

Appendix F

Principal Oils of Ancient Scripture

In **Proverbs 21:20** we read: “There is treasure to be desired and oil in the dwelling of the wise.” Question: Why would the possession of oil in one’s house be a sign of wisdom? At least 33 different essential oils or aromatic oil-producing plants are mentioned in the Bible (12 of them are discussed in this Appendix plus cinnamon and calamus.)

The word “oil” is mentioned 191 times in the Bible. While “olive oil” is specifically mentioned only 7 times there are 147 instances where it can be inferred. (See Appendix D) Olive oil was not only a food, but was burned in lamps for light and used as a base for blending other oils for religious or medicinal purposes.

“Incense” is mentioned 68 times in the Bible. In 54 of these the oils of frankincense, myrrh, galbanum, and onycha are indicated. In other instances, the Hebrew word translated into English as “incense” was “lebonah,” which is actually frankincense. In only eight of the instances where incense is mentioned are the oils in the formula not identifiable.

In **Psalms 45:7-8, Proverbs 27:9, Isaiah 61:3 and Hebrews 1:9** we read of “The Oil of Joy” or “Gladness” and how oils “rejoice the heart.” Essential oils are also referred to in the *Bible* as “fragrances,” “odors,” “ointments,” “aromas,” “perfumes” or “sweet savors.”

There are over 600 references to essential oils and/or the aromatic plants from which they were extracted in the Bible. (See Appendix C for a complete list.)

The fourteen principal oils of the Bible are listed below in order of the most frequently mentioned (Myrrh 156x) to (Rose of Sharon 3x), mentioned only three times.

FOURTEEN PRINCIPAL OILS OF THE BIBLE

1. MYRRH

Mentioned 18x directly + 138x indirectly = 156x
Chemistry: Sesquiterpenes-60%

2. FRANKINCENSE

Mentioned 22x directly + 59x indirectly = 81x
Chemistry: Monoterpenes-82%, Sesquiterpenes-8%

3. CALAMUS (CANE)

Mentioned 5x directly + 65x indirectly = 70x
Chemistry: Ketones-40%, Phenols-30%

4. CEDARWOOD

Mentioned 5x directly + 65x as trees/wood = 70x
Chemistry: Sesquiterpenes-98%

5. CINNAMON

Mentioned 4x directly + 65x indirectly = 69x
Chemistry: Aldehydes-47%, Phenols-25%,
Sesquiterpenes-6%

6. CASSIA

Mentioned 3x directly + 65x indirectly = 68x
Chemistry: Aldehydes-80%, Phenols-8%, Esters-5%

UNIQUE CHEMISTRY OF BIBLICAL OILS:

The dominant classes of compounds in the oils of the Bible are: Sesquiterpenes, Monoterpenes, and Phenols (including phenylpropanoids) along with Ketones, Aldehydes, and Esters. There are more than 10,000 types of sesquiterpenes, more than 2,000 varieties of monoterpenes, and hundreds of phenols along with thousands of kinds of ketones, aldehydes, and esters. Phenols, ketones, and aldehydes are antiseptic, cleanse receptor sites, and detoxify our bodies. Sesquiterpenes are oxygenating, mood elevating, and deprogram miswritten or garbled codes in the DNA. Monoterpenes are hostile to microbes and reprogram cells with correct information. Esters are calming, stress-reducing, and emotionally releasing.

Sesquiterpenes are mainly in: Cedarwood-98%, Sandalwood-95%, Myrrh-65%, Spikenard-46%, and Cypress-12%. Monoterpenes are in Frankincense-82%, Cypress-77%, Galbanum-75%, Rose of Sharon-54%, Myrtle-37%, Spikenard-36%, and Hyssop-30%. Phenols are in Calamus-30%, Cinnamon-25%, and Cassia-8%. These last three oils are all ingredients of the Holy Anointing Oil of Exodus 30:23-24

Sesquiterpenes and Monoterpenes can be spiritually elevating by stimulating the pineal gland and their oxygenating capabilities can create an environment that makes it difficult for cancer cells to survive. They are also strong supporters of the immune system and boost the body's natural defenses. Phenols, in addition to their antimicrobial and cleansing abilities, also promote hormonal balance and healthy bodily function. Modern research has found Cinnamon oil to be as effective against certain bacteria as Penicillin and Ampicillin.

Thus, the oils of the Bible serve us on all levels: Spiritual, Emotional, Mental, and Physical.

(For more information on the science of how oils work, see *The Chemistry of Essential Oils Made Simple*, p. 324)

Page 3.**7. GALBANUM**

Mentioned 1x directly + 54x indirectly = 55x

Chemistry: Monoterpenes-75%, Sesquiterpenes-4%

8. ONYCHA (FRIAR'S BALM/BENZOIN)

Mentioned 1x directly = 54x indirectly = 55x

Chemistry: Esters-70%, Carboxylic Acids-20%

9. SPIKENARD (NARD)

Mentioned 7x directly + 10x indirectly = 17x

Chemistry: Sesquiterpenes-50%,

Monoterpenes- 36%, Phenols-2%

10. HYSOPO

Mentioned 12x directly = 12x

Chemistry: Ketones 48%, Monoterpenes-30%,

Sesquiterpenes-8%, Phenols-4%

11. SANDALWOOD (ALOES)

Mentioned 5x directly = 5x

Chemistry: Sesquiterpenes-95%

12. MYRTLE

Mentioned 6x directly = 6x

Chemistry: Monoterpenes-37%, Esters-15%,

Alcohols-12%, Phenols-3%

13. CYPRESS

Mentioned 1x directly + 4x indirectly = 5x

Chemistry: Monoterpenes-77%, Sesquiterpenes-12%

14. ROSE OF SHARON (CISTUS/ROCK ROSE)

Mentioned 1x directly + 2x indirectly = 3x

Chemistry: Monoterpenes-54%, Alcohols-12%

Page 5.

(Read **Exodus 30:22-31**)**TWO BLENDS OF BIBLICAL OILS****EXODUS II™ (Oil Blend)**

Ingredients listed in order of the relative amounts contained in the blend (See 4th edition of EODR pp. 119-120)

- | | | |
|-----------------|-----------------------------------|--------------|
| 1. Cassia | (<i>Cinnamomum cassia</i>) | Exodus 30:24 |
| 2. Hyssop | (<i>Hyssopus officinalis</i>) | Exodus 12:22 |
| 3. Frankincense | (<i>Boswellia carteri</i>) | Exodus 30:34 |
| 4. Spikenard | (<i>Nardostachys jatamansi</i>) | Song 1:12 |
| 5. Galbanum | (<i>Ferula gumosa</i>) | Exodus 30:34 |
| 6. Myrrh | (<i>Comiphora myrrha</i>) | Exodus 30:23 |
| 7. Cinnamon | (<i>Cinnamomum verum</i>) | Exodus 30:23 |
| 8. Calamus* | (<i>Acorus calamus</i>)* | Exodus 30:23 |

Carrier Oil: Olive

* Calamus is not available alone, only in this blend. The effective action of this oil blend against a variety of microbes is similar to that of another oil blend called Thieves™, which also contains cinnamon oil.

3 WISE MEN™ (Oil Blend)

Ingredients listed in order of the relative amounts contained in the blend (See 4th edition EODR p. 141)

- | | | |
|-----------------|----------------------------------|---------------|
| 1. Sandalwood | (<i>Santalum album</i>) | John 19:39 |
| 2. Juniper | (<i>Juniperus osteosperma</i>) | Job 30:4 |
| 3. Frankincense | (<i>Boswellia carteri</i>) | Matthew 2:11 |
| 4. Myrrh | (<i>Comiphora myrrha</i>) | Mark 15:23 |
| 5. Spruce* | (<i>Picea mariana</i>) | *Not in Bible |

Carrier Oil: Almond

* Spruce is not mentioned in the Bible, but was used during Biblical times. Spruce, Frankincense, and the other oils of a blend called Valor™, were used by Roman soldiers as emotional support to boost their courage before battle.

SELECTED OILS OF ANCIENT SCRIPTURE**1. ALOES/SANDALWOOD***Santalum album*Family: **Santalaceae**

- Scriptures: Numbers 24:6; Psalms 45:8

Proverbs 7:17; Song of Solomon 4:14;

John 19:39

- Source: Wood of the tree

- Chemistry: Sesquiterpene alcohols-80%, Sesquiterpene hydrocarbons-12%, Sesquiterpene aldehydes-3% Carboxylic Acids-2%

- Ancient Uses: Assistance in Meditation; Aphrodisiac; Embalming

- Modern Uses: Sandalwood contains the fourth highest concentration of sesquiterpenes of all the oils- (90%). Sesquiterpenes deprogram misinformation and carry oxygen at a cellular level. Used for skin care, enhances deep sleep (stimulating release of melatonin); supportive of female reproductive and endocrine systems; has been applied for urinary tract infections.

- Applications: Diffuse, apply topically, ingest orally, burn in incense.

- Aloes/Sandalwood oil is found In: 7th Heaven Kit (Dream Catcher™, Gathering™, Inspiration™, White Angelica™, Awaken™) Harmony™, 3 Wise Men™

2. CASSIA

***Cinnamomum cassia* Family:Lauraceae (laurel)**

- Scriptures: Exodus 30:24; Psalms 45:8 Ezekiel 27:19; Job 42:14 (“Kezia” means “Cassia.”)
- Source: Bark of the tree
- Chemistry: Cinnamic aldehydes-80%, Phenols-8%, Coumarins-7%, Esters 5%
- Ancient Uses: Ingredient in Moses’ Holy Anointing Oil.
- Modern Uses: Immune system builder and supportive of the body’s natural defenses.
Applications: Diffuse, topically, orally, incense
- Cassia oil is also found in Exodus II™

CINNAMON

***Cinnamomum verum* Family: Lauraceae (laurel)**

- Scriptures: Exodus 30:23 Proverbs 7:17 Song of Solomon 4:14; Revelation 18:13
- Source: Bark of the tree
- Chemistry: Cinnamic aldehydes-47%, Phenols-25%, Alcohols-7%, Sesquiterpenes-6%, Acids-2%
- Ancient Uses: Holy Anointing Oils. Perfume.
- Modern Uses: Aldehydes, phenols, alcohols and carboxylic acids are all antimicrobial and cleansing. In

combination, these compounds make cinnamon oil one of the most powerful antibacterial, antimicrobial, antiparasitic, and antifungal oils of all. In lab tests it has been proven as effective as or better than several antibiotics. Has been applied to Tropical diseases and typhoid; can be sexually stimulating (aldehydes do that). May regulate blood sugar.

- Applications: Diffuse in blends (Thieves), topically, orally, and as incense
- Cinnamon bark oil is found in: 7th Heaven Kit (Gathering™), Exodus II™, Abundance™, Christmas Spirit™, Thieves™

CALAMUS

***Acorus calamus* Family: Araceae (flag)**

- Scriptures: Exodus 30:23, Song Solomon 4:13-14, Ezekiel 27:19
- Source: Stems and leaves
- Chemistry: Ketones-40%, Phenols-30%, Aldehydes-7%
- Ancient Uses: Holy anointing oil, perfumes, incense. An aromatic stimulant and tonic for digestive system.
- Modern Uses: Relaxing to muscles, soothes inflammation, supportive of respiratory system, helps clear kidney congestion after intoxication.
- Applications: Topically over abdomen, orally, incense.

Calamus cont’d on next page . . .

Calamus cont'd

- Calamus oil is found in: Exodus II™ (Calamus not available as a single oil. Only available in Exodus II™)

3. CEDARWOOD

Cedrus atlantica Family: Pinaceae

- Scriptures: Leviticus 14:4, 6, 49, 51, 52
Numbers 19:6
- Source: From bark of trees
- Chemistry: Sesquiterpene hydrocarbons-58%;
Sesquiterpene alcohols-22%; Sesquiterpene ketones-18%
- Ancient Uses: Cleansing of lepers, ritual cleansing after touching a dead body or anything else considered “unclean,” ritual cleansing from evil spirits, cosmetics, embalming, skin problems, various medicines, calming effects. This may be the first and most ancient of the distilled oils inasmuch as Chinese, Sumerians and Egyptians were using Oil of Cedarwood for embalming, disinfecting, hygienic, and other purposes more than 5,000 years ago. Mentioned on a Babylonian tablet dated 1800 B.C.
- Modern Uses: Insect repellent, hair loss, tuberculosis, bronchitis, gonorrhoea, skin disorders (acne, psoriasis). Cedarwood is highest known oil in sesquiterpenes (98%) which can deprogram misinformation and bring oxygen to cellular levels. Enhances deep sleep (melatonin stimulant), emotional releases, promotes mental clarity.

- Applications: Diffuse, topically, orally, incense.
- Cedarwood oil is also found in: 7th Heaven Kit (Inspiration™, Sacred Mountain™) and Brain Power™

**FOR BIBLE OILS PROGRAM
TAKE A 15 MINUTE RECESS AT THIS POINT**

4. CYPRESS

Cupressus sempervirens Family: Cupressaceae

- Scriptures: Genesis 6:14; Isaiah 44:14; 41:19; I Kings 9:11; Song of Solomon 1:17
- Source: From branches
- Chemistry: Monoterpenes-77%, Sesquiterpenes-12%, Alcohols-9%, Esters-7%, Diterpenes-3%
- Ancient Uses: Arthritis, laryngitis, reducing scar tissue, cramps. Cypress oil is mentioned in a Babylonian tablet dating 1800 B.C.
- Modern Uses: Supportive of the cardiovascular system (increases circulation, strengthens blood capillaries, controls hemorrhages and nose bleeds, relieves acute chest discomfort), emotionally beneficial: eases feeling of loss, promotes feelings of security and grounding; supportive of women during menstruation and menopause. Monoterpenes reprogram cellular memory with correct information thus promoting permanent healings at a cellular level. Cypress also promotes production of

Cypress cont'd

leucocytes (white blood cells) which boosts the body's natural defenses.

- Applications: Massage along spine, on arm pits, on feet, heart and chest.
- Cypress oil is found in: Aroma Seiz™ (for muscle cramps), Aroma Life™ (for chest pains), R.C.™ (respiratory congestion)

5. GALBANUM

***Ferula gummosa* Family: Apiaceae (parsley)**

- Scriptures: Exodus 30:34-36
- Source: Resins in stems and branches
- Chemistry: Monoterpenes-75%, Sesquiterpenes-4%, Esters-3%, Coumarins-2%, Carboxylic Acids-1%, Diazines-1%, Furanoids 1%
- Ancient Uses: Holy anointing oils, various medicines, perfume, spiritually uplifting yet grounding, pain relief, spasms and cramps, diuretic.
- Modern Uses: Abscesses, acne, asthma, chronic coughs, cramps, indigestion, muscular aches and pains, scar tissue, wrinkles, wounds, emotionally balancing. Monoterpenes reprogram cellular memory thus promoting permanent healing. Coumarins are antiseptic phenols with an earthy smell like freshly mown hay or grass.
- Application: Topically, orally
- Galbanum oil is found in: 7th Heaven Kit (Gathering™) and Exodus II™

6. FRANKINCENSE

Boswellia carteri

Family: Burseraceae

- Scriptures: Exodus 30:34; Leviticus 2:1, 1, 15, 16; 5:11; 6:15; 24:7: **Numbers** 5:15; **16:46-50** (Aaron stops a plague); I Chron 9:29 Nehemiah 13:5, 9; Song of Solomon 3:6; 4:6, 14 **Isaiah 59:20; 60:3, 6** (These verses from Isaiah prophesy the gifts of the wise men) Isaiah 66:3; Jeremiah 6:20; 17:26; 41:5 (NOTE: these six references from Isaiah and Jeremiah, are translated as “incense” in the KJV. However, the Hebrew in all cases is “lebonah” which is Frankincense.) **Matthew 2:11** (Three wise men’s visit) Revelations 18:13
- Source: Oleo-gum-resin from the trunks and limbs of the tree. Note that Myrrh is also a gum resin from a desert tree of the same family—Burseraceae—as was the Balm of Gilead.
- Chemistry: Monoterpenes-82%, Sesquiterpenes-8%, Alcohols-4%
- Ancient Uses: Holy Anointing Oil, a cure-all, used to enhance meditation and elevate spiritual consciousness, thought to assist one in the transition of death, used for embalming, and perfume. Frankincense was used to anoint the newborn sons of kings and priests, which may have been why it was brought to the baby Jesus. Frankincense is mostly monoterpenes which, as an anointing oil, embraces God’s image in us (Genesis 1:26). (See Chapter 2, pp. 27-31)

Frankincense cont'd next page...

Frankincense cont'd

- Modern Uses: Monoterpenes reprogram cellular memory thus promoting permanent healing; helps maintain normal cellular regeneration; cancer, depression, allergies, headaches, bronchitis, herpes, tonsillitis, typhoid, warts, brain damage, massive head injuries, stimulates body's production of white corpuscles (immune builder), expectorant. Used in commercial fragrances: Old Spice™ (Shulton), Cinnabar™, and Youth Dew™ (Estee Lauder).

- Application: Diffuse, topically, orally, incense.

- Frankincense oil is found in:

7th Heaven Kit (Gathering™, Humility™, Inspiration™, Awaken™ (Forgiveness™, Harmony™), Exodus II™, 3 Wise Men™, Abundance™, Acceptance™, Brain Power™, Trauma Life™, Valor™

7. HYSSOP

Hyssopus officinalis Family: Lamiaceae (mint)

- Scriptures: **Exodus 12:22**; Leviticus 14:4, 6, 49, 51, 52; Numbers 19:6, 18; I Kings 4:33; **Psalms 51:7**; **John 19:29**; Hebrews 9:19

- Source: Stems and Leaves

- Chemistry: Ketones 48%, Monoterpenes-30%, Sesquiterpenes-8%, Phenols-4%, Alcohols 2%

- Ancient Uses: Spiritually cleansing, help for focusing mind in meditation, purification from sin, addictions and destructive habits; various medicines, respiratory relief, decongestant, expectorant. Repeller of evil spirits

(During the Passover, the Israelites struck the posts and lintels of their doorways with an branch of hyssop releasing its aromatic oils, along with the lamb's blood, as protection from the death angel.) During his last moments on the cross, Jesus was offered a sponge with sour wine extended with a fragrant branch of hyssop. Why hyssop? Crucifixion is death by slow suffocation as one's lungs gradually fill up with fluid. Breathing the scent of hyssop may have been offered by ladies of mercy to those dying by crucifixion to help ease their congestion and provide some relief both physically and emotionally.

- Modern Uses: Monoterpenes reprogram miswritten information in the DNA and thus promote permanent healing at a cellular level. Hyssop has been used to relieve anxiety, arthritis, asthma, respiratory infections, parasites, sore throats, cuts and wounds. Metabolizes fat, increases perspiration, detoxifying, and emotionally balancing. Lamiaceae is the same family of plants as many of the Raindrop Oils: Basil, Marjoram, Oregano, Thyme, and Peppermint.

- Applications: Diffuse, topically, orally

- Hyssop oil is found in:

7th Heaven Kit (White Angelica™, Awaken™), Harmony™, Exodus II™, Relieve It™, Immupower™

8. MYRRH

***Commiphora myrrha* Family: Burceraceae**

- Scriptures: Genesis 37:25; 43:11; Exodus 30:23; **Esther 2:12**; Psalms 45:8; Proverbs 7:17 (Also in Exodus 30:34 as “Stacte”); Song Solomon 1:13; 3:6; 4:6, 14; 5:1, 5, 13; Matthew 2:11; 26:7, 9, 12; Mark 14:3, 4; **Mark 15:23**; Luke 7:37, 38, 46; 23:56; John 11:2; 12:3, 5; 19:39
- Source: Oleo-gum-resin from the trunks and limbs of the tree. Note that Frankincense is also a gum resin from a desert tree of the same family—Burseraceae—as was the Balm of Gilead.
- Chemistry: Sesquiterpenes 60%, Furanoids-20%, Ketones 15%, Monoterpenes 5%, Triterpenes-5%, Aldehydes-4%, Arenes 2%, Carboxylic Acids 1%, Phenols-1%
- Ancient Uses: Pregnant mothers anointed themselves for protection against infectious diseases and to elevate feelings of well-being. They also believed it would protect their unborn children from generational curses. (Exodus 20:5, 34:7; Numbers 14:18; Deuteronomy 5:9) Diffused and inhaled during labor to reduce anxiety and facilitate calmness and massaged on perineum to facilitate stretching. Used after childbirth to prevent or remove abdominal stretch marks. Customarily used on umbilical cords of newborn to protect navel from infection, which symbolically is meant to cut off generational curses inherited from ancestors. It may have been for all of these uses that Myrrh was brought to Mary and baby Jesus.

Also used in ancient times for skin conditions, oral hygiene, embalming, and as an insect repellent. Egyptians carried cones of fat on their heads containing Myrrh that would melt in the desert heat and keep their bodies bathed in Myrrh and other oils. Myrrh has always been a popular fixing oil, from ancient times to the present, to prolong the life of the fragrances in other oils. Hence, it was blended with so many perfumes and ointments in Biblical times that in the Gospels the Greek word for myrrh, “muron,” was sometimes translated as “ointment” without revealing that its content included myrrh. (See Chapter Ten.)

- Modern Uses: Antiseptic, balancing to thyroid and endocrine system, supports immune system. Bronchitis, diarrhea, thrush in babies, vaginal thrush, athletes foot, ring worm, viral hepatitis, chapped skin, wrinkles. Emotionally releasing. Sesquiterpenes deprogram miswritten information on the DNA at a cellular level, thus promoting permanent healings. As in ancient times, myrrh is still used as a fixative to extend the fragrances of other scents.

It is used in many perfumes such as Alliage™ (Estee Lauder), Matchbelli™ (Matchbelli) and LeSport™ (St. Laurent) which also contains sandalwood. (See Chapter Ten for more.)

- Applications: topically, orally.
- Myrrh oil is found in:
7th Heaven Kit (Humility™, White Angelica™),
Exodus II™, 3 Wise Men™, Abundance™, Hope™

9. MYRTLE

Myrtus communis Family: Murtaceae

- Scriptures: Nehemiah 8:15; **Esther 2:7** (a Hebrew name for Esther was Hadassah, meaning Myrtle.) Isaiah 41:19; 55:13; Zechariah 1:7-11
- Source: From the leaves of the tree
- Chemistry: Monoterpenes-37%, Esters-15%, Alcohols-12%, Phenols-3%, Furanoids 2%, Lactones 2%
- Ancient Uses: Religious ceremony, purification from ritual uncleanliness
- Modern uses: Thyroid and general hormone balancer, soothing to respiratory system, decongestant, sinus infections, tuberculosis, colds, flu, coughs, bronchitis, asthma, skin conditions: acne, psoriasis, blemishes, bruises
- Applications: Inhaling, rubbing on chest, diffusing, suitable for children
- Myrtle oil is found in:
7th Heaven Kit (Inspiration™), Endoflex™, Purification™, R.C.™

“The Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them . . . heal (*therapeuo*) the sick that are therein and say to them ‘The Kingdom of God has come near to you’.”
Luke 10:1-2, 9

“The leaves of the trees shall be for the healing (*therapeuo*) of the nations.” Revelations 22:2

10. ONYCHA

Styrax benzoin Family: Styracaceae

- Scriptures: Exodus 30:34 (also in Talmud and Old Testament Apocrypha: Sirach 24:15)
- Source: From resin of tree.
- Chemistry: Esters-70%, Carboxylic Acids-20%, Aldehydes 2%, Alcohols 1%. The high acid content of this oil provides it strong antimicrobial properties. Dissolved in ethyl alcohol, it has been used for more than 200 years as “Tincture of Benzoin,” as an effective hospital antiseptic. With today’s virulent and resistant strains of bacteria against which there are no pharmaceutical defenses, some hospitals are rediscovering the effectiveness of this tincture. Vanillin aldehyde gives onycha its characteristic vanilla aroma. Also called: “Benzoin,” “Friar’s Balsam,” and “Java Frankincense.”
- Ancient Uses: Perfume, blended in holy incense, comforting, soothing, uplifting, an ointment to heal skin wounds. Used as a fixative.
- Modern Uses: Stimulates renal output, used for colic, flatulence, constipation, and may help control blood sugar levels. Inhaled for sinusitis, bronchitis, colds, coughs, and sore throats. Soothing, used for dermatitis and skin wounds. Relieves stress when used in massage.
- Applications: Inhaled, use in massage, applied directly in cuts and wounds it protects from infection and accelerates healing.
- Available only in “Oils of Ancient Scriptures Kit.”

11. ROSE OF SHARON/CISTUS/ROCK ROSE***Cistus ladanifer* Family: Cistaceae**

- Scriptures: Song of Solomon 2:1 (The rose mentioned in Isaiah 35:1 is another species. See Chapter Eight.) See Genesis 37:25 and 43:11 where Myrrh is mentioned in English, but the Hebrew word in this passage is ladanum, which is actually Rock Rose or Rose of Sharon.
- Source: From Branches
- Chemistry: Monoterpenes-54%, Alcohols-12%, Esters-9%, Ketones-7%, Aldehydes-5%, Diterpenes-2%, Carboxylic Acids-1%
- Ancient Uses: Elevating moods, perfume
- Modern Uses: Antiseptic, immune enhancing, neurotonic, aids in normal cell regeneration, calming to nerves. Monoterpenes reprogram cellular memory thus promoting permanent healings. Notice that the monoterpene alpha Pinene is also found in Myrtle, Galbanum, Frankincense, Cypress, and Spikenard and may be the principal component responsible for the reprogramming function in all of these oils.
- Applications: Diffuse or use topically with massage oil.
- Rose of Sharon is available under the name of “Cistus oil” and is an ingredient in Immupower™

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

12. SPIKENARD***Nardostachys jatamansi* Family: Valerianaceae**

- Scriptures: Song of Solomon 1:12; 4:13, 14; **Matthew 26:6-7; Luke 7:36-38; Mark 14:3; John 12:1-3**
- Source: From plant roots
- Chemistry: Sesquiterpenes-50%, Monoterpenes-36%, Phenols-2%, Coumarins-2%, Oxides-2%, Carboxylic Acids-1%
- Ancient Uses: Perfumes, medicines, skin tonic, incense, mood enhancer, reduces anxiety. Heals scar tissue. One of the last oils to be received by Jesus before being arrested and going to the cross, perhaps to help prepare him for his ordeal. Applied as a “precious ointment” in combination with Myrrh.
- Modern Uses: Allergies, migraine, nausea, cardiovascular support, tachycardia, relaxing, soothing, emotionally calming. Mood elevating.
- Application: Applied to abdomen, on location, inhaled, on feet, on head.
- Spikenard is found in:
7th Heaven Kit (Humility™), Exodus II™

“And they anointed with oil many that were sick, and healed (*therapeuo*) them.” Mark 6:13

NOTE: *Therapeuo* means “gradual healing with care.” (see. p. 91)