration of the law of Moses, the Jews gathered branches of myrtle (Nehemiah 8:15). In Biblical times, myrtle oil was used for the following reasons:

- Purifying from uncleanness
- Restoring normal thyroid activity
- Decongesting the respiratory tract and sinuses

## ONYCHA

(*Styrax benzoin*)

### EXODUS 30:34-35

*"And the Lord said unto Moses, take unto thee sweet spices, stacte, and onycha, and galbanum, these sweet spices with pure frankincense . . . and make an incense."*

While onycha oil was used in the holy incense of Exodus 30, its modern uses have been extensive. It has a wonderful odor of vanilla because it contains vanillin aldehyde, also found in the vanilla plant. Onycha contains more acids than any other oil, including benzoic acid. This oil has been used for:

- Providing antiseptic service to the body
- Producing a calming scent

## ROSE OF SHARON

(*Cistus ladanifer*)

### SONG OF SOLOMON 2:1

*"I am the rose of Sharon, and the lily of the valley."*

Also known as cistus, labdanum, and rock rose, this is not the traditional sweet smelling flower with the thorny stems we normally think of. It is a wild bloom that has grown on the Plains of Sharon, west of Jerusalem, for thousands of years. Rose of Sharon has proven able in:

- Healing cuts and bruises
- Relieving sciatic nerve pain

## SPIKENARD

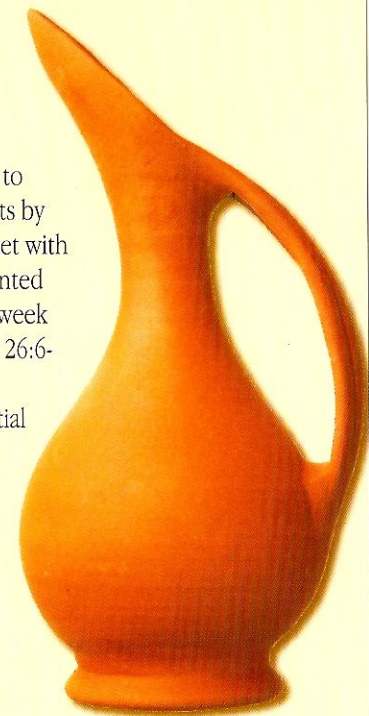
(*Nardostachys jatamansi*)

### SONG OF SOLOMON 1:12

*"While the king sits at his table, my spikenard sends forth the smell thereof."*

It was an ancient custom to honor distinguished guests by anointing their head or feet with spikenard. Jesus was anointed twice with spikenard the week before he died. (Matthew 26:6-7 and John 12:1-3). The fragrance from this essential oil has been used in:

- Relieving fear and anxiety
- Preparing the body for burial



Modern science has shown that inhaling, applying, or taking cypress oils internally stimulates white blood corpuscle generation which may have beneficial applications following chemotherapy and radiation. The molecules of cypress oil seem to have an affinity with all aspects of the cardiovascular system, including blood vessels and heart. Uses for cypress include:

- Fighting arthritis
- Battling laryngitis
- Reducing scar tissue
- Boosting the immune system

## FRANKINCENSE

(*Boswellia carteri*)

### LEVITICUS 2:1

*"And when any offer a meat offering to the Lord, his offering shall be of fine flour; and he shall pour oil upon it, and put frankincense thereon."*

Used for religious rituals, flavoring food, and for all manner of healing purposes, frankincense is the second most frequently mentioned oil of the Bible. Ancient Egyptians had a saying that "frankincense could heal everything from gout to a broken head." Frankincense has been used by various religions and royalty to help with:

- Reducing anxiety and concerns
- Promoting focus on spiritual matters

## GALBANUM

(*Ferula gummosa*)

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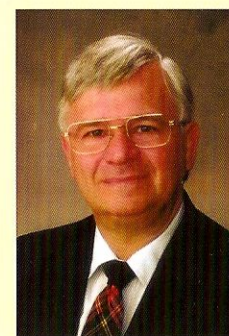
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Dr. Stewart originally pursued a college major in theology, philosophy, and English for three years and eventually earned degrees in physics, math, earth science, and natural medicine. He is a Registered Aromatherapist, a former United Methodist pastor,

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