



Healing Oils of the Bible

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Today many people desire to follow God completely. They live by high moral standards, adopt modest dress codes, help others sacrificially, **BUT**, when it comes to their health, they transfer their faith from God and what He ordained, to man and his drugs. While our modern medicine has helped many, and their diagnostic and emergency care has proven invaluable, it is the everyday state of our health and the prevention of illness that believers and non-believers alike have turned over to the modern day medicine of drugs and surgery. The bible mentions healing herbs and oils nearly 200 times. Maybe it's time we take a closer look at scripture and its medicine.

What exactly are essential oils? They are the purest form of an herb, the volatile liquid obtained generally from steam distillation from the plant stems, leaves, flowers, seeds, branches, bark, and sometimes roots. They are chemically very complex with 100's of constituents scientists are just now beginning to understand. Essential oils are mankind's first medicine, dating back to 4500 BC. When the tomb of King Tut was uncovered in 1922, archeologists found 350 liters of oil in large vases, still as good as the day it was placed in the tomb. Currently essential oils are under much study worldwide.

Essential oils have many properties – some are highly antiseptic, they oxygenate the cell, are disinfectant, raise frequency, remove toxins, poisons, and heavy metals, make cells more permeable and some have shown effectiveness against viruses, bacteria and tumors. Essential oils are also very potent. For instance peppermint – one drop equals 26 cups of peppermint tea. This is one reason many people who once used traditional herbal formula, are switching to essential oils - as a little goes a long way and are many times more powerful than their dried or tinctured herbal partner.

The oils and aromatics mentioned in the Bible were **more valuable than gold and silver**. Israel's King Hezekiah kept "the spices, and precious ointment" (2 Kings, 20:13) together with silver and gold in the royal treasure chamber. God mandated that the anointing oil be fragrant when He instructed Moses to add spices and fragrant oils to the base of pure olive oil. Psalm 45 informs us that the garments of the Messiah are fragrant with myrrh, aloes (sandalwood), and cassia.

Two scriptures found only a few verses apart speak of a holy oil blend.

Exodus 30:22-25 (KJV) Moreover the LORD spake unto Moses, saying, take thou also unto thee principal spices, of pure **myrrh** five hundred shekels, and of **sweet cinnamon** half so much, even two hundred and fifty shekels, and of **sweet calamus** two hundred and fifty shekels, and of **cassia** five hundred shekels, after the shekel of the sanctuary, and of oil olive an hin: and thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary, **it shall be an holy anointing oil**.

Exodus 30:34-35 (KJV) And the LORD said unto Moses, Take unto thee sweet spices, **stacte (myrrh)**, and **onycha** (not the unclean shellfish as some scholars suggest, but a plant), and **galbanum**; these sweet spices with pure **frankincense**: of each shall there be a like weight: And thou shalt make it a perfume, a confection after the art of the apothecary, tempered together, pure and holy.

Let's take a look at a few oils from scripture and how they can benefit the body.

Myrrh - *commiphora myrrha*

Esther 2:12 – “Before a girl’s turn came to go in to King Xerxes, she had to complete twelve months of beauty treatments prescribed for the women, six months with oil of myrrh and six with perfumes and cosmetics”.

Myrrh is obtained from the resin of the trunk and it belongs to the same family as Frankincense. It has a sesquiterpene content of 62%. (This will be important later). Pregnant mothers anointed themselves with myrrh for protection against infectious diseases, used myrrh during labor to stretch the perineum and on umbilical cords. Myrrh has a long history of use in skin health and hygiene products, and it prolongs the life and scent of other oils. Myrrh is good to combat wrinkles, is antiseptic, aids in balancing the thyroid, clearing athlete’s foot, ringworm, viral hepatitis, thrush in babies, inflammation and bronchitis.

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”.

Cassia is a cinnamon plant with the oil distilled mostly from the bark of the tree. Cassia is known as a great immune system builder, and one of the most powerful antibiotic substances known to man, listed in medicine guides dating back 1700 years. Used widely for infectious diseases, cinnamon applied directly to the skin without diluting is very caustic burning the skin. In its place cassia works just as well without the burning sensation. It is excellent for viral Herpes infections, digestive disorders, is shown to help in the control of blood sugar problems, relieve stomach discomfort, ulcers, and even warts. It can irritate the eyes of contact lens users, or the nasal passages if diffused for a long time.

Onycha - *Styrax officinalis*

Exodus 30:34 – “And the LORD said unto Moses, Take unto thee sweet spices, stacte, and **onycha**, and galbanum; these sweet spices with pure frankincense ...”

Onycha - resin from tree – most viscous of all oils is great for kidney support (edema), bronchitis, colds, sinusitis, skin conditions, and is said to relieve stress. Onycha was traditionally known for its comforting and soothing properties. **Onycha** has stirred debate as to whether it refers to a shellfish or a plant. Most bible scholars believe it was the oil from a plant – one reason – shellfish were unclean before the Lord so it is doubtful he would have made them part of his Holy Anointing oil, and another -we also do not get spices from animals.

Galbanum - *Ferula gummosa or Ferula galbaniflua*

Hebrew: chalbenah

Exodus 30:34-36 (KJV) And the LORD said unto Moses, Take unto thee sweet spices, stacte, and onycha, and **galbanum**; these sweet spices with pure frankincense: of each shall there be a like weight: And thou shalt make it a perfume, a confection after the art of the apothecary, tempered together, pure and holy:

Galbanum gum comes from resin in the stems and branches. The oil is good for asthma, acne, coughs, cramps, scar tissue, wrinkles, and emotional balancing.

Frankincense - *Olibanum-Boswellia carteri*

Numbers 16:46-48 - “Then Moses said to Aaron, ‘Take your censer and put **incense** (*Frankincense*) in it, along with fire from the altar, and hurry to the assembly to make atonement for them. Wrath has come out from the LORD; the plague has started. So Aaron did as Moses said, and ran into the midst of the assembly. The plague had already started among the people, but Aaron offered the incense and made atonement for them. He stood between the living and the dead, and the plague stopped.

Frankincense is resin from the trunks of the tree. It is in the Holy anointing oil, used for new born kings and priests and may be one of the reasons it was brought to the Christ child. It helps to reprogram cellular memory thus promotes permanent healing, used in typhoid, allergies herpes, tonsillitis, head injuries, depression, and cancer. Research shows that it will lower cortisol by 40% just by deep inhalation. Elevated cortisol contributes to weight problems. The healing power of frankincense was known in antiquity since people used frankincense to cure everything from **gout to a broken head**.

Sandalwood – Aloes *Santalum album*

Numbers 24:6 - “Like valleys they spread out, like gardens beside a river, like aloes planted by the LORD, like cedars beside the waters.”

John 19:39 – “He was accompanied by Nicodemus, the man who earlier had visited Jesus at night, Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds.”

Sandalwood is truly a gift from God. Its 4,000-year history includes use as a carved wood as well as distillation for its sweet, woody, and fruity-scented oil. The great quantity of myrrh and aloes used in preparing Christ's body for burial was indicative of respect. **Sandalwood** oil is from the wood of the tree, 90% sesquiterpenes (4th highest). These compounds reprogram disinformation, oxygenate the cells, has been studied for its ability to oxygenate the brain, enhance deep sleep, repair skin damage, clear urinary tract infections, act as a female hormonal balancers.

Cedarwood-*Cedrus atlantica*

Leviticus 14:49 – “To purify the house he is to take two birds and some cedar wood, scarlet yarn and hyssop.” **Numbers 19:6** – “The priest is to take some cedar wood, hyssop and scarlet wool and throw them onto the burning heifer.” **1 Kings 4:33** "And he spake of trees, from the cedar tree that is in Lebanon even unto the hyssop that springeth out of the wall".

Cedarwood oil comes from the bark of tree, **sequiterpenes 98% - highest of all oils**, used in cleansing rituals for lepers and after touching a dead thing. Used for skin problems, is calming, makes a great natural insect repellent - Solomon built God's temple out of cedar – no bugs. Today's fences are cedar, we have cedar closets, it's great for hair loss, acne, psoriasis, TB, enhances sleep, and promotes mental clarity. Cedarwood was recognized historically for its calming and purifying properties.

Cypress - *Cupressus sempervirens*

Isaiah 44:14 "He heweth him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest".

Cypress oil is distilled from the branches of the trees. It is high in monoterpenes, making it good for arthritis, to increase circulation, control bleeding, relieve chest discomfort, reprogram cellular memory, and promote white blood cell production which boosts the body's natural defenses. The cypress tree is renowned for its durability. The sturdy cypress doors of St. Peter's in Rome for example, show no signs of decay, even after 1,200 years! Cypress is commonly used to support the circulatory system, brain power and in cases of lower leg edema.

Hyssop - *Hyssopus officinalis*

Psalm 51:7 – “Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.”

John 19:29 – “A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of hyssop plant, and lifted it to Jesus' lips.”

Hyssop oil is distilled from the stems and leaves of the plant. Hyssop was offered to Jesus on the cross, many think to help him breathe due to its respiratory benefits. It also can relieve anxiety, alleviate respiratory infections, cuts and wounds, sore throats, and allergies – it metabolizes fat! The hyssop plant was used during the exodus from Egypt to dab the Hebrews' doorposts with lamb's blood, protecting them from the plague of death. Hyssop (along with cedar) was used in purification rituals as the chemical constituent carvacrol, has antibacterial properties. Anciently, leprosy was believed to be a result of the sin of pride. Rabbi Isaac bar Tavli (from the 3rd Century A.D.) wrote about the use of hyssop in cleansing the leper: "You were proud like the cedar, and the Holy One, Blessed be He, humbled you like this hyssop that is crushed by everyone."

Myrtle - *Myrtus communis*

Isaiah 55:13 – “Instead of the thorn bush will grow the pine tree, and instead of briars the myrtle will grow. This will be for the LORD's renown, for an everlasting sign, which will not be destroyed.” **Nehemiah 8:15** - "Go forth onto the mount, and fetch olive branches, and pine branches, and myrtle branches, and palm branches, and branches of thick trees, to make booths, as it is written".

Myrtle oil is distilled from the leaves of the tree. (Esther's Hebrew name was Hadassah, meaning Myrtle) Myrtle has purification properties, can be thyroid balancing, helps with sinus infections, colds, flu, and asthma. To the ancient Jews, myrtle was symbolic of peace and justice. One of the promises to Israel for the future is that "instead of the brier shall come up the myrtle tree" (Isaiah 55:13). Myrtle has been studied for its soothing effects on the respiratory system.

Rose of Sharon – *Cistus - Labdanum*

Genesis 43:11 – “Then their father Israel said to them, ‘If it must be, then do this: Put some of the best products of the land in your bags and take them down to the man as a gift – a little balm and a little honey, some spices and *Rose of Sharon*(Cistus) , some pistachio nuts and almonds.’” (*the translators used the Hebrew word 'ladanum' in this passage, which is actually Rose of Sharon/Cistus.) **Song of Solomon 2:1**- "I am the rose of Sharon, and the lily of the valley".

Rose of Sharon is also known as Cistus. The oil is distilled from the branches of this vine like shrub. Cistus is a perfume oil and has some antiseptic properties, is an immune balancer, and an excellent heart oil. There is a case on record of a woman using an oil blend with cistus, whose Lupus symptoms disappeared after ten days of wearing like a perfume. Anciently, the gum that exudes from this plant was collected from the hair of goats that had browsed among the bushes. Cistus has been studied for its effects on cell regeneration and is excellent to apply on cuts and wounds to speed healthy tissue regrowth.

Spikenard - Nardostachys jatamansi

Mark 14:3 – “While he was in Bethany, reclining at the table in the home of a man known as Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure spikenard. She broke the jar and poured the perfume on his head.”

Spikenard was highly valuable and transported to the Holy Land in sealed alabaster boxes. When a distinguished guest came visiting, the master of the house showed honor by breaking open the box filled with spikenard and anointed the guest. The Hebrews and the Romans used spikenard in the burial of their dead. This is why Jesus said of the woman who poured the precious spikenard oil on Him, "She is come aforehand to anoint my body to the burying" (Mark 14:8). I always wondered why she didn't just open the box, why she had to break the box to get to the spikenard – now we know. **Spikenard** is distilled from plant roots and lower stems, with 94% sesquiterpenes – third highest! It shows benefit with allergies, migraines, tachycardia, is relaxing, soothing, cardio supportive, gives nausea relief, and is mood elevating. . Spikenard helps to soothe and nourish the skin.

Mark 6:12-13 tells us that healing should be accompanied with repentance, it mentions the casting out of devils, and says the disciples anointed many with oils that were sick and healed them.

James 5:14 says: **Is any sick among you? Let him call for the elders of the church, and let them pray over him anointing with oil in the name of the Lord.**

According to what I read in scripture – the anointing oil many churches use today, plain olive oil, or synthetic watered down fragrance oil- – is not the same anointing oil as used in scripture. It is my hope and prayer that the art and practice of using and anointing with biblical oils will be revived in the church and in our homes so that we may receive all that God would have for us to be equipped to do his service. Christ's church should be a healthy, vibrant, alive church, not a sick, poor, weak body.

You can use oils in cold air diffusers, apply directly to the skin neat (undiluted) or diluted with a carrier oil (olive oil, V6, almond, apricot, Jojoba, etc), in a massage of the body, hand and feet, wear as a perfume, use as a deodorant, as cleansers without harmful side-effects, in shampoos and cream rinses, body lotions, first aid products, on your pets and more. Many oils may be taken orally and in supplements (only one brand is safe enough for oral consumption).

A case in the bible where you were people ate an essential oil is in Lev. 2:1-16. “And when you will offer a meal offering unto the Lord, his offering shall be of fine flour, and he shall pour oil upon it and put frankincense thereon...and verse 3 – and the remnant (the leftovers) shall be Aaron's and his sons... *They were to eat the remaining part of this offering just as they did many of the others – it was their food. It no doubt kept them healthy.* Today with the new covenant, we are also priests. We must remember that scripture is full of meanings that we have no grasp of because we do not live in that time period. Just because it is foreign to us, or another group has used God's gift improperly, does not make it wrong.

This is just a sample of the hundreds of passages in the Bible that reference ointments, anointing, healing and items related to essential oils. It's a terrific historical reference to help us understand why essential were important then and now. To start your journey to wellness, go to www.youngliving.com/311729a or call 1-936-438-8829. Debra Raybern, ND, MH, ICA, CNC - Young Living Ind. Distributor Enroller/Sponsor # 311729