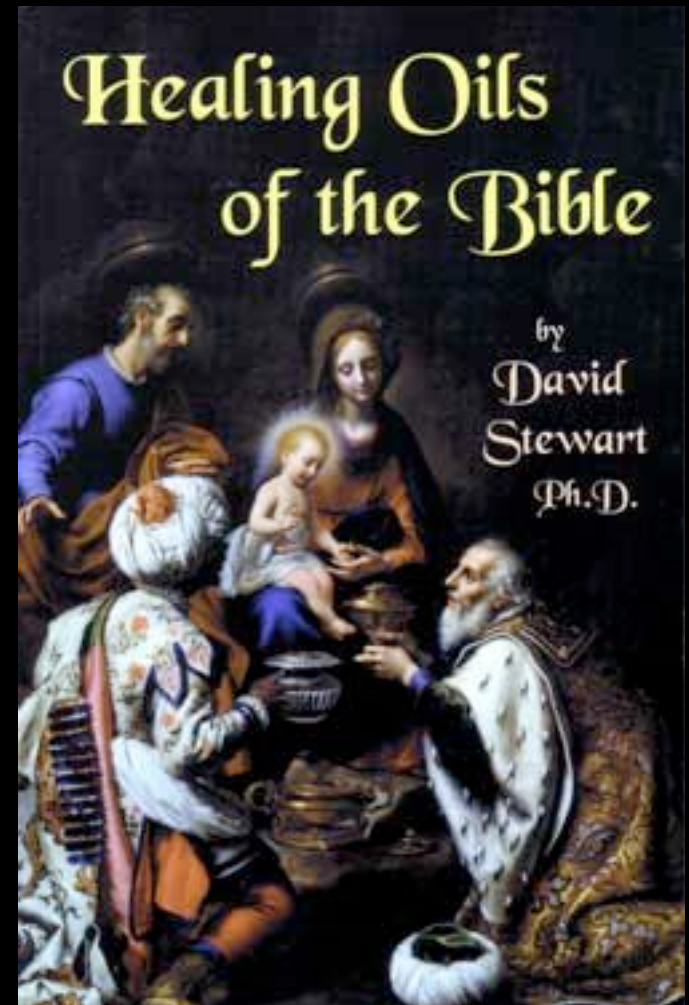


# Healing Oils of the Bible

Lindsey Elmore, PharmD, BCPS

# Reference

- Bible
- Healing Oils of the Bible  
– David Stewart, PhD



# Joy

- Though this oil is not specifically referenced in the Bible, our lives are richly blessed when we live with gratitude, gladness, rejoicing, and joy
- Isaiah 61:3
  - To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.

# Background on Biblical Oil

- God: the world's first aromatherapist
- Genesis 2:8
  - And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed.
- Ezekiel 47:12
  - 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.

# First Mentions of Oils in the Bible

- Genesis 37-50
  - Joseph, the youngest son of Jacob is the favorite of his father. His older brothers hate him and cast him into a pit, and then sell Joseph to traders who carry ‘spicery, balm, and myrrh.’ They sell Joseph.
  - Joseph eventually finds favor with the Pharaoh, and was elevated from slave to second only to the king
  - A famine strikes Israel and Joseph’s brothers come to Egypt to buy fruits, and pay with honey, spices, myrrh, nuts, and almond

# A Story of Love, Forgiveness, Repentance



**HOW WERE OILS USED IN THE  
BIBLE?**

# Essential Oils




any of a class of volatile oils that give plants their characteristic odors. used especially in perfumes and flavorings and for aromatherapy



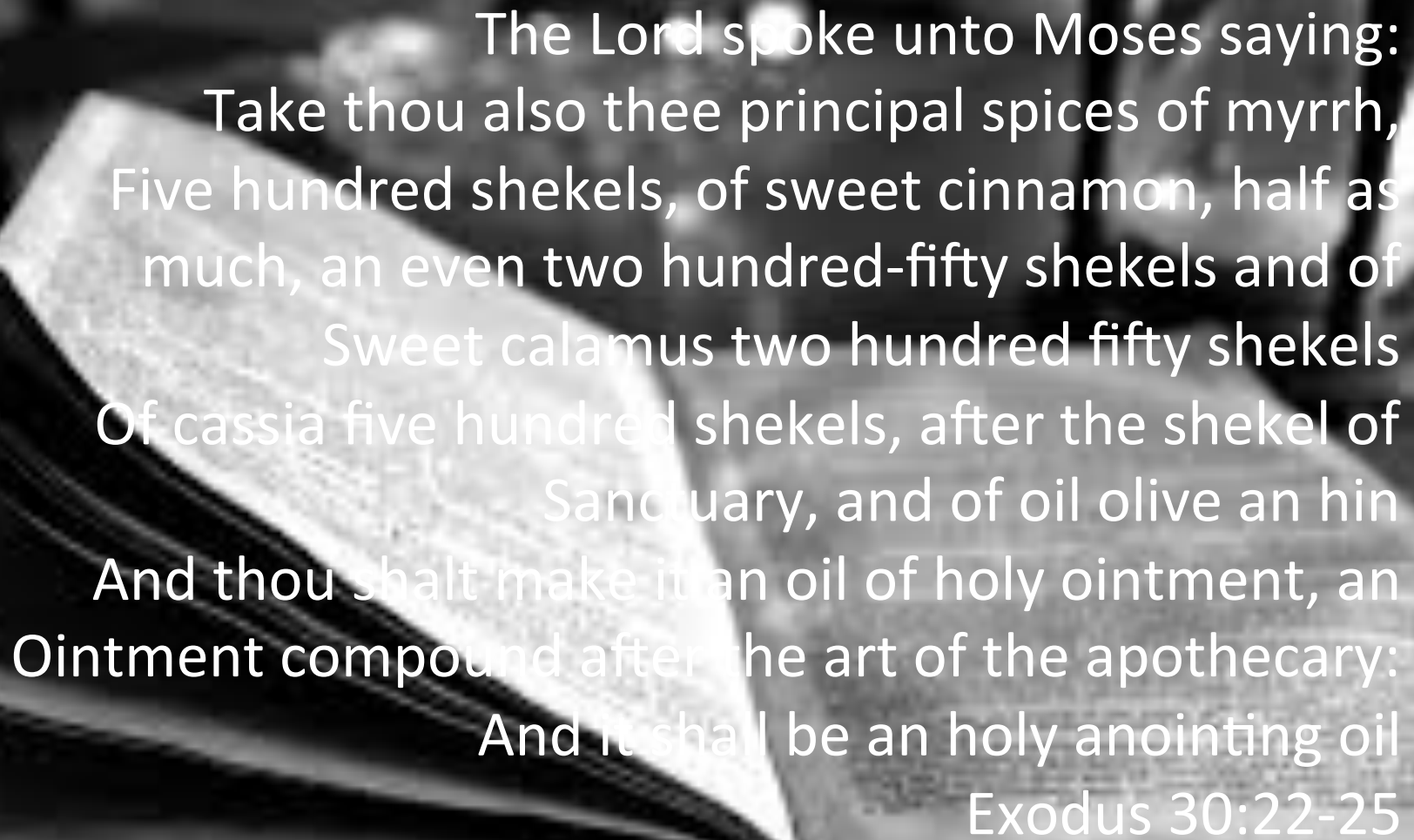


## Incense

A substance that is used in religious ceremonies to produce a strong and pleasant smell when it is burned

A painting of a person's hands clasped in prayer, with a wooden door and foliage in the background. The hands are the central focus, rendered in a realistic style with visible skin texture. The background is a soft, painterly scene of a wooden door with a decorative archway, surrounded by greenery. The overall mood is serene and spiritual.

May my prayer be  
set before you like  
incense; may the  
lifting up of my  
hands be like the  
evening sacrifice  
Psalm 141:2

An open Bible is shown from a top-down perspective, with the pages slightly curved. The text is overlaid in white, sans-serif font. The background is a dark, blurred image of the Bible's cover and pages.

The Lord spoke unto Moses saying:  
Take thou also thee principal spices of myrrh,  
Five hundred shekels, of sweet cinnamon, half as  
much, an even two hundred-fifty shekels and of  
Sweet calamus two hundred fifty shekels  
Of cassia five hundred shekels, after the shekel of  
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:  
And it shall be an holy anointing oil  
Exodus 30:22-25

**What does the Bible say  
about essential oils?**

# Holy Healing Ointment

- Original Recipe
  - 28 drops myrrh
  - 28 drops cassia
  - 14 drops cinnamon
  - 14 drops calumus
- Adapted Recipe
  - 32 drops myrrh
  - 32 drops cassia
  - 16 drops cinnamon



# Oils for Tonight



# Aloes (Sandalwood)

- John 19: 38-29
  - And after this Joseph of Arimathaea, being a disciple of Jesus, but secretly for fear of the Jews, besought Pilate that he might take away the body of Jesus: and Pilate gave him leave. He came therefore, and took the body of Jesus.
  - And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound weight.

# Aloes (Sandalwood)

- An expensive oil even today, 100 lbs of aloes mentioned in this text is about \$150,000-200,000 in today's dollars
- Reverence to anoint the body of Jesus with this oil



# Cassia

- Very similar in smell to cinnamon
  - Same family of plants (same family as bay too)
  - Very different medicinal uses
    - COX 2 inhibitor, antifungal, anticoagulant
    - Heals cataracts
- Can be very strong, and needs to be diluted before application to the skin





# Cedarwood

- This oil is one of the first to be distilled, and is on record to have been distilled more than 5000 years ago
- Text cites its use in cleansing leprosy, and priests would anoint on right ear, right thumb, and right toe (now known as reflexology points for emotional release)
- Also an insect and moth repellent
- High concentration of sesquiterpenes which is why it is used for mental focus

# Cypress

- Very rich in monoterpenes which helps the body to reprogram bad information to good information at the cellular level
- Supports immune function and can help to strengthen capillaries and the cardiovascular system



# Galbanum

- Exodus 30:34-36
  - 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:
  - 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.

# Galbanum

- Anti-inflammatory, antibacterial, anticonvulsant activity
- When combined with sandalwood and frankincense frequency of vibration is dramatically increased



# Myrrh



- Stacte

- Myrrh is the only oil in the Bible that was made into an anointing oil and a holy incense
- This allows myrrh to act as a fixing agent (an oil that preserves the balance of other oils)
  - Indicates God's intention for oils to be blended together for a variety of purposes

# Onycha

- An oil so thick it will not pour from the bottle
- Contains vanillin aldehyde which gives it the smell of vanilla
- Used to speed healing of wounds and infections



# Frankincense



- Number 16: 46-50
  - Then Moses said to Aaron, “Take your censer and put incense in it, along with burning coals 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. But 14,700 people died from the plague, in addition to those who had died because of Korah. Then Aaron returned to Moses at the entrance to the tent of meeting, for the plague had stopped.

# Frankincense

- Mentioned as the universal cure all—I mean it stopped a plague in the Bible!
- Still widely diffused in churches and is a key ingredient in many colognes and perfumes
- Is able to turn off cancer and return damaged DNA to a healthy state, potent anti-inflammatory properties, amazing for meditation



# Hyssop

- Psalms 51:7
  - Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.



# Hyssop

- Long thought to purify evil thoughts and cleanse from sin
- A mix of sesquiterpenes (which helps to delete addictions and compulsions from the DNA) and monoterpenes (which reprogram the DNA) to God's image of man

# Myrtle

- Evidence shows that myrtle oil can normalize thyroid and ovarian function and is very soothing to the respiratory system
- Another one of Esther's names is Hadassah which means myrtle, and myrtle was probably used to prepare her for her marriage to the king



# Rose of Sharon (cistus)

- Resin of the plant was used by shepherds to treat wounds on sheep and goats
- Cell regenerating properties can help with arthritis



# Spikenard

- Luke 7:36-37
  - And, behold, a woman in the city, which was a sinner, when she knew that Jesus sat at meat in the Pharisee's house, brought an alabaster box of ointment,
  - And stood at his feet behind him weeping, and began to wash his feet with tears, and did wipe them with the hairs of her head, and kissed his feet, and anointed them with the ointment.
- Mark 14:3
  - And being in Bethany in the house of Simon the leper, as he sat at meat, there came a woman having an alabaster box of ointment of spikenard very precious; and she brake the box, and poured it on his head.

# Spikenard

- One of the last oils placed on Jesus before his arrest, and used by Mary to anoint the feet of Jesus at the last supper, and by another Mary to embalm the body of Jesus
- Used for insomnia, nervous tension, and heart arrhythmias



# Conclusions

- Mark 6:10-13
  - Mark records
    - That Jesus states that we should minister to others about the oils if they are open and receptive and skip over those who are unwilling to receive the good news
    - That healing is accompanied by repentance and they cannot work without one another
    - That we have the power to cast out devils
    - That oils can heal the sick
- We who use and promote oils are carrying forward the work of Christ, and the art and practice of oils belongs in the church

# Opportunity

- From today until May 24, I will be offering the following at 24% off retail with almost no tax or shipping
  - Ancient Oils Kit, including all the oils highlighted tonight, 10 total (\$225)
  - Any available oil included in the kit
  - Private message for details



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2 - PEPPERMINT SAMPLES

2 - PEACE & CALMING SAMPLES

2 - LEMON SAMPLES

2 - THIEVES SAMPLES

2 - NINGXIA RED 2OZ PACKETS

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