



*Essential Oils
are Found in
Yahuah's Word ...*

What I've learned thus far about essential oils,
Yah's gift of the earth
based on personal & family experiences!!

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The prophet Ezekiel wrote:

And by the river upon the bank thereof,
on this side and on that side,
shall grow all trees for meat,
whose leaf shall not fade,
neither shall the fruit thereof be consumed:
it shall bring forth new fruit according to his months,
because their waters they issued out of the sanctuary:
and the fruit thereof shall be for meat,
and the leaf thereof for medicine.

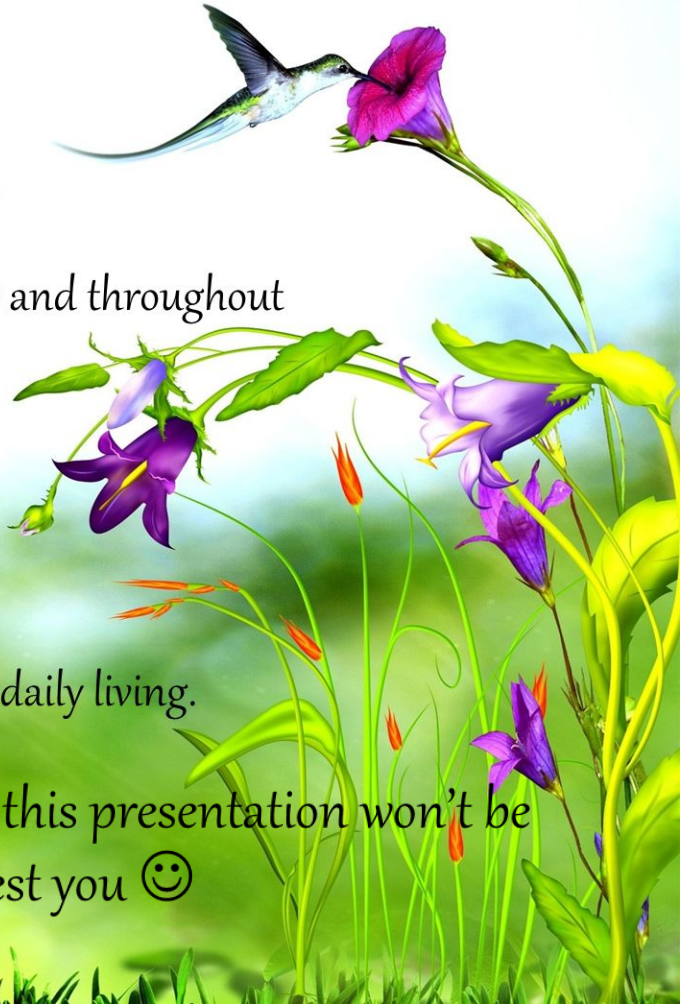
Ezekiel 47:12 KJV

We can rest in Abba's Love
because He cares for us !!

Outline

1. What are Essential oils ?
2. What were essentials used for in biblical times and throughout history?
3. Six Essential Oils Referenced in the Bible.
4. What are the benefits of essential oils ?
5. How my family uses essential oils currently, in daily living.

For the sake of time, many scriptures listed throughout this presentation won't be read, but please take snapshots of whatever slides interest you 😊



What are Essential Oils ?

- Essential oils are natural aromatic compounds found in seeds, bark, stems, roots, flowers and other parts of plants.
- They are 50 to 70 times more potent than herbs.
- Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits.
- They **kill viruses and bacteria**: synthetic drug molecules are too large to penetrate the cell membrane, therefore, they are too large to kill viruses in the cell. **Molecules in the essential oils are so small that they can penetrate the cell wall and kill viruses and bacteria.**
- The Essential oils work on the cellular level and can cross the blood-brain barrier *.
- *The blood-brain barrier (BBB), first described by Paul Ehrlich (1885), is a highly selective semi-permeable membrane between the blood and brain interstitium (which means: a nanoscale network of continuously connected tubes and sheets surrounding each brain cell). This unique barrier allows cerebral blood vessels to regulate the movement of molecules and ions between the blood and the brain.

A Quick Visual Explanation About the Blood Brain Barrier



What Were Essential Oils Used for in Biblical Times and Throughout History

Our biblical ancestors knew how to use plants and oils from their environment for medicinal, spiritual and other uses. A few of the examples shared today might be familiar but they have a richer meaning when we know the value of essential oils.

As I researched, I came across a Set Apart Formula given to Moses from Elohim in **Exodus 30 from verses 22-38**:

Moreover **Yahuah 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**. And thou shalt anoint the tabernacle of the congregation therewith, and the ark of the testimony, And the table and all his vessels, and the candlestick and his vessels, and the altar of incense, And the altar of burnt offering with all his vessels, and the laver and his foot. And thou shalt sanctify them, that they may be most holy: whatsoever toucheth them shall be holy. And thou shalt anoint Aaron and his sons, and consecrate them, that they may minister unto me in the priest's office. And thou shalt speak unto the children of Israel, saying, This shall be an holy anointing oil unto me throughout your generations. Upon man's flesh shall it not be poured, neither shall ye make any other like it, after the composition of it: it is holy, and it shall be holy unto you. **Whosoever compoundeth any like it, or whosoever putteth any of it upon a stranger, shall even be cut off from his people.**

And **Yahuah 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: And thou shalt beat some of it very small, **and put of it before the testimony in the tabernacle of the congregation, where I will meet with thee**: it shall be unto you most holy. And as for the perfume which thou shalt make, ye shall not make to yourselves according to the composition thereof: it shall be unto thee holy for Elohim. **Whosoever shall make like unto that, to smell thereto, shall even be cut off from his people.**

What Were Essential Oils Used for in Biblical Times and Throughout History

The Set Apart formula for the anointing oil contained 4 essential oils –

Calamus, Cassia, Cinnamon & Myrrh. We do not use Calamus and Cassia much in modern times – however we do use Cinnamon & Myrrh. Let's review some of their qualities:

In ancient times, Cinnamon was used for digestive disorders, muscle aches and recognized as a powerful healing plant.

Today, we recognize Cinnamon still as a great digestive aid and there are several studies showing its benefits with blood sugar regulation. It also is known for its antimicrobial effects.

Myrrh was used by midwives to support childbirth as well as a protection to the baby. Interesting that this was one of the gifts given to Yahusha HaMashiach at birth. In modern times, Myrrh has shown to be anti inflammatory and helpful to relieve discomfort.

Quoted in Scripture 156 times, uses of myrrh oil in the Bible included use as an ointment, an incense, an embalming ingredient and as a skin beauty treatment by Queen Esther in **Esther 2:12**. By far, myrrh's most common usage in the Bible is as a part of holy anointing oil.²

What Were Essential Oils Used for in Biblical Times and Throughout History

Esther 2:12 Now when every maid's turn was come to go in to King Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the women.)

Like myrrh, cinnamon oil was a chief ingredient in holy anointing oil and used to cleanse the air, kill mold and act as a natural medicine. In **Proverbs 7:17**, Solomon uses this aromatic oil in the bedroom and as a natural perfume or cologne.²

Proverbs 7:17 I have perfumed my bed with myrrh, aloes, and cinnamon.

Sandalwood like Myrrh essential oil is high in sesquiterpenes and is a very thick consistency.

A Sesquiterpene is a type of natural chemical found in plants...we can think of it like a tiny molecule with a specific shape that can contribute to the smell and taste of certain plants, sometimes with potential medicinal properties.

Our ancestors used Sandalwood for anointing and embalming. **John 19** talks about Nicodemus bringing a mixture of myrrh and aloes (sandalwood) – this was to anoint the body of Yahusha HaMashiach for his burial.

John 19:39 says, And there came also Nicodemus, which at the first came to Yahusha by night, and brought a mixture of myrrh and aloes, about an hundred pound weight.

In modern times, Sandalwood is used for skin care and known for its antioxidant value.

Other Essential Oil Uses in Biblical Times and Throughout History include –

Cedarwood – the ancient people used it for cleansing – to purify anything unclean. Ancient writings refer to King David and Solomon sleeping under cedar for mental clarity. Today, Cedarwood continues to be identified for its ability to enhance sleep and promote emotional release.

Hyssop – also for ritual cleansing by the ancient people. In addition, it was a comfort to give ease of physical and emotional congestion as in the story of Hyssop being offered to Yahusha on the cross. Today, Hyssop continues to be used for its diuretic action to ease congestion.

Spikenard (or nard) -The ancient people used it for anointing and as a skin tonic. It is in the valerian family and was the last oil Yahusha received before going to the cross (*anointing by Mary*). Modern use also includes skin care for wounds that will not heal as well as calming the emotions.

Frankincense – mentioned over 52 times in the Bible; also referred to as incense. Ancient use was for anointing and was considered a general cure-all. Today – when in doubt – use Frankincense. Great for physical and emotional concerns as well as spiritual.

Adapted from: *The Institute of Spiritual Healing & Aromatherapy (ISHA), Inc.*

<https://www.ishahealing.com/single-post/2018/11/12/essential-oils-of-the-bible-ancient-wisdom-for-modern-times>

²<https://draxe.com/essential-oils/bible-oils/>

Scripture References of 6 essential oils in the bible

And they went out and preached that men should repent.

And they cast out many devils, *and anointed with oil* many that were sick, and healed them. *Mark 6:12-13*

Frankincense

Exodus 30:34

Leviticus 2:1, 2, 15, 16; 5:11; 6:15; 24:7

Numbers 5:15

1 Chronicles 9:29

Nehemiah 13:5, 9

Song of Songs 3:6; 4:6, 14

Matthew 2:11

Revelation 18:13



Mint

Matthew 23:23

Luke 11:42



Calamus

Exodus 30:23



Cinnamon

Exodus 30:23

Proverbs 7:17

Song of Songs 4:14

Revelation 18:13



**In preparing this presentation,*
Myrrh scriptures were mentioned
during our morning Sabbath lessons this August.
This essential oil was given to Yahusha
in order to dull the senses while impaled.

*Myrrh

Genesis 37:25; 43:11

Exodus 30:23

Ester 2:12

Psalms 45:8

Songs of Songs 1:13, 3:6, 4:6, 14; 5:1, 5, 13

Matthew 2:11*

Mark 15:22-23*

John 19:39*



Hyssop

Exodus 12:22

Leviticus 14:4, 6, 49, 51, 52

Numbers 19:6, 18

1 Kings 4:33

Psalms 51:7

John 19:29

Hebrews 9:19



What are Some of Their Benefits

Frankincense

anti-inflammatory,
anti-tumor effect,
skin conditioner,
perfume

Cinnamon

circulatory health,
immunity, metabolic
health, antimicrobial
for dental health

Myrrh

oral hygiene,
healing to skin,
hemorrhoids, liquid
band aid,
embalming

Peppermint *

anti-inflammatory,
antiviral,
neuroprotective, anti
fatigue, antioxidant,
relieve digestive
problems

Calamus

enhance sleep,
promotes
alertness,
relieves pain /
muscle spasms

Hyssop

helps respiratory
conditions, fights
parasites /
infections, helps
digestion

Lavender

promotes mental
relaxation, sleep
support, supports
brain function, heal
burns / cuts, pain
relief

Melaleuca

acne treatment,
soothes irritated
skin, household
cleanser

Lemon

reduces nausea,
improve digestion,
goo-be-gone, clear
mucus/phlegm,
household
disinfectant

Cypress

treats cramps &
muscle pulls, repels
fruit & house flies,
mosquitoes, treats
respiratory
conditions,
deodorant,
anti-anxiety



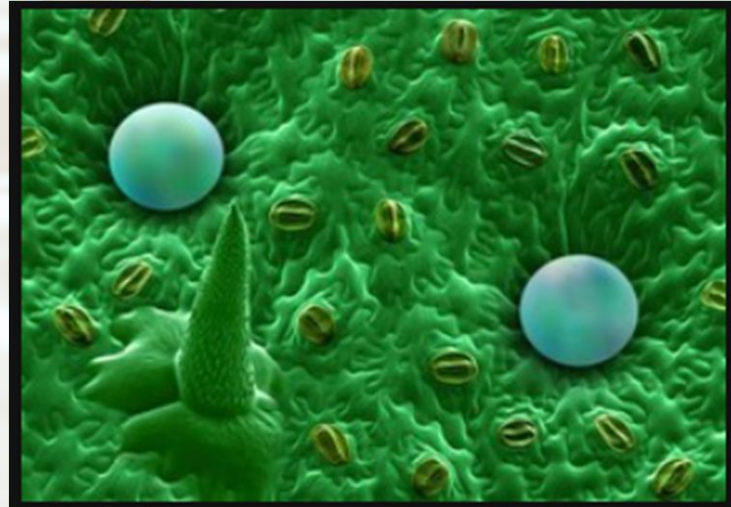
Frankincense and myrrh were gifts of the wise men and were considered very valuable for their healing properties. Sandalwood, and cinnamon were considered very valuable cargo along caravan trade routes and were often valued more than gold.



Scanning Electron Microscope (SEM) View of Oil Sacs on a Peppermint Leaf

SEM of the surface of a mint leaf
(performed by Annie Cavanagh).

Mint belongs to the genus *Mentha* and is commonly used to flavour food, drinks and dental products. **Two oil glands with drops of oil sat on the leaf surface (blue)** are responsible for giving this plant its characteristic aroma. The green spike in the lower left corner of the image is a hair (trichome). Numerous stomata (small olive green structures) are also visible. These pores open and close as required to allow exchange of gases into and out of the leaf.



Annie Cavanagh

Snacking Chocolates with Peppermint essential oil

For those times when you want a sweet and simple treat, but you don't want to spend hours baking, these Snacking Chocolates with Peppermint essential oil are just the ticket. They are the perfect little snack, only require four ingredients, and can be made in a hurry. Plus, the dark chocolate, almonds, and coconut oil make this a healthy alternative to most processed candies and junk foods.

Place chocolate chips and coconut oil in a microwave safe bowl and melt together until smooth.

Add in essential oil drops and mix together. Note: One drop or less should be enough. Pour melted chocolate onto wax paper on a cookie sheet and spread chocolate around with a spoon, making an even layer.

Crush almonds and sprinkle over chocolate layer.

Place in the fridge and allow to chill.
Break into pieces for snacking. Enjoy!



Servings:

Prep Time: 5 min

Cook Time :1 hour (including chilling)

Difficulty: Easy

Ingredients:

1 cup dark chocolate chips

1 teaspoon coconut oil

½ cup almonds

Peppermint essential oil

Instructions:



How My Family and I Have used Yah's Gift of the Earth

Earache	Melaleuca aka Tee Tree Oil
Keep from vomiting	Patchouli, peppermint
Plantar Fasciitis / Heel Spurs	Blend - applied to location: Lemongrass, clove, eucalyptus, melaleuca
Healing wounds	Correct X Ointment: (Frankincense, Helichrysum, Tea Tree, Cedarwood, Lavender)
Immune support to deflect oncoming cold / flu	OnGuard (wild orange, cinnamon bark, eucalyptus, rosemary)
Charlie horse attack (leg cramp)	Cypress
Thyroid Support	6-8 d Lavender, 5 Frankincense, 5 d Clove, 5 d Lemongrass, 5 d Myrrh, 5 drops of Peppermint, Carrier oil of choice
Muscle aches	Deep Blue Cream (wintergreen, peppermint, eucalyptus, blue tansy, ylang ylang)
Deodorant	1/2 cup baking soda, 1/2 cup cornstarch, 1/2 cup pure, organic, virgin coconut oil, 20 drops of essential oil
Mouthwash	1 cup H2O, 20 drops Essential Oils (recommended: a blend of Cinnamon, Clove, Wintergreen, and Tea Tree Oil
Constipation / the runs	Digestzen (peppermint, cardamom, coriander, ginger, caraway)
Breathing congestion	Breathe (laurel leaf, eucalyptus, cardamom, ravintsara), Digestzen
Household cleaning	OnGuard
Cooking	Various

*Learning about the benefits and healing qualities of essential oils,
Yah's Gift of the Earth,
gives us a deeper meaning and understanding of scripture writings
and messages ~ Abba's Manual for us on how to live and take care
of our bodies and minds.*

*Abba made sure to leave us written information
for our spiritual and physical health.*

Hallelu-Yah

