

Set Apart Worship

February 15

2010

Healing through Yahshua for ourselves... holiness unto Yahweh... preparation
before walking out to share the good news with others... healing of others...

Healing Oils,
Anointing, and
Scriptural
Foundations

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Abba Father, let your precious spirit of love and truth rule my heart now. I am grateful for the words in this scripture, and I feel like they are teaching us how to pray. How to approach you. May I please help explain this to others through this writing.

In Exodus 30, we are shown the pattern for the altar, where incense is to be burned in the tabernacle of the congregation. The incense is to be burned by Aaron (whom I believe represents our Yahshua) morning by morning, and it is to be a perpetual incense before the face of Yahweh for your generations. It is not to be mixed with strange incense, nor burnt offering or food offering or drink offering. Once a year, this altar on which the incense is burned is to be atoned for by anointing with holy oil made from a recipe that Yahweh published in this chapter. He also published the recipe for the incense. But both holy perfumes were also set apart by Yahweh.

As He did in the Garden of Eden, when He showed Adam and Eve the Tree of the Knowledge of Good and Evil and forbade them to eat of its fruit, He shows through Moses the specific components of the perfumes that please him but then tells us not to make any like it for ourselves. I believe He gave us the recipe so that we can offer Him what He wants when we go to the sanctuary and approach Him in unity. Likewise, we must each do so on our own to practice, so that we can accomplish His instruction to prepare it salted, pure and holy before we bring it to Yahweh. A word study of the method of preparation and the ingredients to be used will make clear the work to be done in private, six days per week, so that your presence at Assembly is an acceptable and excellent contribution to the worship.

The Holy Ointment Compound is to be mixed for anointing the Tent of Meeting and the Altar and even the Priests. We know that we are all priests in training if we participate in the training. Otherwise, we are play-acting and Yahshua tells us there is a difference between true Israelites and lukewarm ones. If you will note, Jacob's name meant "deceiver" until he was changed by Yahweh into Israel, which means "fighting WITH Yah." Are you fighting with Yah—actively seeking to change and be changed, purposing daily to be found holy and blameless when Yahshua returns? If so, then Jacob's Trouble will not harm you... the second death will not take you. You will forever be a king, a ruler, and a priest in Yahshua's kingdom! Therefore, Exodus 30 applies to YOU, in the present!

You will want to know this anointing oil's ingredients! Anoint other priests-in-training with precepts learned!

Pure Myrrh	H#1865 =	Pure; To move rapidly, spontaneity of outflow, liberty, freedom, clear		
	H#4753 =	Myrrh; Bitter; distilling in drops	From H#4893 = to trickle or make bitter	<p>Myrrh quickens the blood www.itmonline.org/arts/myrrh.htm</p> <ul style="list-style-type: none"> • antifungal • anti-inflammatory • antiseptic • astringent • antimicrobial • antispasmodic • immune system and circulatory stimulant • bitter • expectorant • reduces phlegm <p>www.innvista.com/health/herbs/myrrh.htm Common Name: Myrrh Oil Botanical Name: Commiphora Myrrha Extraction Method: supercritical CO2 extraction from the resin of Commiphora myrrha Organically Grown in Ethiopia Physical Properties: Warm, Balsamic, Woody, slightly musky, earthy aroma A deep red - brown, clear turbid viscous liquid</p>
Spicy Cinnamon	H#1314 =	Spicy; Fragrance; Spicy odor		
	H#7076 = Cinnamon =	Cinnamon bark; upright rolls	From root meaning "To erect"	<p>Good for blood circulation www.itmonline.org Cinnamon has long been known as a disinfectant, stimulant, and anti-flatulent; but the only medicinal cinnamon is that called the true or Ceylon cinnamon. Warm cinnamon tea sipped slowly can be helpful in the event of nausea; and, if taken at bedtime, it can help promote sleep. www.innvista.com/HEALTH/foods/spices/cinnamon.htm</p>
Aromatic Calamus	H#1314 =	Aromatic; Spicy odor, fragrance		
	H#7070 =	A reed (as erect); rod, shaft, stem	From H#7069 = to erect, procure,	<p>Inhibits bleeding, breaks up static blood, alleviates pain www.itmonline.org Many active ingredients have been identified in the</p>

			own, create	<p>Calamus' oil, but the two compounds that have received the most attention:</p> <p>1) Alpha-asarone is similar in structure to reserpine, a drug used as anti-hypertensive and sedative, and gives the same effects. The structure of alpha-asarone also resembles to chlorpromazine, a common use medicine for treatment of vomiting, but produces an opposite action that it causes vomiting. The main legitimate use for calamus is very much like that of chamomile of which use as a sedative effect and to treat stomach upset. Larger doses are said to be hallucinogenic. There is increasing interest in calamus as a "recreational" drug.</p> <p>2) Beta-asarone is the component responsible for causing cancer in experimental animals. It is only present in calamus grown in Europe and Asia.</p> <p>3) The structure of both of the alpha and beta asarone molecules bears some resemblance to the structure of "ecstasy", an amphetamine-like drug, which probably accounts for the herb's psychoactive properties. Asarones tend to decompose within months of collection, and lose their psychoactive properties.</p> <p>www.herballove.com/library/herbal/calamus.asp</p>
Cassia	H#6916 =	Cassia bark, as in shriveled rolls	From H#6915 = to shrivel, contract, or bend; to bow or stoop in deference	<p>Controls pain</p> <p>www.itmonline.org</p> <p>Effects on the body: Chinese and Japanese scientists have found that cassia has sedative effects and lowers high blood pressure and fever in experimental animals. The oil has antiseptic properties, killing various types of bacteria and fungi.</p> <p>www.earthpower.com/en/cassia.htm</p>
Olive Oil	H#2132 =	Olive (tree, branch, or berry)		<p>Keeps arteries clear so blood can flow, controls cholesterol; fights heart disease, high blood pressure and rheumatoid arthritis!</p> <p>www.itmonline.org</p>
	H#8081 =	Oil, grease, liquid, richness		<p>The beneficial health effects of olive oil are due to both its high content of monounsaturated fatty acids and its high content of antioxidative substances. Studies have shown that olive oil offers protection against heart disease by controlling LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels. (1-3) No other naturally produced oil has as large an amount of monounsaturated as olive oil -mainly oleic acid. Olive oil is very well tolerated by the stomach. In fact, olive oil's protective function has a beneficial effect on ulcers and gastritis. Olive oil activates the secretion of bile and pancreatic hormones much more naturally than prescribed drugs. Consequently, it lowers the incidence of gallstone formation.</p> <p>www.healingdaily.com/detoxification-diet/olive-oil.htm</p>

Likewise, you will want to know the method for preparing the incense, which represents our worship in the Assembly.

Spices	H#5561 =	To smell Sweet		
Stacte	H#5198 =	Aromatic gum	From H#5197, to ooze, distill, fall in drops, or speak by inspiration	<p><i>Styrax officinalis</i></p> <p>Stacte is a gum that exudes from certain trees. It was an ingredient of the perfume to be offered in the Holy Place. The Hebrew word nataph means "a liquid drop." This stacte or storax is a beautiful shrub. It reaches the height of a medium sized tree when fully mature. It is abundant on the lower hills of Israel. In March the blossoms come in clusters, four or five together, with their sweet smelling perfume. The flowers are shaped like a snowflake and are pure waxen white. The anthers are a vivid orange color. When in full bloom, the shrub appears to be covered in snow. The leaves are a clear, shining green on their upper side and gray-white underneath. Incisions are made in the branches so that a resin will flow out. The resin is gathered in reeds, a practice that has given the resin the name "storax kalamites." After hardening, the stacte is scraped off in irregular compact masses. These masses contain smaller drops called "tears." These contain resin and benzoic acid and will dissolve in wine. It was used in early days in England to perfume pomades and in the Roman Catholic church as incense. www.geocities.com/angiewf/stacte.html</p> <p>Therapeutic Uses: skin care (cuts, ringworm, scabies, wounds), anxiety and stress related conditions, perfume fixative. www.victorie-inc.us/styrax.html</p>
Onycha	H#7827 =	The aromatic mussel; peeling off by concussion of sound; a scale or a shell	From H#7826 = to roar	<p>This is the door membrane of a snail-like mollusk found in the Red Sea and imported from Oman. It is a powerful aromatic "fixative" - fixating all aromatics in a mixture together as one. The Hebrew word means "aromatic shell". The Red Sea is an isolated warm water pocket of the Indian ocean and is known for its peculiar subspecies of mollusks.</p> <p>www.scents-of-earth.com</p>
Galbanum	H#2464 =	An odorous gum	From H#2459 = to be fat, the richest part	<p>Rabbi Shelomo ben Yitschak of the 1100s comments on this passage that galabanum is bitter and was included in the incense as a reminder of deliberate and unrepentant sinners. www.wikipedia.org</p> <p>It originally grew in the Mesopotamia area and was exported to India, China, Israel and Egypt. Today Iran and Turkey are the primary sources of all Galbanum. Galbanum was often used to relieve tensions due to anxiety and severe restlessness and to relieve muscle spasms. It was often used during childbirth.</p> <p>www.scents-of-earth.com</p>
Pure Frankincense	H#2134 =	Pure; Clear		
	H#3828 =	Frankincense; from its whiteness or	From H#3826 = the heart	<p>Vitalizes the blood</p> <p>www.itmonline.org</p> <p>Collecting lasts from May until the middle of September, when</p>

		smoke		the onset of rain prevents further collecting for the year. (A Modern Herbal) Frankincense was commonly used for medicinal purposes. Pliny the Elder, (1st century) used frankincense as an antidote to hemlock poisoning. The Iranian physician Avicenna (10th century) thought that it was good for body ailments such as tumors, vomiting, dysentery and fevers. In China B. carteri is used for everything from leprosy, cancer, gonorrhea and carbuncles, and as an astringent. www.celestialtides.com/Coven/bos/kitchen/frankincense.html
Salted	H#4414 =	Salt; to dissipate, tear away, season, disappear as dust		
Pure	H#2889	Pure, "tahor"		
Holy	H#6944 =	Kadosh		
Fine	H#1852 =	Fine; something crumbling, fine as a thin cloth	From H#1854 = to crush or crumble	
Grind	H#7833 =	Grind or Pulverize		

When we've taken good care to anoint each other and our meeting places with the set apart compound of meekness, health, humility, liberty, and courage, we can then bring the clear, humble, roaring, sweet, inspired, rich pure praise that Yahweh loves straight from our hearts to His throne!

"LOVE JOY PEACE = MYRRH = Greatest of These Is Love = Myrrh isn't always sweet, sometimes it's bitter and hard." –Rose Piotrowski

Essential Oils Introduction

by Holger Grimme

[Host: Joseph Dumond, http://www.sightedmoonnl.com/?page_id=521]

SHALOM ESSENTIAL OILERS !!!!!!!!!!!!!

I am Holger Grimme from Germany. I sent Joe a set of the two most suitable oils to build up immunity against the plague or swine flu. They are gentle with the necessary bacteria our body needs and discern the bad bugs we surely don't want as they cause sickness. This intelligence is another property of the essential oils, imbued by our creator. I have agreed to send a series on the oils to Joe every week for the people who receive his newsletter. We will address what the oils are, how they function, and what one can do with them.

For the past years, my wife and I have applied the oils as a protective means onto the soles of the feet of our children, and they did not catch any of the flues from school or kindergarten. Even the outbreak of the highly contagious "pink eye" did not bother or affect them, though the rest of the class was infected. One has to apply only very small portions – a few drops, and that will work in the body with the result of boosting immunity. I firmly believe that this is important in our days, as the swine flu is lurking and we cannot say when it will attack us. Once the virus or bacteria attacks, it is wise to have taken counter measures before that prevent them to be successful with their attack.

There are over 400 oils being distilled in our days. About 70 of them – the most important or relevant for human beings will be addressed in our series. To learn about them and understand these precious "products" of Abba's creation it is necessary not only to read about them but also to use them. So we will also build up from The few oils we now offer on our English web page some more oils, as we introduce them to you. After the first lessons on the oil basics, I intend to encourage those interested to become part of an interacting sharing of experiences and results. We would need a person to be willing and capable to run a forum on the web where these results can be accessed by all in order to share their personal experiences. That would result in better understanding and appreciation of the oils by all.

Here is some more information on the following web pages that you can access for oils and also for the main parts of Dr. Stewart's book "Healing Oils of the Bible". You may want to read this online, most parts can be accessed on the web. I did the German version of it together with David and we added pictures of the related plants and some more chapters. So, for the third year, also the German speaking people in Germany, Austria and Switzerland can appreciate it.

Here is the link to the oils page. Shipping to North America in a sturdy envelope takes about 5-8 days.

http://libanonlife.com/html/healing_oils.html

The order page is this: http://libanonlife.com/html/order_oils.html

And here is the website where you can access Dr. Stewart's book for online reading to start with.

http://books.google.de/books?id=fSb9mIgs-fYC&dq=Healing+oils+of+the+Bible&printsec=frontcover&source=bn&hl=de&ei=WgF6SpWSDJLK_gbfhvX8BQ&sa=X&oi=book_result&ct=result&resnum=4#v=onepage&q=&f=false

If you want to order the book, go to Amazon.com – here is the link:

http://www.amazon.com/Healing-Oils-Bible-David-Stewart/dp/0934426988/ref=sr_1_1?ie=UTF8&qid=1249511567&sr=8-1

I hope this is helpful to you.

Yours in Mashiyach,

Holger Grimme

Lesson 1: Introduction / orange oil

Due to the response to Joe's last mailing concerning essential oils, we will now present a series of structured information on the properties and usage of these tiny and powerful liquids created by Yahweh for the well being of His people. Please take a minute to reflect on these two verses before reading on: Revelation 5:10 reads: And hast made us unto our God kings and priests: and we shall reign on the earth. And Proverbs 25:2 says: It is the glory of God to conceal a thing: but the honor of kings is to search out a matter.

When Joseph asked me to send a weekly newsletter on essential oils, I prayed about it. As I currently translate the Aramaic Peshitta into German, I need to be wise and obedient concerning time management. The Peshitta is the Eastern New Testament that has never been revised and 22 of the 27 books contained in it have been received either by the apostles themselves or from familiar messengers or church leaders. It stems from the church of the East from where Peter wrote his letter - see 1 Peter 5:13. Rome never conquered that region which then was called Parthia and thus, the scriptures were kept in its original without editing and without translation mistakes or deliberate cutting or adding. In English you can find the Lamsa Bible. Yet, in his day, Lamsa had to compromise his texts to make them fit the views of his publisher... In our days, Andrew Gabriel Roth, a messianic Jew, came up with the Ruach Qadim book series, explaining the Aramaic origins of the New Testament. And last year he published the AENT – the Aramaic-English New Testament. Baruch manages this AENT and I am grateful about our cooperation. This is only possible by the Internet.

I called Baruch today to ask for a discount for you all for their AENT – an eye opener and my favorite scriptures with 1069 pages. It contains the English New Testament translated from the ORIGINAL - the Aramaic NT side by side, has about 1700 footnotes, many of them very insightful explanations from Torah, as well as over 300 pages of related articles. During our conversation, Baruch agreed to give all readers of Joseph's newsletter a 15% discount on the book – „isn't that something“, my Texan friend Leon always uses to say on such occasions. Just go to <http://www.aent.org/> to have a look. If you order, there will pop up the ordering information window, it has a little box below that says Enter Special Request Here: just put in the word Coupon code: Holger then Baruch will know and allow for 15% discount for your purchase. The restitution of the Peshitta, the original NT into English is also part of Acts 3:21!

Before starting with the oils, I like to introduce myself. I am Holger, married and four of our children are still living with us here in the Franconian Forest of Bavaria. We started to keep Shabbat and the feasts some years ago. Having lived in cold Mongolia before, where there is no pork as the swine would die from the cold, that part was no problem. I was almost 20 years living and working in China and Mongolia. Upon finishing Mongolian language classes in north China in the early 1980-s, I took TESL (teaching English as a second language) courses in London, England in order to go back to north China and teach English literature at the university. At the same time I coordinated the bible translation into Mongolian vertical script. Parts of this work can be seen on the Internet at <http://mongolbible.com/> Couple years later, back in Germany, my son Michael, then 17, had a car accident. His spine (C2) broke in the neck by the side impact, and only 2mm were left standing: After release from the hospital, the

problems became more visible. Due to the pain in the spine and neck and his constant headache, Michael could not continue school. We went to famous professors in several university clinics of Bavaria. After two years, there was no cure in sight, except the solution, the doctors offered: to stiffen his neck partly so that he would only be able to turn his head 60% sideways. I prayed about it and felt it should not be done. Michael had the same opinion. A dear Cambodian brother who I knew through messianic friends in South Africa sent me an essential oils blend with the written recommendation to apply the oil to Michael's neck prayerfully. I felt a bit curious but communicated this with Michael, and he agreed. So we applied the oil and prayed for healing. About 10 minutes later, Michael told me that his pain had eased and completely left. For good. What a surprise and what a joy came up! We thanked Abba and I wrote to Sideth, my Cambodian friend. Then, imagine what I did next! I was so curious about the oils that I almost ran to investigate them. Yet, here in old Europe, there were only courses on oils available that went into the occult direction. Also, I had no money for such a training course. We prayed. Within days both lackings were sufficiently fulfilled. First, a phone call from China encouraged me, as a dear Japanese American Christian brother told me he made an inheritance and wanted to send me a share. Second, I found a bible based training opportunity. (Third) My wife fully agreed with me to do the course. So I learned the basics and soon met with international leaders in aroma therapy. I devoted myself to further study and application of essential oils, their applications; I visited professionals in the field and learned more and more to appreciate the healing capabilities of Yahweh's creation.

I met with Dr. David Stewart, author of the book *Healing Oils of the Bible*, and I asked him what he would think of a German version of his great book. He agreed and I worked hard to translate, edit, and extend it. I spent a whole week in the library where I had ordered a very precious botanical book from the 1880-s about plants with very detailed and accurate color plates of the oil plants. I wanted to use the pictures for illustrations in the German version. The book had to be ordered and sent to our local library from Munich's Bavarian State Library. Upon notice that the book had arrived, I went there; ready to take the book home to scan the relevant pages. Yet there was a big red sheet attached to the volumes, saying: No copying, not to be taken out of the library, etc. I talked to the head librarian and he explained that the book was too valuable and not replaceable. I agreed. I asked him to photograph the pages – he did not agree, as the flash may change the colors. I asked if it was possible to take a high resolution camera and shoot the pictures without flash. He looked at me and finally nodded his head. So the precious oils from the plants would show their lovely and attractive “faces“ to the readers. A lot of editing and resizing with Photoshop followed.

Respect and appreciation of Yahweh's creation is a key point to enjoy life and joy, for itself is a gift of healing. Meanwhile we had a sizeable collection of essential oils in various bottle sizes. We purchased a collapsible massage table and used it for anointing of feet and back. We used to anoint the feet of ourselves and of our children before bedtime and learned to discern the fragrances. We also treat other people in need of healing. Even the children know the oils just by their fragrance. They love orange oil, lavender and more of the light and fruity oils. And there I like to begin with informing you about the oils. Yeshua said: Verily I say unto you, except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.

OILS RECOMMENDED FOR CHILDREN (remember your inner child)

To fully appreciate this text that comes to you over the Internet, I recommend you get some of the mentioned oils – it is like having never seen a strawberry, only descriptions of it and perhaps pictures.

Would you be able to imagine what the taste and smell of a strawberry is like? Probably not. We will offer a set of oils recommended for children on our web page these days. When you are together with your children, grand children or the kids from your neighbors or relatives, sit down with them, tell them a story or read one from a book and let them sniff at your oil vial and ask them, how they like it, what memories come up.

Do the same for yourself or with your spouse, friend. Without knowing the scent of oil, there is no point that you will be able to fully appreciate what you read here. But when you get essential oils, do never compromise on quality. Yet, don't be fooled: Good quality must not be over-priced. I will address this in a later lesson more detailed. Quality of an essential oil is all natural with no additives and never a synthetic product. It has to be gently water distilled (WD) with low temperature, or a CO2 product from a good source – these will also be covered later. The filling company and dealer is also a factor – if they are not trustworthy, there is no way for the beginner to discern if they cheat. The temptation to cheat is big, as synthetic oils cost only pennies, yet they have no healing quality at all. The best result with such is that nothing happens to your body. But it can cause headaches or worse.

A beginner's rule for oils is: less is more. We will later learn more about this. For now, it should be sufficient that one drop of genuine essential oil will be capable due to its tiny molecular structure to cover all of your body's cells. Imagine this! Let's just recap:

There are three main things that essential oils do in your body

Essential oils have a very small molecular structure and can therefore penetrate the human body over the skin – they just go into your body by permeation of the skin, then into the bloodstream and from here to all cells of the body. One can divide the major three groups of essential oils components of all the oils into these chemical entities: 1) phenylpropanoides, 2) monoterpenes, and 3) sesquiterpenes. These three groups do the following in the body.

Group 1, compounds of carbon ring molecules clean the receptor sites of the cells. Without clean receptors, the cell cannot communicate and the body malfunctions – sickness is the result. Found in Clove, **Cassia**, Basil and **Cinnamon**, as well as in other essential oils.

Group 2 with a tiny molecular weight of 136 amu (atomic mass unit) offer a variety of healing properties. They can reprogram corrupted information in the DNA of the cell memory. There are 2000 varieties of monoterpenes. The oils with the highest count of monoterpenes are **Galbanum** (80%), Angelica (73%), and Hyssop (70%). Almost all oils have some monoterpenes.

Group 3 – the sesquiterpenes are compounds of three isoprene units. They deliver oxygen to the cells. They also correct misinformation in the cell memory. The highest count is found in Cedar wood (98%) – guess why Salomon's palace was built by cedar wood?

With this information we can go to the first oil we will explain today:

ORANGE OIL Scientific name: Citrus sinensis Botanical Family: Rutaceae

EINECS No. 232-433-8 This is a European standard number for all the extracts of Citrus sinensis, sweet. The oil we use has KBA quality what translates in controlled biological growth.

Plant origin: China, Italy, USA, South Africa, Brazil. Orange oil is extracted by cold pressing from the rind. You probably remember the fantastic game little one play with the rind of the orange or clementine that issues little lightning flashes when pressed into the burning light of a candle. Remember the smell and you remember the essential oil of the orange or related fruits.

The chemical constituents of orange oil are largely limonene (85-96%) and Myrcene (0.5-3%).

Medical properties: Relaxant, Antitumoral, anticoagulant, circulatory stimulant. The antitumorale capability of limonene has been studied in many clinical studies.

Usage: Hypertension, arteriosclerosis, fluid retention, insomnia, wrinkles – and as a relaxant. Colds, constipation, dull skin, flatulence, flatulence, flu, gums, mouth, slow digestion, stress.

Influence of fragrance: Uplifting and antidepressant, boosts immunity, relaxing.

Application: Diffuse with lamp or with special diffuser. In case you have none of these, put a few drops onto a cotton ball and put onto the vent of your air condition.

It is calming oil for calming before sleeping. Apply in your bedroom.

Dilute 50:50 with vegetable or olive oil to apply on your skin. But CAUTION! Avoid exposure to sunshine and UV of your skin where the oil has been applied. Orange oil is photo toxic. Once you have applied orange oil on your skin, avoid exposure to sun or UV for 24 hours. The pigments of your skin may react different to sunshine, resulting in uneven tanning. This does not apply with normal diffusion or ingestion.

The orange oil is cold pressed from the rind of the fruit. There are other oils that are pressed from the bitter orange *Citrus aurantium* with different properties. And also, one species may have different oils from the same plant. Let's stay with bitter orange. This oil is pressed, and has a greenish orange color. Petitgrain essential oil is steam distilled from the leaves of the same tree and has a different color – yellowish to clear when distilled. Its properties are different and it also has a different smell. This is common with oils – different parts of the same plant produce different oils. Essential oil content in the sweet orange is 2% - to produce 1 pound of essential orange oil, 50 pounds of plant material are required. There are differences in price with essential orange oil, Italian is most expensive and has good quality. The best oil is of KBA grade (controlled biological grown plants). This quality has no chemical fertilizers and pesticides.

Main consumer for this oil is the beverage industry. Sweet orange oil is added to most beverages with orange taste and also to some alcoholic products. The taste of these drinks is much better than that with artificial substances. In Europe and America, the terpenes of the orange oil are also used for cleaning. As oil and water don't mix, a solution agent is required to make the oil water soluble. A tiny amount of this cleaning agent is added into a pail of water and cleans floors very good and it leaves a lovely orange scent in the room for a few days. Undiluted, the orange oil cleaner removes graffiti easily and is also a strong cleaner of grease, sticking chewing gum and heavily stained toilets, etc.

Is there an orange mentioned in the Bible? No. The orange came only in the 10th century from China via the Middle East to Europe and was then cultivated in the Mediterranean area. Little later it was grown in the royal Orangeries of Europe's nobility. Like in Vienna, where today the Orangerie of Schoenbrunn Palace today is a building for classical music performances. I deliberately chose to begin with the orange, as almost everyone is familiar with this fruit. Next week, I will continue with the oils of the bible.

In aroma therapy, the oils can be applied in four main ways

- 1) Topical – undiluted onto the skin. This requires experience and caution. Some oils are suitable, others not. Careful application of a mixture containing 50% of the essential oils and 50% of olive oil is recommended (50:50). The soles of the feet are less sensitive. Here you can use almost all oils undiluted without creating a heat sensation on the skin. Most sensitive is the region around the eyes. The inner ear is strictly forbidden – no oils are allowed here.
- 2) Ingestion. You can dilute some drops of essential oil on a spoon and add the same amount of olive oil to swallow. When trying, test your taste buds with a very tiny amount first. Different people react in different ways, so always start with a very tiny amount to test your reaction. If direct ingestion is not desired, use a capsule and fill it with essential oil as recommended. You can either drip the oil into the capsule or use a syringe.
- 3) Diffusion. You may want to get a cold diffuser that will evaporate the oils into the air of your room for inhalation. Or you can use an aromatherapy oil burner with a candle underneath a small basin that you can fill with water and add some drops of essential oil. Once the candle heats the water, the oil will evaporate and diffuse into the room. Another method is this: Take a piece of cotton wool and pour some 6-10 drops of oil onto it, then stick the cotton wool into the vent of your air condition outlet. In order to get rid of a bad smell from your vacuum cleaner, take some small pieces of paper and put them in the new bag into the cleaner. Here you may use orange, lavender or your favorite oil.
- 4) A quick „aroma shower“ is to drip some drops of an e.o. (essential oil) into your hands, rub both hands to evenly distribute the e.o. onto the palms of your hands and form a „cup“ with your hands, bring it in front of your nose and inhale as deep as comfortable. Caution! Be sure not to touch your eye region with your hands, as they contain e.o. that may result to irritate the sensitive skin around your eyes. In case that should happen, apply some fatty oil like Olive or cooking oil to the irritated region. Fatty oils stop the quick penetration of essential oils into your skin and quickly stop the irritation.

Always remember concerning the application of essential oils: Less is more! Especially for beginners. Read: Psalm 133:2 It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments; - here we see that Aarons anointing was with plenty of essential oils. Yet, the Israelite people knew exactly what and how they did to him.

Next week we have an overlook of essential oils in the bible. There are hundreds of mentions of the oils and the plants from which they were distilled.

It is the glory of God to conceal a thing: but the honour of kings is to search out a matter. There are still many open questions to explore about the oils that Abba made for our healing. Where are the kings that would have the honor to jointly search out this and related matters? May all our efforts result to the glory of our Elohim.

Your brother in Mashiyach Yeshua,
Holger

Lesson 2: Into Egypt and Out

When Joseph, son of Jacob, was sold for 20 pieces of silver by his jealous brothers to the Midianite traders who passed by with their caravan, the bible mentions the commercial side of essential oils for the first time. Read Genesis 37 for the details. The first mention of a resinous plant may be in Genesis 2:12 though. It is called bdellium and is also in Numbers 11:7, where it is compared to have the same color as manna.

Verse 25 of Genesis 37 tells us that a “passing by company of Ishmaelite came from Gilead with their camels bearing spicery and balm and myrrh, going to carry it down to Egypt.” That tells us about a nearby trade route in the area where Jacob and his family settled. Spices, balm and myrrh were transported from Gilead down to Egypt as merchandise. Joseph traveled along with such a caravan, and he was also considered as merchandise by the masters of that caravan who sold him to Potiphar, an officer of the Pharaoh.

Years later, Jacob sent the same aromatic oils and spices as a gift to the rulers of Egypt, unknowingly that it was his son Joseph who received it. Genesis 43:11 reads: And their father Israel said unto them, if it must be so now, do this; take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds...

Essential oils played a far bigger role in daily life of the Middle East in Biblical times than we are aware of. And there were dozens of different plants from which they were extracted. Sources from Egypt, Israel, Arabia, Persia, Greece, Rome, Babylonia, Sumerians, and others tell us that they were part of daily life for the people of these cultures and nations. The Israelites were familiar with these fragrant parts of plants; yet, the Bible is vague about their usage, as it was written to focus on Yahweh’s Word.

The oldest known medical record, the Ebers Papyrus, an ancient Egyptian listing of 877 prescriptions and recipes, dating from the 16th century BC, mentions numerous essential oils used in those days. In his book *Healing Oils of the Bible*, my mentor and friend, Dr. David Stewart, puts it like this: “It would be like reading a book on the church leaders and religious beliefs of the 20th century America and searching it for references to the medicines, deodorants, and perfumes used by modern Christians. Aspirin was probably the most powerful analgesic of that time. Yet, would a theological history of the 1900s mention aspirin? ... why explain something that everybody already knows about?” Thus, the Bible only occasionally mentions the oils, as in those days everybody was familiar with them on a daily basis.

Balm, myrrh and spices were used for a wide range of applications. Spices were not in the ground form like we know them today. The term spices in the Bible apply to oil, gums, and resins, and also to whole dried spice plants. Spices used for burial refer in the Bible to oils, not dried plants. See II Chronicles 16:14; Mark 16:1; Luke 23:56, and John 19:40. The term myrrh (mor in Hebrew) here in Genesis probably does not refer to the myrrh of Cush – the East African coastlands of Somalia and the Arabian peninsula, but rather to a now extinct similar desert plant that grew in those days in Gilead and around. Some Bible translations do

not use myrrh in Genesis but instead the words “gum” or “resins” (the New Revised Standard Version). The original Hebrew uses the word “lot” that refers to the Rose of Sharon (*Cistus ladanifer*), also called “rock rose” or “cistus”. *Cistus* produces a medicinal resin and oil with some of the same properties as true Myrrh. Myrrh is often used in blends with other oils, like cistus to enhance the effectiveness of both oils. The confusion of exact plant species was wide spread – various Bible translations use different species for the same plants. A rose can be interpreted thus into a dozen different species. Different languages assign different names and titles to the same plants. Some attribute the optical appearance, others the scent and again others seasonal attributes, etc. Thus, it is difficult, if not impossible to find out the exact botanical name of the plants mentioned in the Bible. Only Carl von Linné (1707-1778), a Swedish botanist also known as Linnaeus, brought order into the confusing names of species by assigning each species a distinct Latin name consisting of two words.

Let's continue with the Bible. At the end of Genesis we witness in chapter 50 the first application of essential oils in the Bible. Jacob had come to Egypt when his son Joseph, then ruler of Egypt, had invited him and his family reunited in Egypt. When Jacob (Israel) died, Joseph treated him like royalty and had his body embalmed by Egyptian physicians. This process took 40 days. The oils used for this process were frankincense, myrrh and cedar wood, as well as others such as cinnamon, rosemary and juniper. Over thousand six hundred years later, in New Testament times, sandalwood / aloes (John 19:39) that origins from India, and also Basil were applied in burial oils. The Bible does not tell us, if there was sandalwood at the time of Jacob, but it points us to another witness: the book of Yashar (the book referred to in Joshua 10:13 and in 2 Sam 1:18, sometimes with another, translated title) clearly states that there were aloes used in Egypt at the time when Genesis happened. Zelicah, the wife of Potiphar was using it amongst other oils to seduce Joseph (Yashar 44:49). I very warmly recommend you to read that book. It helps to gain understanding – there is also a messianic version using the right name for online reading & available in English. Go and google for it. Some years ago I had not such a pleasant result when looking for it in German, it apparently did not exist in this language. I was quite upset – the last Hebrew version had been done 1898 in Berlin - but no German one to find. I said to myself, “In was für einem Volk lebe ich?” - Among what a people do I live? So I prayed and immediately began to translate and then published it.

Sandalwood was recently regulated in India and strictly prohibited to harvest due to overuse or illegal abuse by people who had no right to cut it. That was a good step to save the plant *Santalum album* from extinction, yet on the other hand the price shot up like a rocket into the sky. There were times not long ago when 10 ml cost about 8 Euro a vial, today one can be happy to get the real *Santalum album* essential oil for about 60 Euros. All the rest of oils that are called sandalwood come from other plants, like amyris from the West Indies or some oils harvested in New Caledonia and other lands. Sandalwood is also grown in southwestern parts of Australia to where the plants had been imported from India some decades ago. To distill one pound of sandalwood oil, only 20 pounds of its fresh wood are necessary. The properties of sandalwood are versatile: infections and inflammations are treated, it regenerates skin tissue, is aphrodisiac and expectorant and cures many diseases in the stomach and intestinal. Also is it good against various skin diseases, itching and venereal diseases. Sandalwood strengthens imagination and stimulates creativeness. It leads from the small restricted personality area to far wider coherences. It causes euphoric feelings, inner calmness and delivers contentment. It is balm for the soul and awakens spirituality. A

German aroma therapist said concerning sandalwood, its message is, “I show you the way to God!”

The Bible verses where sandalwood is mentioned use its other name: aloes. It is romantic to read about aloes in the Bible, as several places mention its aphrodisiac properties: Ps 45:8 All thy garments smell of myrrh, and aloes, and cassia, out of the ivory palaces, whereby they have made thee glad. And Proverbs 7:17 - I have perfumed my bed with myrrh, aloes, and cinnamon. - Here we see again that it is misused by an adulterous woman. Yet that does not mean that the oil is bad – it was made originally for the purpose to give heavenly joy to spouses by Abba. The accuser always tries to have mankind apply precious things of Yahweh in a sinful way. Again, in Songs of Songs 4:14 it reads, “Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices... 15 A fountain of gardens, a well of living waters, and streams from Lebanon.” Read this beautiful Bible and find the treasures in it. Have you been to Lebanon ever? See the Bible for Lebanon quotations – it is a very beautiful country, indeed. Please read the article on Lebanon with the title: The Significance of Lebanon for Christians during the Endtimes on this webpage, <http://libanonlife.com/html/english.html>

Finally, there is John 19:39 “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.” Do you know what that means? Here we come to real wealth. Today we know what some liters or gallons of gas for our car cost, or the price of milk, wine or other beverages. But what about essential oils? Normally, we have no clue about these prices. 10ml of myrrh cost around 8-10 Euros. I already mentioned the price of aloes (=sandalwood) before: 10ml of aloes cost around 60 Euros. A pound is about 453ml. If we calculate the mixture to be 50:50, we easily compute the total price for what Nicodemus brought to be worth 187,000 Euros, or 228,000 dollars retail today. This reveals that Nicodemus was indeed a wealthy man who loved his master Yeshua, and he truly honored him with this gift towards his burial. Let us now go a bit further and come to the set apart oils – set apart by our Elohim Yahweh. They are part of the holy (set apart) anointing oil as revealed to Moses around four centuries later, when the family of Jacob had grown into a people with over 600,000 adult males alone plus probably the same number of women and even more children. Altogether a people of some 2-3 million. In order to appreciate the following, please turn to your Bibles and read Exodus 30:26-29; 40:9-11; Leviticus 8:10-1, and Numbers 7:1. Moses anoints the tabernacle and all things inside to set them apart (sanctify them), including the Ark of the Covenant. Here the Creator of all things demonstrates His loving and knowing relationship to His people by instructing Moses exactly how the Holy Anointing Oil had to be composed. It was forbidden strictly that anyone to make it, except those who were called to compose it. Read in Exodus 30:23-24 the composition: Myrrh, cassia, cinnamon, calamus and native Olive oil. This composition is high in phenylpropanoides and would have been an excellent disinfectant, think about all the Levites sharing the laver and handling the animal sacrifices day by day. Yet, there is far more to this... we will discover it oil by oil, step by step. Yet lets step aside briefly and imagine. Words will not convey the meaning to you I like to express now. These oils just mentioned have become good companions of mine over the past years. I just have to access my oils cabinet and take out the relevant bottles to take a sniff – beautiful and indescribable to witness the time of the tabernacle and the Temple, even though this is not His presence, it gives the nose and therewith the subconscious a whiff of what the surroundings of Abba’s dwelling were like. Add some fresh twigs and leaves of the

plants to it – they were strewn daily fresh onto the stone floors and the people walking over it crashed the aromatic cells of the plant parts, releasing their fresh scent. Add the sound of the Levite choir to it for your ears – the playing of their harps could be heard as far as Yerikho. Order and beauty flowed from there. As the nose is “wired” as the only of our senses directly to the subconscious parts of our brain, we can immediately recall a similar situation from childhood vividly when the amygdale has received the scent. Also, deep trauma can be released this way, triggered by the scent of certain oils that cause the subconscious to be ready to deal with such. Certainly, prayer will help with the release of such trauma and turn a person that does never live up to its full potential due to unconscious barriers to a truly freed person. Remember this: Feelings buried alive never die. We are entering here into a deep zone where we can only scratch the surface. By Abba’s loving grace it is possible to remove these veils that cover the area. Yet, there are conditions we have to meet if we want to experience this emotional release or even apply it by assisting others to release all the garbage that keeps them suffering. These conditions are to have knowledge and training and experience with applying Abba’s gift of the essential oils. This is the base. And it becomes more demanding if that has been accomplished. It is only by the leading of the Ruach haKodesh that people are able to truly release other people from deep seated trauma. He leads, not the best therapist can do this on his / her own. And if they try, oh poor client, don’t even attempt to go to such a therapist, or you will end up worse than before. Healing is holy. It is a holy act as true healing comes from Yahweh alone. There are “quick fixes” with other means, like pharmaceuticals – they are designed to kill the messenger that comes from the area of sickness in the body to report the situation to the relevant part of the brain, but they never arrive to tell because the drug kills them before. The oils are different, they go to the “root” and work on cellular level to correct false information in the DNA, clean the receptor cells, etc. The man made drug however does never heal but continues to tell lies to the body. They get by with that for a while, but after a while a big health problem has built up by all the ignorance and deception. That is usually the time when many must be driven with sirens to the hospital where they try to add even more drugs or make their sections to eliminate the problem for a while... Dear reader, what I like to make you aware here is this: with the set apart anointing oil we have entered the area of oils that are not only for the body, but also for the soul. This holy anointing oil is followed by the formula for the set apart incense. These two formulas consist of the some of the most essentials in the sense that they are very important for our life, having healing capabilities beyond human understanding. And this is the situation: not one of all the essential oils has been completely researched into every detail of its composition, all its healing capabilities, etc. Yet, this is human science. It is not so important. Or do you think that the disciples made degrees in medicine, chemistry, anatomy or even pharmacy before they went out with the oils to heal the people they also witnessed to? They just applied the Word (Miltha in Aramaic) together with the anointing of the oils they carried along, and they were cleansed and healed. Yeshua gave life to the people he healed in the original Aramaic New Testament, so the healing was a side effect. In the Aramaic NT the second part of Luke 17:19 reads “Your faith has given you life.” Yeshua said this to the one leper who returned to him after all ten were healed. What is more important: Life or healing?

WHAT IS A SET-APART (HOLY) OIL?

What makes oil holy? That to answer needs investigation of the Bible. All parts in an oil blend must be of best quality. This was researched by the Levites who were responsible for purchasing and handling the oils. Especially for the olive oils that was used as a base oil for the Holy anointing oil and the Holy (set apart) Incense there are stipulations that the contained olive oil had to be of best quality of the first pressing (native) with not crushed

kernels. And the formula was strictly forbidden by anyone else to use by penalty of death. In a fallen world, there are many ways to dilute some oil in order to make profit. So it needs more knowledge and experience than I could write here to distinguish. Please remember, this is an introductory course.

With the application of the oils, it is important that the person who anoints knows the oils, the techniques and especially that he / she applies it with a clean heart in fear of Yahweh. Knowledge, experience, and discipleship are prerequisites. "Love your neighbor like yourself..." Intention is important: serving a person, or is it for money, glory or other reasons? We have no organized priesthood these days after 2000 years of darkness since Mashiyach went to heaven. The systems of the world have penetrated the church and there are thousands of sects that even fight one another.

The state is complete disorder, disobedience and only very few are heeding the Word (Aramaic: Miltha) of Elohim Yahweh as outline for their actions. All creation groans...

The holy way is to anoint in order to give glory to YHWH.

This is the answer in a nutshell. Anointing is a priestly act. Healing comes from Elohim, not the person who applies the oils. Both, the oil and the giving person are instruments of YHWH that need to meet His demand. If that is not so, it is not holy (set apart). As I mentioned earlier, there are about 70 essential oils that one needs in aroma therapy. I will not be able to explain all of these within this introductory course. We offer an intensive course on essential oils to learn and apply the oils from September 17-20 in Treuchtlingen, a city north of Augsburg in Bavaria, Germany. Next intl. airport is Munich. English translation is offered. It is a hands-on course with these topics: Healing Oils of the Bible, chemistry of essential oils, applying anointing massages to feet and back, massage techniques everyone can do, introduction to emotional release. It will be demanding and people who come should not have any other obligations during those days in order to fully concentrate on the course. It will be held in the community premises of an evangelical church. Accommodation is from 20-45 Euros in the surroundings in walking distance. That is very inexpensive for German standard. Details are to be posted in English on the website where we also offer the oils. Participant's requirements: Followers of Yeshua. Course aim: to enable people with little or no knowledge / experience in essential oils application to get a base from which they can further develop anointing in biblical way by applying the learned and further independent study, readings. In the following, we will take a close look at the oils of the HOLY ANOINTING OIL and their properties.

Holy Anointing Oil

MYRRH – Commiphora myrrha; Botanical Family: Burseraceae (Frankincense)

Plant origin: Somalia, Yemen, southern Arabia. Myrrh is steam distilled or extracted with alcohol from resin & gum. The oil is composed of Lindestrene (30-45%), Curzerene (17-25%), Methoxyfuranogermacrene 5-9%) Furanoendesma (4-8%). To distill 1 pound of essential oil, 10-15 pounds of myrrh resin is required. The distillation can happen after long transportation ways to the still, unlike oils that are being distilled from petals or leaves which has to be done locally in order to prevent loss of the essential oils contained in the biological mass. Thus myrrh is distilled also in Germany, France, and other countries where the plants don't grow. Myrrh is mentioned in the Ebers Papyrus (16th century BC) and in "Hildegard's Medicine" by Hildegard von Bingen (1098-1179), an early German herbalist of the

Benedictine order.

Medical properties of myrrh: Powerful antioxidant, antiviral, anti-parasitic, antitumorale, anti-inflammatory, anesthetic, analgesic.

Uses of myrrh: all skin related problems like dry skin, dermatitis, chapped, cracked, wrinkles, stretch marks, etc.; tooth, gum infections; diabetes; cancer; fungal infections (Candida, eczema, ringworm); menstrual problems, hemorrhages.

The fragrance enhances spiritual awareness and is uplifting; stimulates the limbic system of the brain (center of memory and emotions) as well as hypothalamus, pineal and pituitary glands. Here (hypoth.) is the master gland of the body, producing many vital hormones including thyroid and growth hormones. Myrrh opens the door to the spiritual realm; ideal for people who are too much concerned with the material and sensual world. It is a bridge to the spiritual world, but without denying the material.

Myrrh's message: "Let your soul grow wings!" Myrrh is versatile. One superb property of myrrh is to be an excellent "team player" for oil blends. It will prolong the lifetime of all other oils that it is blended with and enhances the other oils in their functions. Myrrh is like a silent and diligent servant, always serving and promoting others.

HOW TO FIT 10 TONS OF ONIONS INTO A 1 LITER BOTTLE? LET ME SHOW YOU:

Some people enjoy cooking with essential oils. But be cautious if you try – you will need much less than you think. In the beginning, I spoiled good meals by adding a drop too many. The essential oil of a spice plant is actually what we smell and taste when we add spices to a meal. Consider essential oil of the onion for example – The onion/*Allium cepa* has only 0.01% of essential oils content. So you will need 10,000 kilos of fresh onions to produce 1 kilo of the oil. The concentration is 1:10,000. This is great for storage. Many industrial sized meat processing plants use this advantage. They just need one liter (=one quart) of the essential onion oil versus ten tons of onions. That saves a lot of storage place – and essential oils do not rot like onions can. But with cooking, a little 10 ml flask of the size of a thumb contains the biting power of 200 pounds of onions. There are usually 200 drops of oil in a 10ml vial of essential oil. Even if you have a big family and accordingly big pots and pans in your kitchen, you will never ever need 200 pounds of onions for a single meal. Don't go for the size of the small flask of the oil. So, how can you cook with essential oils? It is quite easy. Just take a larger bottle of olive or other cooking oil and drip a few drops of essential oil into it. Just do the math of the proper proportion. Yet, you have to be aware that every oil has a different ratio. Garlic has 0.3 % of essential oils in its natural form. Thus the ratio is around 1:300 essential oil : fresh spice. Here are some values: Ginger: 2% (1:50); estragon 0.5% (1:200); dill 4% (1:25); cumin 3.5% (1:30); curcuma 5.8% (1:40); basil: 0.3-0.4% (1:300); thyme: 3% (1:30 or 1:35); celery seeds: 3% (1:30-1:35); black pepper: 3% (1:30-1:35); peppermint: 2% (1:50). I bought garlic oil some years ago, and when it came here, I wondered about the smell while the oil vial was still packaged. I placed it in my study and the next morning I thought by the strong garlic odor that a Turkish restaurant had opened there. I did not dare to open the vial inside the house and went outside to test it. The other spice oils don't have such a heavy odor. So go ahead and try some cooking with essential oils. And always remember: less is more. Bon appetite!

I hope you like this topic and I wish it contributes to your joy in Mashiyach. Abba has provided so many beautiful things we have not recognized by reason of ignorance, and because we formerly looked up to human made religion. Praise Yah that He reveals so many

things in these days to us.

Lesson 3: WILDERNESS TROUBLE AND SOLUTIONS WITH ESSENTIAL OILS

Last week we talked about the holy anointing oil as it was presented from Yahweh to Moses. We scratched the Holy Incense a bit, and here I want to continue today. Exodus 30 reads: 34 Then said Yahweh unto Moses—Take to thee aromatic spices, stacte, and onycha, and galbanum,—aromatic spices, and pure frankincense,—weight for weight, shall it be. 35 And thou shalt make of it an incense, a perfume, the work of a perfumer,—salted, pure, holy. 36 And thou shalt beat some of it to powder, and place thereof before the testimony, in the tent of meeting, where I am to meet with thee,—most holy, shall it be to you. 37 And, the incense which thou shalt make, according to the proportions thereof, ye shall not make for yourselves,—holy, shall it be to thee, to Yahweh. 38 Whosoever shall make like it, to smell of it, shall be cut off, from among his people.

Holy Incense

This instructs Moses how to prepare the Holy Incense. It consists of four pure parts: Myrrh (stacte), Onycha, and galbanum – and pure frankincense. Breathing smoke is an effective way in aroma therapy that is called fumigation. Yet in the Bible we can turn to Numbers to see how it was applied and what the smoke of this Holy Incense was used for by Aaron.

Let's read Numbers 16:46-50: 46 Then said Moses unto Aaron—Take the censer and place thereon fire, from off the altar, and put incense thereon, and, going quickly into the assembly, put a propitiatory—covering over them,—for wrath hath gone forth, from before Yahweh, the plague, hath begun. 47 Then took Aaron, as Moses spake, and ran into the midst of the convocation, and lo! the plague, had begun, among the people,—so he placed the incense, and put a propitiatory—covering over the people: 48 thus did he take his stand between the dead and the living,—and the plague, was restrained. 49 And so it was, that they who died in the plague were fourteen thousand, and seven hundred,—besides them who died over the matter of Korah. 50 And Aaron returned unto Moses, unto the entrance of the tent of meeting,—when, the plague, had been restrained.

By murmur of the people of Israel against Moses and Aaron had aroused the wrath of Yahweh. It was a dangerous moment for all the Israelites. They despised the Almighty upon the return of the spies. And they wished to have remained in Egypt – what a terrible situation. And the plague followed. 14,700 people had already dies when Aaron ran into the midst of them and brought the Holy Incense. Then, the plague stopped suddenly. Aaron had made an atonement for the people. The setapart Incense had caused the plague to stop – as an atonement.

We must understand this the right way – the people sinned and Yahweh was ready to destroy them for continued sin. The incense of the four resins – Myrrh, Onycha, Galbanum and Frankincense had its function fulfilled by the brave and obedient act of Aaron who acted on the command of Moses. The next chapter reveals this:

8 ¶ And it came to pass, that on the morrow Moses went into the tabernacle of witness; and, behold, the rod of Aaron for the house of Levi was budded, and brought forth buds, and bloomed blossoms, and yielded almonds.

Thus, Aaron and his family were assigned the Temple duties upon this. Let's have a look upon the oils (resins) of the Holy Incense more closely.

We have already covered Myrrh in the previous lesson. Here the basics of that versatile oil from the resin gain: Medical properties of myrrh: Powerful antioxidant, antiviral, anti-parasitic, antitumorale, anti-inflammatory, anesthetic, analgesic. Uses: all skin related problems like dry skin, dermatitis, chapped, cracked, wrinkles, stretch marks, etc.; tooth, gum infections; diabetes; cancer; fungal infections (Candida, eczema, ringworm); menstrual problems, hemorrhages. To read all the features on myrrh, please refer to lesson #2.

Galbanum

Now we have Galbanum and Onycha. They were used as medicine in the Bible and both are mentioned only once in it. Galbanum comes from Persia (Iran) and is an aromatic resinous gum. The plant is called *Ferula gummosa* and grows in remote mountainous areas. To harvest the resin is hard work: People have to climb up the mountains and locate the plants that are related to the giant fennel and then make some cuts into the bark. Some 3-5 days later they come back and scratch the aromatic resin off the bark and head on to collect the harvest from the next plant.

Almost all the replanting into easier accessible areas has failed. So, the price for this resin or the essential oil distilled from it is quite high. About 10 pounds of the resin will produce one pound of essential oil when distilled with water (WD).

Galbanum (or Galban) belongs to the botanical family of Apiaceae or Umbelliferae (parsley). Its resin is collected from stem and branches. It is esteemed for its medical and spiritual properties. It has high antiseptic, analgesic, antimicrobial, and also light antispasmodic properties, and stimulates circulation. The spiritual awareness is amplified with Galbanum. Its frequency rises dramatically in combination with frankincense or sandalwood. Galbanum is used for emotional release and other emotional treatments for its property of harmonic balancing. It can be directly inhaled or diffused in the room, even taken as a dietary supplement, and is applied also direct on skin location. An American company offers 5ml of Galbanum for over \$70. In Europe the same amount and similar quality costs about half that price. This oil, like some others of the Biblical oils mention here, requires training and a relationship with the Creator for proper use in fields like emotional release, to set trauma free, etc. Yet, some people just enjoy its fragrance.

Onycha

Onycha is another name for Styrax. The botanical name of Styrax is *Liquidambar orientalis*. Its home is in the eastern Mediterranean. It is also, like Galbanum won from resins of the plant. About 15 kg resin material is necessary to distill (WD) one kg of essential oil.

Its medical properties are balsamic, wound-healing, anti-inflammatory, bronchitis treatment, calming nerves and pain of nerves, infections in the mouth, and eases menstruation pain. Skin parasites treatment, gargle (sore throat) and gum infections.

Styrax oil strengthens self-esteem and enhances competitiveness in a positive sense, eases paranoia and hysteria, also balances and harmonizes people in rage. It can be called a calming servant for your nerves. It also has the name Styrax benzoin in some regions.

Now we have seen the first three components of the Holy Incense. What do they have in common? Yes, right, they are all extracted from the resins of the relevant plants. It is no secret that also the fourth component, Frankincense, comes as a resin. So, we have four resinous materials from these four plants. Resins tend to harden when exposed to air. When they are dried they can be grounded. Exodus 30:36 reads: And thou shalt beat some of it to powder... Here we have the solution. The Holy Incense was used in powder form. It will smolder easily, as almost all its water content has evaporated, while the flammable parts are still in the resin.

Frankincense

Now we come to an oil / resin, that all should know: Frankincense, also called Olibanum, or Oil from Lebanon. Frank is another name for “real” in medieval German and French. It is considered the holy oil in the Middle East and used in religious ceremonies for millennia. It was one of the gifts given to Yeshua at his birth. To all offspring of rulers and nobility, Frankincense was presented together with Myrrh due to their healing properties. The Myrrh was given really to the mothers – it was applied to the umbilical cord to prevent infections and helped the mother to treat her stretchmarks. Only people who possessed great wealth could afford it. Frankincense (Latin name: *Boswellia carterii*) is from the botanical family Burseraceae. It has antitumoral, immuno-stimulant, muscle relaxing and antidepressant properties and is used against cancer, depression, infections and inflammations. Besides being immune stimulating, it also improves attitude and uplifts the spirit. F. increases spiritual awareness and meditation. Its sesquiterpenes stimulate the limbic system (brain center of memory and emotions), and induces production of vital hormones. Also used to ease and cure bronchitis, colds, sinus infections, kidney problems, asthma.

Frankincense is part of the blend IMMUNE we offer on our website <http://libanonlife.com/html/immune.html> It is enhanced by similar oils that enhance and promote strengthening of the immune system and also has further properties. You may go to the reports of readers who use it on Josephs website. The plant *Boswellia thurifera* grows in southern Arabia and on the opposite African coastlands like Somalia.

Frankincense oil can be a path from the material world to the spiritual world. It opens the soul for the greater coherences and connections and promotes appreciation of creation, creatures, and the creator of all life. Ideal for personal Bible study and worship of Elohim. It is one of the “essentials” among the essential oils. If you think about purchasing Frankincense, what I recommend, be sure to get genuine undiluted natural oil. This is really important, especially with this oil. If there is interest, we will offer a set of Myrrh and Frankincense on our webpage, soon. If you want this set, please relate this to Joseph in a brief email and we will see how the response will be and act accordingly.

We can do the same with other oils, the spices and some others. It is kind of a grassroots development here. As you are aware, there are needs to be fulfilled to go step by step to restoration of all things, as Peter prophesied in Acts 3:21: Whom the heaven must receive until the times of restitution of all things, which God hath spoken by the mouth of all his holy prophets since the world began. This happens in our day: the name, the names, the roots, restored scriptures like the Aramaic peshitta, Shabbat and the feasts, and many more.

One tiny bit of the restoration are the essential oils that have slipped through our reading of scriptures for a long time, yet Yahweh gave the recipes to Moses, David, and Yeshua commanded his disciples to apply and heal the sick... In biblical times, the use of the oils was common practice, for set apart (holy) purposes, medical use and daily life.

I wish that we as His people will be able to leave things of our medical systems behind and turn to these precious oils of creation that have long been forgotten. We are not interested in starting a worldly focused company here, no, we offer knowledge and skill in this field of healing with oils and related means to share it with you and apply it. True healing comes from Yah, the designer and creator of the oils from plants. I have the privilege to have some knowledge about it and His Ruach enables me to understand and use His gifts. Please think about it.

HOW TO RECOGNIZE A DECENT ESSENTIAL OIL

This is a big question, indeed. There is a lot of fraud and corruption all around the world, also in the essential oils business. As there is no single climatic region where all the plants grow from which the oils are distilled, there is no easy way to determine this. The first thing is packaging. The vial should have dark glass to prevent chemical reactions of the oil inside, when exposed to sunlight. There is dark blue glass, violet (almost black) glass and brown medical glass – these have

good protective “filters”. Yet, some companies fill e. oils into clear glass bottles – keep off from those because the fillers obviously don’t know what they do.

Scripture requests that we take the best quality oils for service: “Salted, pure, holy” (Exodus 30:34). This is important to keep in mind.

If you go to a shop where the oils they offer are displayed in direct sunlight close to the window, go to the next – the light and the high temperature may already have destroyed the oils.

Distillation is another criteria: WD – water distillation can be done various ways – the best is by slow and low temperature. This costs more than a quicker distillation with higher temperatures. But the latter will have destroyed the more volatile constituents of the oil. Most distillers don’t use ceramic stills, which are the best; but all sorts of metal built ones. Stainless steel seems to be right, but copper stills will always leave traces of metal and oxidation bits in the oil.

Another method is by CO2 extraction at low temp and high pressure. These oils contain no undesired heavy metals or other substances like chemicals, etc. You see, it is almost impossible to quickly find out good quality oil. This takes usually some years of experience – and a trained nose, as well as good results with the application of oils.

The chain from the farmer to the distiller to the filler of the oils to the dealer and then to the user of the oil is long and leaves a lot of opportunities for falsification, etc. So, personal relationships are important.

Well, there are needs for oils in some places where restrictions apply and it is quite difficult to get them there. I had an order from Sri Lanka. There is no Paypal service. Also, if the shipment arrives there at the customs, the duty and tax add up to 300% of the actual value of the shipment. Now, the average income there is about 100 Euro or US \$140. You can imagine how difficult it is to get that sorted out. At the same time, the Dengue plague is a terrible disease in that region and apparently in other subtropical and tropic countries with similar climate, too. I noted that last week and asked for prayer for wisdom. I did some research and prayer and have made a composition of 11 oils that will hopefully be effective to prevent Dengue infection. Please pray that these oils will get there without problem and that Yah may bless them for healing. Thank you.

To conclude this lesson, I like to go to James 5:14 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 our Master Yeshua. How often does this happen in your congregation? Next week we will cover a unique oil. The plant was mentioned in various books of the Bible. This time, I like to make it a riddle and would appreciate that you write to me what you think about the oil / plant mentioned in Exodus 12:22; Leviticus 14:4,6; John 19:29; Heb 9:19; amongst other scriptures. The riddle is contained in Psalm Ps 51:7 ¶ Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. The word “purge” in this Psalm with Strong’s number 02398 is chata’ khaw-taw’ and can stand for sin, purify, cleanse, sinner and some other meanings. Here, it has the meaning of “purify” and/or “cleanse”. Now, what has hyssop to do with

purification or cleansing from sin? Please let me know your opinion.

Lesson 4: HYSSOPUS OFFICINALIS

The Israelites had been centuries in Egypt – finally as slaves of their Egyptian taskmasters. They had to work and toil hard in the country where Joseph had been taken as a slave, sold by his jealous brothers to traders in order to get rid of him. The time, when Joseph ruled Egypt and all the Hebrew people were in high esteem had long become history. The oppression became worse once Moses demanded from Pharaoh to let the Hebrew people go. The plagues did not change the ruler's heart – finally we come to the time, when Moses commanded the people to do this in order to protect them from the angel of death:

Ex 12:22 And ye shall take a bunch of hyssop, and dip it in the blood that is in the bason, and strike the lintel and the two side posts with the blood that is in the bason; and none of you shall go out at the door of his house until the morning.

If one strikes any plant against a solid material like the lintel or side posts of a door, the leaves and blossoms of that plant will burst and release its typical odor. Hyssop is a bitter herb and has its own characteristic fragrance. The blood of the lambs slaughtered for Passover covered the door posts and the lintels of all the houses where the Israelites lived. Yet, not only was the blood of their lambs, but also the scent of hyssop at the doors.

Here in Exodus, the use of hyssop was to apply the blood to the doors – an act of obedience to the command Moses passed on to the leaders of the congregation. The next time we meet the hyssop plant again is in Leviticus chapter 14. Here we witness cleansing instructions for lepers. The priests had to go out of the camp and inspect the lepers, if they were healed. There are clear rules for this, laid out so that anyone could understand it. Hyssop was applied in the act of purification.

Le 14:4 Then shall the priest command to take for him that is to be cleansed two birds alive and clean, and cedar wood, and scarlet, and hyssop:

Le 14:6 As for the living bird, he shall take it, and the cedar wood, and the scarlet, and the hyssop, and shall dip them and the living bird in the blood of the bird that was killed over the running water...

In the other passage we find the cleansing of a house that was unclean. Also here, hyssop is applied. Hygiene is especially important in hot lands, as infections would stay and spread more easily than in areas with strong winters.

Le 14:49 And he shall take to cleanse the house two birds, and cedar wood, and scarlet, and hyssop:

Le 14:51 And he shall take the cedar wood, and the hyssop, and the scarlet, and the living bird, and dip them in the blood of the slain bird, and in the running water, and sprinkle the house seven times:

Le 14:52 And he shall cleanse the house with the blood of the bird, and with the running water, and with the living bird, and with the cedar wood, and with the hyssop, and with the scarlet...

So the passages here in Leviticus are related to cleansing from the leprosy and plague. So far we have seen hyssop being applied in commanded acts of protection, cleansing and purification.

In the book of numbers, we see hyssop mentioned again. The first time, it is concerning the red heifer that is burned completely with cedar wood, hyssop and scarlet:

Nu 19:6 And the priest shall take cedar wood, and hyssop, and scarlet, and cast it into the midst of the burning of the heifer.

This was done to produce a means of purification for sin as we read in verse 9:

9 And a man that is clean shall gather up the ashes of the heifer, and lay them up without the camp in a clean place, and it shall be kept for the congregation of the children of Israel for a water of separation: it is a purification for sin.

The water of separation was used for cleansing and purification from sin.

Nu 19:18 And a clean person shall take hyssop, and dip it in the water, and sprinkle it upon the tent, and upon all the vessels, and upon the persons that were there, and upon him that touched a bone, or one slain, or one dead, or a grave...

Hyssop was in all the verses we read a means of applying ordered protection and purification / cleansing, except at one place when it was to be burned with burning red heifer.

We also have seen that hyssop is often used or mentioned together with cedar wood. Solomon spoke of the cedars of Lebanon and of a hyssop that sprang out of a wall (1Ki 4:33).

Now after these occurrences of hyssop in the Bible, we may have developed a better understanding what this herb with its bitter leaves and tiny little petals of various colors will signify in the next verse we will read about hyssop. Reading it without knowing what happened with hyssop in the preceding books, many people have usually no real clue what its meaning may be. Yet, we have now an understanding about the properties and usage of hyssop in the Bible. And here we have the verse in a Psalm of David:

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

David had sinned as the Bible says: A Psalm of David, when Nathan the prophet came unto him, after he had gone in to Bathsheba (II Samuel 12:1-14). Now, the purging or cleansing of sin with hyssop makes sense, knowing where the plant had been applied previously. David had committed adultery and murder. As king he thought himself to be above the commandments. Only when Nathan came and opened

David's eyes and his conscience to his grave transgressions, David realized his terrible actions.

Dr. David Stewart gives us a scientific explanation how the calling for hyssop oil, when applied, will purge oneself from iniquity. The sesquiterpenes of the hyssop oil delete addictions, compulsions and other ungodly directives from the DNA. Hyssop also contains 20-30% monoterpenes which reprogram DNA to restore the image of the Creator's image. Please read Dr. Stewart's book "Healing Oils of the Bible" for more insightful details. I highly recommend it.

Hyssop oil, directed by sincere intent to create a clean heart and restore a right spirit in ourselves, can change habitual behavior that otherwise seems to be impossible to get rid of.

I, the author of this article, have applied this prayerfully to people and I can testify that there was always success, when the person who received the hyssop oil with true intent and desire for being set free. It is a priestly act that requires prayer to apply the oil accordingly. It is simple and strong. Actually it is stronger than alone the will of man to be set free – most people only come for this treatment once they stubbornly have tried from their own will to be set free from addiction or habitual sin and failed many times to accomplish this goal. We should, like David, accept full responsibility for our actions and have faith that there is a unique way to reestablish our broken relationship with Yahweh.

Psalm 51:9-12 gives a good example for how to pray when applying hyssop:

Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

Ask Abba for guidance and give Him glory for His provisions. Listen to the Ruach about anointing any person and follow His directing you. Be completely sober and attentive to the Ruach ha Kodesh.

Anointing Another Person

To anoint a person, be sure to anoint your hands with some drops of frankincense oil before touching the person; and ask Abba with a prayer in the name of Yeshua to cover you with His protection and for purging / healing of your client. Pray that our Creator will restore the body and spirit of the person to the state of His creation. Bless the hyssop oil before you apply it and give thanks to its creator. Remember always that you are only His vessel and that all healing comes from the Almighty. Then apply it by putting some 8-10 drops of hyssop in your left hand and

with your right index and thumb anoint the tip of the right ear of the person, then the right thumb, and finally the right big toe. Give thanks to Abba from your heart. Anoint your spouse first, ask her / him to do the same to you. Then go on with your children, and friends in Yeshua. Ask always that the Ruach will guide you. Be careful with strangers – listen to what the Spirit of Yah tells you to do and not to do – follow Him always. This is a priestly work and you can suffer badly if you are not following His directions. I don't want to discourage you, but encourage you. And just let you know that his is a priestly ministry in these last days. Are you a priest? If you are uncertain, pray about it and study scripture and you will know. If you are still uncertain, ask a brother in the faith of Yeshua haMashiyach.

Let us turn to John 19:29-30 and compare it with Psalm 69:21

A vessel, was standing, full of vinegar. A sponge, therefore, full of the vinegar, put about, hyssop, brought they unto his mouth. When, therefore, he had received the vinegar, Jesus said—It is finished! And, bowing his head, delivered up his spirit.

Mashiyach (Messias) offers a new covenant in his blood. When the hyssop branch was raised to Yeshua (Jesus), it was dipped into his blood as the lamb of Elohim, and affirmed a new covenant; just as the covenant between Yahweh and the Hebrews had been affirmed by a hyssop dipped in Egypt into the blood of the Passover lamb.

They gave me also gall for my meat; and in my thirst they gave me vinegar to drink. (Psalm 69:21)

The last mention of hyssop in the Bible we find in Hebrews 9:19

For when Moses had spoken every precept to all the people according to the law, he took the blood of calves and of goats, with water, and scarlet wool, and hyssop, and sprinkled both the book, and all the people

Please read the whole chapters 9 and 10 of Hebrews to appreciate again what we have received, what we are and what we have been called into by our Master Yeshua ha Mashiyach! I greet you all with these verses from Hebrews 10:21-23 And having an high priest over the house of God; Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of our faith without wavering.

Truly, the plants and their oils have been made for people. And His people can especially enjoy them with understanding and guided applications. If our soul seems to freeze from inner and outer cold, here comes hyssop and helps to thaw the ice. It is a grace of Abba to cast bad habits completely out with this little and fragile looking plant's essence. We have covered only the surface of what scripture tells us about hyssop. And we will see that there is more to it. Especially in our days of trouble and worldly insecurity, corruption and godlessness, we can see the

goodness of Yah unveiled in His provisions and loving foresight revealed to us by Him. “O taste and see that Yahweh is good: blessed is the man that trusteth in him”. This Psalm 34:8 comes to mind when we actually apply the oils, smell their fragrance and see what they do in a man. These oils had been forgotten for ages and in His time they resurfaced to the benefit of His people. Can't you see?

Hyssop is antiviral, antibacterial, antiparasitic, mucolytic, decongestant, antiinflammatory, regulates lipid metabolism, calming the nerves, vasopressor.

Hyssop is used to cure circulatory disorders, influenza, expels worms, heals respiratory infections, viral infections, cleans the blood, and strengthens stomach and heart, wound healing when used for washing or compress. Caution! Hyssop oil can induce menstruation in women. It also may induce miscarriage in pregnant women when consumed in large doses. Pregnant women should not consume hyssop.

The leaves are used for steam distillation; about 200 kilos produce 1 kg of essential hyssop oil. Good qualities come from France and Hungary. Its price is rather expensive, like myrrh or frankincense. You can easily grow and enjoy blue, pinkish, and white blossoming hyssop in your garden and enjoy its blossoms and fragrance all summer. It is hardy, self-propagating, and loves sunshine. Fresh hyssop leaves are excellent gourmet spice for fish, lamb, salads and poultry.

Hyssop recipe for lamb chops / sliced lamb marinade

16 thin lamb chops, 100ml mild olive oil, juice from 2 lemons, 2 tsp fresh thyme, 3 tsp fresh chopped rosemary, 5 chopped garlic cloves, 1 tsp oregano, 2 tsp black pepper, ½ tsp chopped hyssop, 4 bay leaves, 1 tsp aceto balsamico (balsamic vinegar), a shot of chilli sauce or Tabasco – according to taste.

Mix all the ingredients in a bowl, add the chops, stir well and put a lid on top of the bowl, place covered bowl in the fridge and let it marinade for 1-2 days. Stir again after 1 day. Then barbecue, roast or bake the marinated chops. Add salt only after the meat is ready for consumption.

Hyssop tea

Put 1tbsp dried hyssop leaves in 1 large cup with boiling water, pour through a tea strainer after 8-10 minutes, and enjoy this herbal tea.

Hyssop mouthwash

Boil up 1 tbsp of dried hyssop with one cup of vinegar. Let cool down for 8-10 minutes, pour through tea strainer, and use to gargle. This helps against toothache and throat infection. If toothache prevails, add one or two drops of clove essential oil.

Hyssop is a cleansing agent from creation. It is used in the Bible to cleanse and purify people and things set apart. It supports people who are ready to leave a state of defilement to reach their desired physical

and spiritual state of being reconciled with Elohim. It is not a means to achieve holiness, but it supports people of Yah who strive to overcome stains or defilement that are difficult to overcome barriers or blockades; and return back into a close relationship with Elohim. Isn't this one, or even the most important aspect of living and walking in faith? For that reason I gave the single plant and oil of hyssop here room for a whole lesson.

The essential oils of plants are just a small portion of what our creator made as it is recorded in Genesis 1:12 And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

These healing oils appear to be a foreshadow of Re 22:2

In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Hyssop oil will be offered on our website in combination with either the oil of myrrh or with frankincense. http://libanonlife.com/html/order_oils.html
Also will these lessons on essential oils be posted on the same website in a few days. Come and see.
Shalom,
Holger Grimme

Lesson 5: How to Apply Essential Oils

In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:6

ATTENTION: Our sister from Sri Lanka has no way to receive oils. She tried many ways, yet all seem barred. Please let Joseph know if you or some of your friends is planning to make a trip to Sri Lanka and would be willing to carry a few vials to bring to her. Thank you.

From around 400 plants from all parts of the earth essential oils are being extracted in our days. Most of the oils will be extracted from the plants by WD (water distillation), some by CO2 extraction and also by cold pressing, which applies to citrus fruits only.

About 70 oils are used in aroma therapy. And there are a smaller number of essential oils that are necessary for anointing of body and soul/spirit. As we have found out earlier, there are a number of oils mentioned in the bible. We looked at the Holy Anointing Oil, with Myrrh and Frankincense and also hyssop, are the oils with importance.

For anointing, there are a number of oils that are irreplaceable. Among them are seven oils of spice plants: Basil, Oregano, Thyme, Marjoram, Peppermint, Wintergreen, and Cypress. These oils have powerful properties that we will discuss soon. They are used for massage that can also be seen as a form of anointing. Let's use this term for it: The Basic Anointing in aroma therapy.

There are other names for this technique, yet I would not like to use them, as these words are inappropriate descriptions that do not glorify the creator of these highly effective healing agents. Rather contrary, they seem to describe for marketing reasons some form of voodoo that I cannot follow.

The Basic Anointing is a simple massage technique that can be applied by every person on every suitable person; a husband to his wife, and vice versa. It is also good for kids and friends, brothers and sisters in faith. Basic anointing is applied to the feet and back of the recipient and the oils are applied in a certain order. Everyone can easily learn to apply it properly. Before we come to the technique, let's have a look at the 7 oils applied.

The 7 Essential Oils for Basic Anointing

Oregano (*Origanum compactum*) is well known as a common spice in the Mediterranean, namely the Israeli, Italian, Greek, Lebanese, and Spanish

cuisine. The plant belongs to the family of Lamiaceae or Labiatae (mint). It has powerful properties: anti-aging, strongly antiviral, antifungal, antiparasitic, antibacterial, and anti-inflammatory and is an immune stimulant.

It is listed in Hildegard's Medicine, the early German medicine records of the Benedictine herbalist Hildegard von Bingen (1098-1179). Its medical properties were well known since. Today, Oregano are uses to cure arthritis and rheumatism, tuberculosis, infections, digestive problems, and respiratory diseases. 50 pounds of the fresh plant (leaves & blossoms) are required to produce one pound of essential oil by means of steam distillation.

It should be carefully inhaled, as an irritation of the membranes of the nose may be affected by its strong odor.

Thyme (*Thymus vulgaris*) is also a member of the Lamiaceae family of plants. It was known to the Egyptians and is listed in the earliest medical record, the Ebers Papyri from the 16th century BC. Also listed in *Materia Medica* (A.D. 78), and in Hildegard von Bingen's works. Thyme's properties are anti-aging, strongly anti-microbial, antiparasitic and antiviral.

Uses: Cardiovascular problems, Alzheimer disease, infectious diseases, hepatitis. It also has a strong smell that may irritate nasal membranes. 30-35 pounds of the fresh plant (leaves) are required to produce one pound of essential oil by means of steam distillation.

Basil (*Ocimum basilicum*) is yet another member of the Lamiaceae family. Its name means "king" in Greek and the spice and medical herb was known in India, and the Mediterranean. Hildegard had it listed in her German herbal records. Italian women used it to attract men.

Basil is antiviral, anti-inflammatory, strongly antispasmodic, and relaxes the muscles. It is used to treat lung and throat infections, migraines and insect bites; also known to combat mental fatigue. 500-800 pounds of the fresh plant (leaves & blossoms) are required to produce one pound of essential oil by means of steam distillation.

Cypress (*Cupressus sempervirens*) is of the Cypress family and comes mainly from France and Spain. It is steam distilled from the branches. 100 pounds of plant material are required to win 1 pound of essential oil. It has a good property to improve circulation, strengthens blood capillaries, is antispasmodic and anti-infectious. Has a good property to cure diabetes, cancer, and circulatory problems. Its smell has a good grounding effect and helps to heal emotional trauma.

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: he planteth an ash, and the rain doth nourish it.

Wintergreen (*Gaultheria procumbens*) Family: Ericaceae - from 125 pounds of dried leaves, 1 pound of essential oils can be won. It is anti-rheumatic, arthritis, antispasmodic, reduces blood pressure, anticoagulant, vasodilator, and stimulates awareness on all sensory levels. Early American settlers gave it their children in springtime to prevent tooth decay.

Wintergreen is NOT for epileptics. With intake of aspirin, the anticoagulant properties can be enhanced. **Caution!**

Marjoram (*Origanum majorana*) - Here we have another member of the Lamiaceae family with valuable properties: the Romans called it the herb of happiness. It is listed in De Materia Medica and Hildegard's. A pound of oil requires 100 kg of leaf. It lowers blood pressure, expectorant, promotes intestinal peristalsis, antibacterial, antifungal, mucolytic, wound healing, M. has a very strong property in emotional traumatic situations like sorrow, fear, despair, suffering and is stabilizing to regain lost emotional balance. Caution: Careful use when pregnant.

Peppermint (*Mentha piperita*) Family: Lamiaceae - 50 pounds of dried leaves produce one pound of essential oil. Very powerful to cure all respiratory disease, running nose, rheum, tuberculosis, obesity, viral infections like herpes, cold sores, fungal infections, headaches, nausea, skin conditions, varicose veins, psoriasis, dermatitis, liver diseases, lumbago, back aches.

Here, a family meeting of 5 members of the lamiaceae with 2 friends of ericaceae and cupressus takes place. When we look at the medical properties of these seven oils, there is a combined power of properties that will be able to address a huge variety of possible symptoms. So we can well imagine how these oils will be a potent cure for a wide range of diseases and aches when applied to the human body. And that will in fact take place, as you will surely experience, when you apply it the first time.

The first note as how to apply it is this: Before starting the anointing, have the receiving person measured. Why? Well, after an hour that this application usually lasts, your client will be very surprised on top of the wonderful feeling of "being like a new person". He or she will have "grown" about an inch. I'm not kidding, this really happens, give or take a bit. The oils will cause the disks in the client's back to expand a bit, and that is a very relaxing fact, contributing to well-being. To measure a person, take a piece of scotch tape and stick a piece of paper to the wall. Let your client stand against the wall on socks or barefoot and mark the height of the person as exactly as possible before the anointing and compare it afterwards.

What do you need? - A massage table, 2 blankets, 3-4 large towels, a water basin, a small towel, hot water. Place one blanket onto the massage table, put 2 or 3 towels close to the massage table and fill the basin with warm water in front of a chair to have the client wash his /her feet first. Then have her dry her feet, pray together with your client for blessings on the anointing and the oils. Have the 7 essential oils close to the massage table. Take off all your jewelry, watch, rings, etc., and ask the client to do the same. The oils could cause the metal or plastics to have some reaction.

Once you have measured the person, ask her to take undress, to have the legs and the back free. You can leave the room and have the person do it by her and they lay down on the massage table, covering her with the second blanket. Make sure your client feels comfortable and always observe modesty. Cover the client's body with towels or the blanket (bed sheet), except the feet. Then open the first oil, Oregano and begin to

APPLY THE SEVEN OILS TO THE FEET

Before you apply the oils, ask your client to wash his / her feet in basin with warm water. Provide a comfortable chair, a towel and set the basin in front of the person. Then add some 4-6 drops of lemon essential oil into the water, that is feeling „cool“ and will also provide its antiseptic, antitumorale properties besides its relaxing effort and improvement of microcirculation. Be careful when taking a bath with lemon oil – it will make you feel cold easily. Have the person dry his/her feet and ask to lie down on the massage table.

Be sure to have your finger nails cut properly and have made good use of your nail file. There should no scratching occur during your application. Take off all jewelry, earrings, watches, etc. in order to avoid negative chemical reactions with the oils. Ask your client / recipient to do the same. If you have no massage table you can still apply oils, yet, sofas and beds are much lower and if you want to risk getting back pain for bending down all the time, go ahead. It is better to have a height adjustable massage table. They start from around \$200 or so.

Pray with the client and ask Elohim for healing of the recipient's back and other body parts. Always ask Abba for guiding you with His Ruach haKodesh. Go to the wall with the client and measure the height, putting a mark on a paper attached to the wall.

Let the person lay down comfortable on their back with the head resting in the face cradle of the massage table. The recipient should lay as straight as possible flat on the table with the arms alongside the body. Cover the body of the recipient with a bed sheet or with large towels. Assure by asking a question that the person feels well.

Use the hand you are used to write and work with to take the opened oregano vial and pour 3-4 drops in the palm of the other hand. Put the vial back on a tray or table nearby where all the 7 oils are placed within reach. Now rub the oil between the palms of your hands, and start applying the oil evenly onto the sole of the first foot and then onto the next. You take one hand to support the foot under the heel of the foot and use the other to apply the oil on all the sole, under the toes and between the toes.

Continue with the other foot and apply the oils evenly with one hand and support the foot with your cupped other hand under the heel. Don't forget your client while working, keep eye contact and ask to insure he feels well.

Remember always to cap the bottle after using the oil – to avoid evaporation and unnecessary exposure to Oxygen to the oil. You can just loosely cap it, as you will need the oil again, soon. Use always the original cap and don't mix them with other oils' caps.

When you have applied the first oil, oregano, to both feet, continue to do the same with the other six oils: 3-4 drops each of Thyme, then Basil, Cypress, Wintergreen, Marjoram, Peppermint.

The first part is done now.

Ask the recipient turn over on their stomach to expose their back. Do this carefully to respect your client's modesty. Cover the legs and feet with a towel, ask the recipient to lay comfortable the face in the cradle of the table, and the hands comfortably rested in front of the head.

The second part: application of the oils on the spine.

Begin with 4-6 drops of oregano from the bottom (sacrum) to the top (atlas) along the center of the spine. Immediately after applying the drops, brush the recipient's back with the backs of your fingertips with light 6-inch brush-like strokes from sacrum (base of spine) upward to the atlas (hair line on back of the neck). Repeat this twice.

Second: Do the same with thyme oil drop the drops along the spine upwards, feather stroke the spine 3x.

Most people have no problem with receiving the oils on the back. Yet, if the oils cause redness of the skin, ask there is a heat sensation. If so, apply some drops of olive oils onto the spot of skin irritation, gently rub them in and ask if it helps to ease the burning. Always encourage the person to speak up when they feel uncomfortable. Usually, this does not happen. Use less oil drops on people with a sensitive skin.

Third: Easing muscles away from the spine

Using the pads of the fingertips of your hands to relay gently the muscles left and right of the spine. When finishing on one side of the spine, continue on the other side. Just touch and massage the muscles, not the spine itself. Repeat 2 twice.

Fourth: Apply cypress oil the same way as you have applied oregano and thyme. Then 3 x feather-up the spine with the same strokes shown at oregano application.

Fifth: Thumb roll up the spine massage

Place your thumbs one inch apart on the right and the left of the spine at the scrotum (bottom) and roll them gently up and down on spot: left-right-left-right-left. Then go about 1 inch up the spine and repeat the rolling of your thumbs. Continue all the way up to the atlas. Repeat the same another 2 times from scrotum to atlas.

Sixth: Apply wintergreen along the spine (like the oils before with feather strokes)

Seventh: Finger straddle massage

Straddle the spine at sacrum with the index and the middle fingers of the nondominant hand, put the pinky side of the dominant hand down just on the middle joints of the two straddling finger.

Apply little pressure (downward) with the straddling fingers and pull them up slowly from scrotum to atlas. At the same time, „saw“ with the other hand by moving it back and forth with moderate pressure onto the straddling fingers. Go up this way to atlas (hairline). Repeat twice from scrotum.

Eighth: Apply marjoram to center of spine, use feathering

Ninth: Apply peppermint to center of spine, use feathering

Tenth: Massage entire back with olive oil. Use one of the preceding methods or your imagination. – If you touch hardened spots, apply some extra drops of essential oil there and moderately massage the oil into the spot. Always check how the recipient feels. Talk now and then.

Eleventh: Apply a moist warm towel to back

This step will cause in depth warmth to the back. Place a folded large dry towel on the back of the recipient, covering the whole back and sides. Have a second large towel ready available. Take a third towel and soak into hot water, wring and fold the hot moist towel, place it centered along the spine region of the recipient over the dry folded towel. Be careful and assure the client's well feeling. If it is too hot, wait a bit, if it hurts the recipient, take towels away and put some additional olive oil onto the whole back. Then place the dry folded towel back in place, lay the warm moist folded towel on top of it along the spine. Put the third dry towel over it and gently and firmly press with your

hands the towel from the neck down to the scrotum using both palms of your hands. Repeat from atlas down to scrotum twice.

Final Step: Cover the recipient over the towels with a blanket (bed sheet) and let the person laid conveniently, face in face cradle, rest for 15 mins. Tell the recipient that you will leave the room for 15 mins and let client rest for that time.

After 15 mind come back in and let the client get up – pay attention to modesty. Let recipient put on clothes and socks, but no shoes yet. When dressed, the person should step to the wall with the measuring sign. Make another parallel mark at the sheet – there will be a difference in height as the back has relaxed and the person will be about an inch taller. Take the sheet off the wall and hand to recipient.

This is the basic protocol. It has cured many people and is the basic form of this treatment. You may want to add variations and extras – with some experience and guidance you may find “your way”, as there is no strict way how to do it. Just pray and let you be inspired. I wish you will enjoy this and have others enjoy this great treat with the properties of 7 essential oils united.

Always ask your client how it felt and if there are some changes. Then give praise and thanks to the creator of the oils in the name of Yeshua.

THAT WAS A BASIC MASSAGE DESCRIPTION . The necessary oils can be obtained from our website at http://libanonlife.com/html/order_oils.html

This page will also be posted on <http://libanonlife.com/html/applications.html> and we plan to add pictures, yet that may take about 2 weeks – we have no time now.

Shalom, Holger

Lesson 6: Renewed Covenant

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Ephesians 6:12

In Mark 6, Yeshua commissioned his disciples to go out two by two and preach the good news to the people. Yeshua gave them the authority over unclean spirits and instructed them how and where to go. In verses 12 and 13 we read: 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.

Here it is obvious what they did: they preached to repent, cast out many devils, anointed many sick and healed them. All these things they did were active acts.

The first is to “wake up” the people from their wrong ways, especially, ignoring the Mashiyach who had been sent to them by Elohim. Then they cast out the devils or demons that had the right to stay with these people because of their wrong ways and trespassing of the commandments of Elohim. Many were sick and like Yeshua healed the sick, his disciples also did. Yet, the anointing with oil is what they did to the sick in order to heal them. In the Aramaic Peshitta, the original New Testament that has not been revised for almost 2000 years, the word that many Greek based Bibles: B’MeSHKHaA - can be translated as ointment or unguent called oil in Mark 6:13, and in Luke 7:46. Exactly that is what essential oils were used for in biblical times: olive oil with some essential oils. This was an ointment used for daily purposes, not as expensive as “muron” or Myrrh oil.

The difference of oils used for treatment of people, things and other purposes in the Bible is manifold. There are eleven different mentions in scriptures that specify like this: 1) anointing oils for Kings – 61 references; 2) sweet savors - 50 references; 3) spices – 36 references; 4) anointing oils for people – 27 references; 5) incense censers – 20 references; 6) unspecified ointments – 17 references; 7) odors – 7 references; 🧴perfumes – 6 references; 9) oils of joy – 4 references; 11) essential oils by context – 4 references. These general references add up to 240 mentions direct or indirect of essential oils. To learn more about the passages and verses concerned, go to Dr. David Steward’s book “Healing Oils of the Bible” and look these up in Appendix A.

The oil mentioned in the passage of Mark 6 that was applied by his disciples on the sick was an unspecified ointment, containing olive oil and aromatics.

Mark 6 teaches us the general principles how to extend the Kingdom of Elohim as Yeshua haMashiyach instructed his disciples – the anointing with oil and healing was part of their ministry when preaching repentance and casting out demons.

Now, the anointing of sick people was not only limited for use on the street with unknown people, but also with people who followed Yeshua. James 5:14 (AENT Version) teaches this in case of sickness: And if one is sick, let him call for the elders of the assembly; and let them pray for him and anoint him with oil in the name of our Master Yeshua.

The elders of any assembly should pray and anoint with oil. This is important. It is a priestly duty of the elders. This follows the principle we can read about Yeshua who healed the lepers and many others – upon healing the lepers, he sent them to the priests to follow the routine of cleansing as Torah describes it.

Even though Yeshua did not approve the deeds and the corruption of the priests, the Pharisees and the scribes, he still followed the ordained rules of Torah by sending those lepers to the priests.

Have you ever wondered what made the priests immune against contamination from all the sick and lepers who they had to inspect? Was it a dangerous duty they had to fulfill by looking after those who by law had to live outside the camp due to their contagious diseases? Probably not, as the priests and Levites had almost daily contact with essential oils they used for anointing people and for healing purposes. Thus, their health was protected by the properties of essential oils and their cleansing rituals. Their hygiene standards were high.

The same is true for aroma therapists in our days. Frequent contact with essential oils reduces their vulnerability to contagious diseases a very minimal risk. This applies also to us who apply healing oils to others. The oils prevent successful spread of viruses, Bacteria and microorganisms.

Professor Griffon, director of the French Police Toxicology Laboratory conducted tests of the properties of essential oil, among them peppermint, rosemary, cloves, thyme lavender and cinnamon on disease causing bacteria in the air; 210 colonies of microbes, including staphylococci, molds and others and set them for 24 hours in a room. He sprayed the oils in the room by diffusion. After only 15 minutes, only 14 colonies of the original 210 colonies of microbes were left. After 30 minutes, only 14 colonies of microorganism were left. All of the harmful disease causing molds and the staphylococci had been killed during the first 30 minutes. There are lots of similar test results.

The belief of doctors in the 1940-s that antibiotics would vanquish infectious diseases was soon after the debut of penicillin in 1940 invalidated. Bacteria simply evolved to avoid antibiotics. Already in 1945 it became obvious that penicillin would not be the cure-all, many had anticipated. On the contrary, because of overused giving of antibiotics, the germs mutated and today we have the problem of MRSA (=methicillin-resistant *Staphylococcus aureus*) often called “superbug”.

Some of these multiple resistant bacteria cause very difficult to treat infections and have caused many lethal cases in the past years in clinics in Europe, America and other countries. Here they lurk in the air conditions and hard to clean parts of the hospitals and cause infections that cannot be healed with antibiotics.

Yet, the microbes, viruses and bacteria have never in millennia been able to become resistant against essential oils. The reason is the variety of essential oils. These oils have between 200 up to 800 different chemical components. No plant is producing exactly the same chemical composition of its oils as another plant of the same species. Light, rain, sunshine, wind, soil and other variable factors change from location to location and thus, the essential oil of the plant differs from others of the same kind. The same plant will also produce slightly different oil every year due to the weather conditions – like a wine that will taste a bit different every year.

For a virus, it is impossible to mutate and adapt to 200-800 chemical constituents as found in essential oils. Drugs are usually made by isolating one or two constituents – and they don't change year by year. A virus can mutate easily and become resistant, rendering the drug useless. Do you see the difference in intelligence and knowledge between the natural healing oils from Creation of YHWH and human made drugs?

In Proverbs 21:20 we read: There is treasure to be desired and oil in the dwelling of the wise. There is wisdom in this proverb, isn't it?

Yeshua himself has been anointed in different situations. The first account of essential oils presented to him we find in Matthew's report on the three wise men in chapter 2:10-11: And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh.

Myrrh was one of the first oils, Yeshua would receive on earth. Myrrh is the most popular essential oil in the Bible, where it is mentioned 156 times; 16x directly, and 138x indirectly. In ancient times mothers used it to protect themselves against infections. It brings calmness and facilitates stretching when massaged on perineum. The umbilical cord was anointed to avoid infection of the newborn child, and applied on the abdominal it removes stretch marks. Mary may have used the myrrh presented to her for these.

Myrrh has good properties to cure skin diseases and scratches; it is also supporting wound healing. Myrrh was also referred to as ointment in the New Testament.

Later on, there are accounts in all gospels, where Yeshua received anointing by women. These are in Matthew 26:1-13; Mark 14:1-9; Luke 7:36-50, and in John 11:1-2; 12:1-8. I recommend you read these accounts in your Bible; and also in

David Stewart's book: Healing Oils of the Bible on pages 141 – 150, it is a marvelous account and lovely to read. Here is Luke's report: And one of the Pharisees desired him that he would eat with him. And he went into the Pharisee's house, and sat down to meat. 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.

Now when the Pharisee which had bidden him saw it, he spake within himself, saying, This man, if he were a prophet, would have known who and what manner of woman this is that touches him: for she is a sinner. And Jesus answering said unto him, Simon, I have somewhat to say unto thee. And he said, Master, say on.

There was a certain creditor which had two debtors: the one owed five hundred pence, and the other fifty. And when they had nothing to pay, he frankly forgave them both. Tell me therefore, which of them will love him most? Simon answered and said, I suppose he, to whom he forgave most. And he said unto him, you hast rightly judged. And he turned to the woman, and said unto Simon, do you see this woman? I entered into your house; you gave me no water for my feet: but she hath washed my feet with tears, and wiped them with the hairs of her head. Thou gave me no kiss: but this woman since the time I

came in hath not ceased to kiss my feet. My head with oil thou didst not anoint: but this woman hath anointed my feet with ointment.

Wherefore I say unto thee, her sins, which are many, are forgiven; for she loved much: but to who little is forgiven, the same loves little.

And he said unto her, Thy sins are forgiven. And they that sat at meat with him began to say within themselves, who is this that forgives sins also? And he said to the woman, Thy faith hath saved thee; go in peace.

We can learn a lot from this lesson. Let's concentrate on the ointment used that came in an alabaster box. Alabaster points to the Himalaya mountain region of India and Tibet. In biblical times, spikenard was harvested in this region. It was distilled from the roots of the aromatic flowering herb *Nardostachys jatamansi* and transported in boxes carved from alabaster. These boxes were sealed with tallow to preserve the oil. The Greek word in the text is *muron*, the Greek word for Myrrh. Thus, we are told by the context that the precious ointment Yeshua received on his feet from that lady consisted of a blend of Spikenard and Myrrh.

Spikenard (*Nardostachys jatamansi*) is highly regarded in India, Nepal and Tibet as a medicinal herb. It was one of the most precious oils in ancient times. Song of Songs 1:12 While the king sits at his table, my spikenard sends forth the smell thereof. The essential oil of spikenard is produced from the roots of the plant. 100 kg of the roots are required to distill 1 kg of the oil. Spikenard alleviates pains of the soul and is almost stupefying. It offers rest and peace from emotional stress like a salubrious sleep to a new morning.

Medical properties of spikenard are antibacterial, relaxant, immunestimulating, antifungal, and anti-inflammatory. It is used with insomnia, heart arrhythmias, tension of the nerves, menstrual problems. John 12:3 describes very incisive one salient feature of all essential oils when Mary anointed the feet of Yeshua: Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair: and the house was filled with the odor of the ointment. It is the fragrance that fills the house when the oils are being applied. The scent will be noticed for days. It is a lovely aroma and has still with a few molecules in the air its healing properties.

ESSENTIAL OILS APPLICATIONS IN COMBINATION WITH OTHER HEALING METHODS.

The oils alone are very powerful for healing body, soul and spirit of man. As we already saw in previous lessons, prayer will enhance their application, as all true healing comes from Yahweh, the creator of all things.

We should always remember this and give Him thanks, ask for guidance and trust in Him when applying oils, no matter if we are novices on this field, or experts. A proper study of essential oils and their practical applications give a proper basis for understanding. A mindset of being ready to serve the sick and downtrodden will be a good prerequisite for applying the oils successfully; and obedience to scriptures the right mindset.

Essential oils applications should not be mixed at the same time with pharmaceuticals, as there are functional differences between both. Yet, there are great synergy effects when applying the oil with methods like the Rife resonator, as both have similar ways of working. This needs some explanation.

The American genius Royal Raymond Rife began his cancer research in 1922 and seven years later, he had built a microscope capable of staining living viruses with light to make them visible. In 1931, Rife had built a powerful new microscope capable of directly observing living bacteria and viruses. In the next year, Rife isolates the filterable virus of carcinoma and also establishes pleomorphism. Later that year, Rife and his team of scholars and physicians of reputable universities witness the destruction of typhus bacteria, the polio virus, the herpes virus, the cancer virus and other viruses in vitro and in experimental animals.

During the summer of 1934, the first cancer clinic is using Rife technology. A special University of Southern California Medical Research Committee chaired by Milbank Johnson is formed to oversee the research. Committee members are: Whalen Morrison, Chief Surgeon of the Santa Fe Railway. George C. Dock, M.D. George C. Fischer, M.D., Children's Hospital of New York, Arthur I. Kendall, Dr. Zite, M.D., professor of pathology of Chicago University. Rufus B. Von Klein Schmidt, President of USC. Further attendees: Dr. James Couche of San Diego, and Dr. Carl Meyer, Ph.D. of the Hooper Foundation, San Francisco, Dr. Kopps of the Metabolic Clinic in La Jolla.

The clinic is at the Scripps Institute in La Jolla, California. Sixteen terminally ill cancer patients are treated. Fourteen are cured in 90 days; the other two are cured in six months.

The results of this successful cancer treatment are multiplied by some of the medical people who were in attendance in different places and clinics. Then, the success leads to suppression by the AMA through a long series of unrelated and fraudulent court cases. The team is forced to disband and to destroy their equipment. The method that cures cancer is outlawed; and the use of this technology legally forbidden to be applied with human beings. Some doctors who did not follow the orders have their licenses withdrawn, a few put into prison. Jealousy and love of money were the reasons. Since, the pharmaceutical industry earned millions and billions with their chemical and radiological treatments. Rife, unable to handle more abuse, exiles to Mexico.

His lab is set on fire, many of his records and engineering data are being lost. A sad story, yet his method survived abroad where his devices and methods are refined, the devices developed further. Today, the resonators are being built in several countries. They have become smaller and the once table size devices have shrunk with advance of technology to the size of larger cell phones with high precision. German and Czech resonators are fully CE requirements compliant, tested, and are today medical devices that comply with all EU norms. Medical doctors and health practitioners use the resonators successfully; the certified manufacturers have also developed units for home use, treatment of horses and pets with overwhelming results. Some hard headed bureaucrats and the pharmaceutical lobby are still announcing their concerns – mainly to protect their income in cancer treatments... Now, why this introduction? The reason is that the resonator works according to very similar principles as essential oils. Both work on the cellular level.

Different kinds of body cells have different functions. One part of the human cell is mitochondria, the power plants of the cells. Mitochondria, amongst other functions, transform energy of respiration to

electricity. A healthy cell emits a certain frequency as a means of protection from destructive intruders, like viruses, bacteria and other micro organisms. This works well, as the pathogenic germ cannot exist under the emitted frequency of the healthy cell.

When the cell does not function properly in case of sickness, corruption of the DNA code, etc., the frequency will fall and thus allow disease transmitting micro organisms to reside in the cell without being harmed. Depending on the type of virus, bacteria, etc., mutation will occur. The cell will develop the wrong way and sickness is on its way.

Essential oils will do this: cleaning the cell receptors, deleting corrupted DNA code inside the cell, rewrite the code according to its original state. Still, this alone does not necessarily stop the disease. But the frequency the essential oil emits may be harmful and even lethal for the virus or bacteria. Essential oils underwent difficult research at Tainio laboratories, and the frequencies of some of the more widespread oils have been measured. The oil of rose has with 320 MHz the highest frequency of all oils. One of the most important healing properties of essential oils is their ability to elevate our bodily frequencies to levels where disease cannot exist. Interestingly, that Tainio also found that the frequency of oils is also affected by our thoughts. Negative thoughts lowered the frequencies of the oils by 12 MHz while positive thoughts raised them by 10 MHz. Prayer even raised the frequencies by 15 MHz. Resonators using the Rife theory also emit exactly the frequencies, healthy body cells emit. We and some colleagues have found that applying essential oils prayerfully in combination with resonator therapy show extremely effective healing results. A friend of ours, a natural pharmacist, has had stunning results with applying this combination to lifelong dermatitis. It is almost unbelievable to see results happen that had not shown for decades. Another great result was the treatment of a beginning flu with a ten year old boy. Just after a short treatment all symptoms were completely gone.

Abba directs us and we praise him for these answered prayers. By the end of this month, we have agreed to apply this combined treatment to a man in Israel who suffers from prostate cancer. We will use frankincense, myrrh, sage and cananga essential oils and the tiny resonator programmed on the frequencies used to treat prostate cancer. Let's trust in Yahweh and pray that this man will be healed.

Doubts? We have no doubts, we trust in our Creator who made the heavens and the earth. And whosoever shall not receive you, nor hear you, when ye depart thence, shake off the dust under your feet for a testimony against them. When you encounter people who doubt, or even reject you when you want to share the gospel, drive the demons out and anoint them for healing – what will you do? Will you discuss with them? They probably won't change. So, we think, we should head on to those who are open-minded, as Yeshua taught: And whosoever shall not receive you, nor hear you, when ye depart thence, shake off the dust under your feet for a testimony against them. Mark 6:11

Ignorance and preoccupied minds cannot alter truth but make it difficult for us to do what we are called to do. This world is corrupt and, as the Bible tells us, the love of money is the root of all evil. Yet, we are not called to comply but to overcome. In these days we need an extra portion of joy and we should ask our Father who is in heaven to grant that. The time is short and we have to endure until this darkness is over for good. With essential oils we have a great gift from our Elohim. All reports I received from those who ordered are very positive. So, what will be the next steps? I think we ought to apply the oils not only for ourselves but go on to apply them where needed and appreciated – to the glory of our Creator.

Shalom, Holger

Resonator: http://libanonlife.com/html/resonator_.html

Order essential oils: http://libanonlife.com/html/order_oils.html

Lesson 7: INTRODUCTION TO EMOTIONAL RELEASE (I of II)

But fear not thou, O my servant Jacob, and be not dismayed, O Israel: for, behold, I will save thee from afar off, and thy seed from the land of their captivity; and Jacob shall return, and be in rest and at ease, and none shall make him afraid. Fear thou not, O Jacob my servant, saith the LORD: for I am with thee; for I will make a full end of all the nations whither I have driven thee: but I will not make a full end of thee, but correct thee in measure; yet will I not leave thee wholly unpunished. Jeremiah 46: 27

Shlama (Aramaic form of Shalom). Today I like to cover a topic that is most important in essential oils from my viewpoint. We have realized that essential oils are powerful agents of our Creator for our wellbeing, as many of you have already seen in theory and practice. Man consists of body, soul and spirit. Many applications of the oils are directed to correct malfunctioning cells of our bodily organs and prevent disease. Today we will have a closer look at our emotions and feelings that are determining our moods and decisions mainly unconsciously, so we are usually not aware why we do certain things and why we do it the way we do them. This introduction will show how our interaction with past and present feelings determine our decisions. We will also see how we can alter the impact of former decisions of our life, if we are willing to apply change to the needs of our soul according to the Word of Elohim. It is a complex field, yet quite simple once we understand and have the will to deal with buried emotions successfully. Applied emotional release will change our perception of truth, as Yeshua said to the Jews who followed him in John 8: 31-32, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.

We will indeed be free when we let go the results of fear that may reside in us and determine our course of life. The oils are unique helpers, servants or facilitators to achieve emotional release of the remnants from unresolved emotions. Who made the oils? Who wants us to be His free children who have the quality to be a light to the world? Who loves us beyond our understanding? Abba. We just need to get rid of prejudice, pre-occupied minds and feelings, misconceptions and human teachings and human made theology that all finally lead to nothing but destruction, separation and pains.

The oils bring peace and calming, nourishing of dire needs in a world that has been dominated by darkness for too long. And as darkness increased around us, so is the need for redemption and restoration of the principles of Yahweh, the owner of the universe. He surely has the power to do it His way – and this is His loving way, to allow us, His children, to participate in this restoration. By doing so, we need to accept His ways of doing things. Before we are able to do so, we need to understand these principles. Before we apply emotional release with others, we need to be open to apply the divine principles to our own lives. The oils are facilitating this powerful and life changing application that can take away emotional baggage.

This poisonous baggage is determined to finally destroy us – would you want that this to happen to you? In our days we see the restoration of many wonderful things. To accomplish this for our own life we need to seek the solutions and ways how to do that in a way that is pleasing and honouring to YHWH. Yeshua set us free from bondage and we have been given the tools and knowledge by Scripture to apply

this, if we want to. This is our part: we need to be willing to listen, to pray and to make steps in His direction.

I give credit to my mentors David Stuart and Kathy Spohn who have worked on this and have taught me. The following is what they are teaching about emotional release. I have seen this applied and I have seen people released emotionally. Yet the master of all this is our great Elohim alone, our Creator. All glory and honour be to Him!

And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also. 2 Tim 2:2

This biblical principle in Paul's 2nd letter to Timothy is valid for the teaching of the Good News of Yeshua in the context of the Tanakh. It is also valid for discipleship. It is my desire, that you all apply this to the teachings on the essential oils of our Creator and upon your study and practice pass it on to others who shall be able to teach others. Apply the oils and bless others.

Apply this precious knowledge and be a blessing. It will be a blessing to yourself also as you see the wonderful healing and release of people from disease, trauma and bondage. Let's always do this to the honour of Yahweh who gives true healing.

The principal purpose of these notes is to provide background information for those who do practice aroma anointing so that they will know what to do if a client goes into an emotional release during or immediately following the receiving of a raindrop. The information given in what follows can leave one with the impression that facilitating an emotional release during a raindrop is complicated. It is not.

THE MOST IMPORTANT POINTS IN FACILITATING AN EMOTIONAL RELEASE DURING AN AROMA ANOINTING

The information contained in these notes is helpful to obtain an intellectual understanding of the process as well as acquiring some specific skills such as scanning, downloading, sweeping oils from right to left brain, unwinding the DNA memory strand, etc., but all a raindrop facilitator really needs to know and do can be summarized as follows:

The sole intent of a facilitator during an emotional release is to provide an unconditionally loving and accepting environment in which the client feels safe to release whatever it is they need to release. This is achieved in general by just being there silently and in body contact while maintaining a totally unjudgmental attitude continually praying for God's guidance and God's will be done for the benefit of the client-whatever that may be. When you sense that the client has completed their release, simply ask, "Are there any other issues you wish to deal with at this time?" If the answer is that they have more to deal with, then continue in silence and love. If the answer is that they are finished at this time, then begin the Grounding procedures. The main point is that you don't have to do anything at all but be there in silence with the right attitude of love, prayer, and unconditional acceptance. That is all. The less you say and do the better. Your loving touch and accepting presence is sufficient.

What If You Do Anointing and Aren't Ready to Facilitate an Emotional Release?

Don't worry. The consciousness of the Client will sense if you are capable and ready and if you are not, they won't have a release in your presence.

Therefore, if a client begins to release while you are doing a raindrop, know that you are ready and able and will know what to do. Otherwise it would not be happening.

THEORY AND PHILOSOPHY OF EMOTIONAL RELEASE

Philosophical Basis

We are created in the image of God (Genesis 1:26-27), which means that there is a blueprint of perfection within every aspect of our being and every cell of our bodies waiting to become manifest.

Repressed emotions block us from access to our cellular record of God's perfection thus preventing us from attaining the full measure of our creation.

Stored emotions are living, intelligent centers of energy that broadcast their influence in our lives as long as they remain buried within our being.

Negative emotions become lodged in our memories when we are confronted with situations we feel to be too powerful for us to deal with at the time and which we have misjudged reality and incorrectly perceived ourselves as helpless.

Our repressed feelings and unconscious memories of these original emotive experiences represent our immature coping mechanisms of the moment, experiences set aside to be dealt with later when we are ready.

Resolving old feelings results in replacing our immature understandings and incorrect perceptions held at the time the feelings were first imbedded in our consciousness and replacing our faulty beliefs with God's truth.

Releasing stored emotions at their origin within our beings, when they were first locked into our cells, uncovers the memory of perfection in the cells throughout our bodies--thus enabling us to manifest a fuller measure of the image of God implaced within us when we were created.

What Happens When Emotions are Resolved:

When we are in an emotional experience and we own, accept, face and deal with that emotion as it occurs, never losing our awareness of it, seeking to learn the spiritual lessons that experience can teach us, then that emotion has been resolved. Choosing to maintain conscious awareness of your thoughts and feelings and dealing with them as they occur is an act of faith and facing reality and leads to correct perception of truth.

(See If ye continue in my word, then are ye my disciples indeed; 32 And ye shall know the truth, and the truth shall make you free. 8:32)

When an emotion has been resolved, we gain a spiritual lesson and our lives move onward in a positive and productive way without storing any negative memory from the experience, only the newly acquired wisdom that experience has brought to us.

An emotional experience resolved is a spiritual task completed. When emotions are resolved our lives become more productive and our sense of peace and happiness increases.

When a negative feeling is released and deleted from our DNA, we open the way for every physical, mental, emotional and spiritual problem and inappropriate behaviour based on the old feelings to quickly disappear from our lives.

What Happens when Emotions are Not Resolved

When we are in an emotional experience and we refuse to face or accept our emotions, deny responsibility for them, and repress them in such a way that we lose our conscious awareness and memory of them, then we have chosen to postpone the spiritual lessons that experience can teach us and those emotions remain unresolved.

Choosing to avoid conscious awareness of your thoughts and feelings and not dealing with them as they occur is an act of fear and denying reality and leads to delusion and incorrect perception of truth.

When an emotion has not been resolved, we fail to learn from the experience and our lives move in negative and unproductive ways, controlled by habits and repetitive emotional reactions to life's situations.

An emotional experience unresolved is a spiritual task uncompleted. When emotions are unresolved our lives become dysfunctional and our sense of peace and happiness decreases.

When negative feelings remain stored in our DNA, we retain an environment that leads to innumerable physical, mental, emotional and spiritual problems and inappropriate behaviours based on these feelings.

How Unresolved Emotions (Thoughts and Feelings) are Stored

Unresolved emotional experiences are recorded in cellular memory (DNA) and remain stored there as live programming until dealt with. Each strand of DNA contains 6 Gigabytes of memory. Your body contains 100 Trillion of them. More memory capability than all the computers of the world combined.

Emotions can be stored anywhere in the body, not just in the brain and heart.

Consequences of Repressed Emotions

Stored emotions serve as energy-charged programs that control our lives largely on an unconscious level. This cellular programming determines our habits, our likes, our dislikes, our state of physical and mental health, our ability to function socially, our ability to make spiritual progress, and our attitudes and reactions to life's challenges.

Repressed emotional memories remain alive and active, influencing and directing our lives for good or for ill, until resolved. They never disappear on their own and ignoring them only perpetrates them. The consequences of repressed emotions are virtually all negative. They restrict and warp our lives in innumerable ways, enslaving us with compulsions and negative habits, causing us to act socially in inappropriate ways, creating illnesses in our body, sabotaging our efforts to achieve success, and leading us into socially undesirable situations and relationships while destroying the good situations and relationships in our lives.

Unresolved emotions can misguide our judgment in financial matters and blind us to a realistic view of the world. Buried emotions can rob us of a sense of purpose in life and prevent us from gaining a sense of direction or focus in choosing a mate, a career or a livelihood. They create a sense of instability in our lives and can block or retard our spiritual growth.

Harbouring hidden emotions can lead to depression, anxiety, severe mental illness, a sense of hopelessness and even suicide. In the worst cases, emotional repression can produce sociopathic disorders including absence of conscience, wanton disregard for others, crime and violence.

To be freed of unresolved emotions, the receiver must:

Be willing to be aware of emotions past and present, pleasant and unpleasant. Be willing to accept personal responsibility for your emotions, and Be willing to release and let go that which no longer serves them in a positive and productive way.

HOW AND WHY ESSENTIAL OILS FACILITATE EMOTIONAL RELEASE

Essential oils are extracts from the natural juices of plants that circulate through the leaves, stems, roots and flowers that constitute their lifeblood. The molecules of essential oils are small enough to circulate through human tissue bringing nutrients to the cells and carrying waste products out of the cells. Essential oils also carry electrons and oxygen into human tissue. Essential oils also carry coded information that can be translated by cellular DNA and which can be of great therapeutic benefit to people-physical, mental and emotional. There are hundreds, if not thousands, of different compounds found in Essential oil molecules each with an affinity for certain cells of the human body. In addition to the electrical nature of the body by which it functions, the intracellular communication system of the human body also consists of thousands of compounds (called ligands) manufactured within the cells and sent out as messages and messengers to other cells in other parts of the body. The information carrying molecules called ligands include peptides, neurotransmitters, steroids, and hormones. The varieties number in the tens of thousands. Peptides are composed of amino acids of which there are twenty known. Peptides consist of chains of amino acids. Consider the amino acids as an alphabet of twenty characters that can form an unlimited variety of words (ligands) by which cells send messages between themselves. On the surface of all cells are thousands of receptor sites, each designed to accept only certain types of ligands and to reject the rest. At the same time the organs send out vibratory messages that attract or draw appropriate ligands to themselves. This is how a ligand released by one set of cells finds its way to the specific cells of the organ or tissue that was intended by the cells sending the message. This is how a ligand, like insulin, can circulate throughout one's body and yet only be picked

up by the cells that need the information that it carries. In one sense, ligands are like keys that fit only certain locks (specific receptor sites). Ligands of the right shape (molecular structure) are accepted by cells with matching receptor sites (matching locks) while ligands of another shape are rejected (the key doesn't fit). The molecules of essential oils are like enzymes, hormones, vitamins, and ligands. They carry information that is pertinent only to the cells with the receptor sites able to accept that specific ligand.

Hence, some oil molecules gravitate to muscle tissue, others to nerves, others still to the digestive system, and others to the heart, etc., each administering benefits, including the removal of toxins and the opening of emotionally stored memory in the DNA. Not only can oils help release cellular memories stored anywhere in the body, depending on the oils applied, they also directly stimulate the limbic system or emotional brain, which is in the center of our heads. Our eyes, ears, tongue and sense of touch are all wired so that their messages pass to the brain via the reasoning cortex first. The nose, however, is wired differently. It connects directly with the limbic brain such that one's response to an aroma is going to be emotional before it can be rational.

Therefore, because inhaled oils directly affect the emotional seat in our brains where traumatic memories are often stored and because oils can release cellular memories stored anywhere in the body, they can be of great value in helping us clear ourselves from the unconscious, hidden emotional patterns that can control our lives and hold us back from the full manifestation of our potential.

OILS TO HAVE ON HAND (If Possible)

Single Oils: Frankincense, Sandalwood (or Vetiver), Sage, Orange or Bergamot, Tangerine, Grapefruit and Oregano. Scriptural Oils: Aloes, Cassia, Cedar wood, Cypress, Frankincense, Galbanum, Hyssop, Myrrh, Myrtle, Onycha, Cistus and Spikenard.

Special Notes on the emotional impacts of Bible Oils:

- * Galbanum, Cypress, Spikenard, Cinnamon and Cassia are grounding.
- * Sandalwood, Hyssop, Myrtle and Frankincense produce balance and harmony.
- * Spikenard, Frankincense and Myrrh produce peace and acceptance.
- * Cedar wood, Frankincense, Hyssop, Myrtle, Myrrh and Sandalwood are spiritually elevating and help awaken one's higher consciousness.
- * Frankincense and Cedar wood are mentally and spiritually focusing and assist in gathering and clarifying one's thoughts.
- * Hyssop, Sandalwood and Myrrh are protective against negative influences.
- * Sandalwood facilitates forgiveness.
- * Cistus (Rose of Sharon), Frankincense, Sandalwood and Onycha are mood elevating and antidepressant.
- * Spikenard and Hyssop are calming and relieve anxiety.
- * Myrrh promotes a sense of security and well-being.
- * Cinnamon and Cassia stimulate abundance and prosperity consciousness.
- * Cedar wood and Sandalwood stimulate melatonin production leading to deep sleep.
- * Myrrh, Cedar wood, Sandalwood, and Spikenard clear misinformation in cellular memory and are emotionally releasing.
- * Onycha is healing, soothing, mood elevating and relaxing when used in massage.
- * Frankincense, Hyssop, Cistus (Rose of Sharon), Myrtle and Cypress help us to remember the image of God's perfection within us at the level of the cellular blueprint or DNA.

* Myrtle is balancing in that it can be either energizing or calming depending on the needs of the individual.

THE PROCESS OF EMOTIONAL RELEASE

During a raindrop session the subconscious mind may open and the receiver may begin to have an emotional release. This may be manifested by tears, sounds, words, heavy breathing, body movement, body temperature changes, laughter, etc. As a facilitator, you may support this process of: Releasing, Grounding & Reprogramming.

Most important to facilitate a successful emotional release is PRAYER.

All healing comes from God and can only be received when we are open to His power. Faith, love and forgiveness for others, as well as for ourselves, are the spiritual prerequisites that provide us with the receptivity to receive God's grace and are, thus, the basis of all true healing-physical, spiritual, mental, social and emotional. The root cause of all types of suffering is fear (the opposite of faith, love and forgiveness). When Yeshua healed He often added "Thy Faith hath made thee whole." (See Matthew 9:22, 29; Mark 5:34, 10:52; or Luke 7:50, 8:48, 18:42). The opposite of fear is love (and vice versa). (See I John 4:18) The Receiver may pray silently or aloud during the session as they are replacing incorrect perceptions with truths.

Example of a prayer given by the facilitator:

Dear Yahweh,

Thou art the sole Source of all healing in all areas of our lives.

Bless this session with Thy presence.

Bless these oils that they may facilitate Thy healing.

Bless the Facilitator that they may be an instrument of Thy will.

Bless the Client that they may be open and receptive to Thy Grace.

Lead us to the origin of our feelings or thoughts.

Give us courage and understanding to face those feelings or thoughts In ways that will resolve them perfectly with Thy truth.

Heal every incident in our lives that was based on these feelings or thoughts From the first to the present, according to Thy will.

Bless us that every physical, mental, emotional and spiritual problem and inappropriate behaviour based on old feelings discovered in this session quickly and permanently disappear from our lives.

We love you, Yahweh, and thank you, Yahshua, for coming to our aid in helping us attain the full measure of our creation. AMEN

For so hath Yahweh commanded us, saying, I have set thee to be a light of the Gentiles, that thou shouldest be for salvation unto the ends of the earth. Acts 13:47

We will continue this lesson with its second part, Yah willing, coming week with practical application. It may be new to you, yet now that you understand the basic principles; there is only the practical step to apply the theory. This can be done in a course on the oils. I am going to teach a course today in Bavaria and will be also available in the coming months to do the same in places to be announced. I have talked with Joe about this and we will see from your response where such a course will be held. We basically need a minimum of 6-8 people to participate and then can schedule the training for 3 to 4 days. The time frame will be in the second part of October and November in North America, December or January in

Israel. In Europe any time. Other locations: upon request. I will give you a reading list for recommended books in one of the coming lessons. Coming week I will meet with some American, English and European leaders of aroma therapy to discuss a new biblical based essential oils company.

I hope that I will be able to send you a good report on that meeting before Sukkot.

I will also introduce you to a housing project with the Mongolian ger as a healing place. We plan to assemble 8-12 Mongolian gers (felt covered wooden housing structures with round shape) as used in Central and East Asia. The main healing place where oils are applied is a larger ger or yurt with 12 meters of diameter as a community center and healing place. This is an interesting project now in advanced planning state. A rehab center in the Negev is also planned with yurts / gers by Swiss people; another place is in the north near the sea where some American people are setting up a housing project, and some other such facilities. Upon initial imports we plan to produce these dwellings locally. All materials are available. Pray that Abba may bless all involved.

The cost is comparably low, and a ger community will house about 50 people comfortably for the same cost as the setup of one house for one family costs. If you are interested, I will send you a detailed PDF file. Just send email to Joseph with the word “ger”, then he will forward it to me and I will send you information. This may also be interesting for people who are in need of living place that is hygienic, warm and of low cost. I used to live in such dwellings at temperatures of minus 40 degrees (really freezing cold, but not inside) and it is also cool during the heat in the Gobi desert with 40° C or more which translates about to 100°F.

Eze 38:8 After many days thou shalt be visited: in the latter years thou shalt come into the land that is brought back from the sword, and is gathered out of many people, against the mountains of Israel, which have been always waste: but it is brought forth out of the nations, and they shall dwell safely all of them.

May Abba bless you all and give you confidence in all things, and that the seed that Yeshua planted in you may grow strong and pure and multiply abundantly.

Shalom, Holger

Lesson 8: INTRODUCTION TO EMOTIONAL RELEASE (II of II)

But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall. Maleachi 4:2

We did a training last week to facilitate training people who were willing and able to follow the teachings and, upon completion, be able to teach others. We follow this scriptural principle that is found in 2 Timothy 2:2.

And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also.

The steps leading there require admiration of the Creator of the heavens and earth, Yeshua, the teachings of Scriptures, the indwelling of the Ruach haKodesh and to love Yahweh above all, and to love your neighbour as you love yourself. A lifestyle of observing the Word of Yahweh and to be able to speak to Him “Abba”, like expressed in Romans 8:

For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. 16 The Spirit itself beareth witness with our spirit, that we are the children of God: 17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

Another requirement is love for the work to facilitate healing, learning and applying the learned to others in love and ordered manner. Those who have no active relationship with Yeshua according to His teachings, should not try this, it would not work.

Emotional release is a facilitating work for the Creator and no voodoo or esoteric stuff. People who think they can heal have not grasped anything. They cannot, for all true healing comes from Yahweh. And that’s biblical emotional release: Become a vessel that will facilitate what is needed to apply oils to people for releasing deep seated trauma. It is easy. Required is listening to what Abba wants you to do. It requires basic knowledge of the power of essential oils, their functions on cellular level. You have to be informed how the chemistry of essential oils is structured and how this will relate to the chemistry of the human body. You need to know what oils to use first, which last, and why. If you apply Oregano first to the soles of the feet and the back first to a client, followed by the other six oils, is that right? Why?

Because Oregano is high in phenylpropanes, the group of chemicals in essential oils that clean the cell receptors. Those are often not receptive due to cell waste and other substances and therefore not able to function properly; causing that the necessary other groups of constituents cannot enter the cell. That is like a house where one has the right key to the front door where the lock is corroded or malfunctioning. You cannot get in properly.

So one has to know this to let the oils work properly, instead of applying the wrong order where the oils that work specifically inside the cell, correcting corrupted DNA cannot get into the cell because of garbled receptors.

Also, peppermint essential oil, should be applied after the other oils have been used, as one of the peppermint properties is to enhance the oils that have been applied before. If you use peppermint for this purpose first, this property is waste, as there have been no other oils applied before.

I could write a whole book on these little bits and pieces, and still, there will be many more open questions. One of the most important lackings of communicating essential oils and their use is that in electronic scripts, scents are never able to be transmitted, nor are they on paper.

The scent is very important in transmitting the oil's functions to your nose and brain.

Unconsciously you will "know" what oils are currently good for you and which are not. It is quite easy to learn by doing. Yet, it is a community thing where people get together and do this learning together in the form of a course. Everyone is different, has different gifting and will be able to contribute to the overall outcome. Every individual has different likings, conditions, gifting, level of understanding, experience, etc. In Yeshua we are one. With a defined goal (2 Tim 2:2) and a structured course content we can have interactive learning by doing. "All theory is grey," Germans use to say; meaning: it is nice to study, yet we will come only to full understanding and appreciation, if we practice what we have learned. Learning to drive a car – quite simple for most experienced drivers – is a terrible hard thing for those who never drove but have a PhD in automobile construction. The latter one should not go unprepared on a race course; the chances that they will have a crash are almost 100%.

The other day, I met with essential oils professionals in Frankfurt. Participants came from America, England, Germany, and some even from Siberia. Dr Hill from America stressed the utter importance of purity and quality of the oils. He showed pictures of red blood cells he videoed under a microscope. The red blood cells were clouded and looked not very healthy. He put one drop (!) of essential oil on the foot of the person whose blood was reviewed. After 30 seconds, he took another sample and filmed it under the microscope. The red blood cells were all healthy looking, flowing gently separately in order. 30 seconds are enough to cure the disorder to perfect order with one drop of externally applied high quality essential oil.

Next he showed us blood cells of another person who had health problems. That person had taken some essential oils for a week. There was complete disorder and clogged cells – it looked very unhealthy. He did the same to this person by applying one drop of pure and high quality essential oils to the sole of their foot. The same result: Within 30 seconds the red blood cells had a healthy flow and there was no sign any more about the disorder.

The essential oils are extremely powerful and capable to cure almost instantly disorders. Some maladies require a bit longer. There are very different qualities in essential oils. I advise you to only take the best quality oils; otherwise you will be sorely disappointed. Even with a good nose and smelling sense it can take years to distinguish the good from the bad. (Or: the working from those that do not work).

This is only a comparison on the level for body treatment. Quality is of importance.

Otherwise you have fake oil that produces no results in the best case. Faked oils can also cause troubling problems. If you do emotional release, you will have to be even more cautious for the quality of essential oils. There is good biblical reason for first quality oils:

Ex 30:25 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.

Ex 30:35 And thou shalt make it a perfume, a confection after the art of the apothecary, tempered together, pure and holy:

Ex 37:29 And he made the holy anointing oil, and the pure incense of sweet spices, according to the work of the apothecary.

Ec 10:1 Dead flies cause the ointment of the apothecary to send forth a stinking savour: so doth a little folly him that is in reputation for wisdom and honour.

The Hebrew word for apothecary is *raqach* or *raw-kakh*'. That can be translated also as the professional who makes the anointing oil, giving the impression that only skilled people should do that work.

About the quality of essential oil, scripture says: Pure or best Myrrh. Remember: pure or best.

The anointing oil quality has to have pure or best quality. I think that needs no further explanation.

Ex 30:23 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,

If one rather wants to smear something inexpensive or diluted on the skin, that may be some experience for people, yet that is something else than biblical anointing.

With biblical anointing, quality is demanded. The presentation of Dr Hill has clearly shown this with the blood cells of his patients. Only pure quality will show desired results. That is something different from our greedy world that loves to sell us substitutes, diluted food, artificial stuff and even attributes that as "advanced", "rectified", "improved". We don't need that. Creation is perfect, or was perfect, until man came and had the idea for evil reasons to "improve" the perfect creation of Elohim. And that is the problem we face today worldwide – not only with the oils.

The results are known: Decreased state of health, corrupted minds, darkness and being far from the Creator with almost completely screwed up minds that even think of being good. The same is true for many people inside. There is a lot of poisonous garbage in folks and they carry it for reason of fear. Many carry all those never released suppressed emotions to the grave, even though they must not do so. Yet, their pride forbids them to get release. They are afraid, have fear and think they cannot overcome and will be laughed at once others will know about their dirty baggage. So they swallow and carry that acid, poison, and are willing to listen to other lies to bury those emotions even deeper in themselves. Fear is the source of premature death and much unpleasant experience on the way to the grave. It also influences other people: The spouse, the kids, the parents, the friends. Yet there is no reason for fear. 1Jo 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

Ro 8:15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

Abba has given us this opportunity to come out of depression, fear and all the rest of those bad attributes that result from feelings buried alive. These corrupt our soul, our mind and finally, kill our flesh. In spite of fearing God we fear release of our buried emotions; we listen to voices that are not from Abba and continue to load emotion after emotion, fear after fear in the DNA of our body cells – hide and protect them by not releasing them.

Many so called “experts” have no idea how they can set us free as they boast in pride or suffer from their own helplessness. They simply add new fears or strengthen our bondage by putting the concrete of human made teachings on top of our fears and firmly add new chains onto the existing ones. Some make fortunes by “assisting” us, “releasing” us and do not set us free.

They cash in on our fears. Some evil people even use our fears to dominate us. Who is their father? Whom do they serve? You know it by their deeds. You also know that true deliverance has only one source: Yahweh.

For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

All healing comes from Yahweh and can only be received when we are open to His power.

Faith, love and forgiveness for others, as well as for ourselves, are the spiritual prerequisites that provide us with the receptivity to receive God’s grace and are, thus, the basis of all true healing-physical, spiritual, mental, social and emotional.

The root cause of all types of suffering is fear (the opposite of faith, love and forgiveness).

When Yahshua healed He often added “Thy Faith hath made thee whole.”
(See Matthew 9:22, 29; Mark 5:34, 10:52; or Luke 7:50, 8:48, 18:42)
The opposite of fear is love (and vice versa). (See I John 4:18)

The Receiver may pray silently or aloud during the session as they are replacing incorrect perceptions with truths.

Example of a prayer given by the facilitator:

Abba, You are the only Source of all healing in all areas of our lives. Bless this session with Your presence: Bless all present here; Bless these essential oils that they may facilitate Your healing. Bless the facilitator that they may be an instrument of Your will. Bless the receiver that they may be open and receptive to Your grace. Lead us to the origin of our feelings or thoughts. Give us courage and understanding to face those feelings or thoughts in ways that will resolve them perfectly with Thy truth. Heal every incident in our lives that was based on these feelings or thoughts from the first to the present, according to Your will. Bless us that every physical, mental, emotional and spiritual problem and inappropriate behaviour based on old feelings discovered in this session quickly

and permanently disappear from our lives. We love you and thank you for coming to our aid in helping us attain the full measure of our creation. AMEN

TO FULLY UNDERSTAND EMOTIONAL HEALING, I STRONGLY RECOMMEND A BIBLE BASED TRAINING COURSE. YOU CAN PREPARE FOR A COURSE BY READING ONE OR MORE OF THE FOLLOWING BOOKS.

BOOK LIST TO FOR BETTER UNDERSTANDING EMOTIONAL RELEASE

Feelings Buried Alive Never Die, by Karol K. Truman, 295 pages. In depth discussion and specific tools for releasing emotional patterns. (Many of the concepts and techniques given here are based on this book, including the “Script.” The client is encouraged to purchase this book and apply it to their lives in a long-term and ongoing fashion.)

Releasing Emotional Patterns with Essential Oils, by Carolyn L. Mein, D.C., 107 pages. Well organized, excellent practical reference for facilitators and individuals seeking specific ways to address specific problems of a psychosomatic nature.

Molecules of Emotion: The Science Behind Mind-Body Medicine, by Candice Pert, PhD, 368 pp. Gives scientific basis for emotional release and cellular memory. Excellent resource for Professionals is yet easily readable by those without a background in biology or chemistry.

Heal Your Body, by Louise Hay, 82 pages. An excellent quick reference for identifying specific emotions with specific diseases or conditions, including positive affirmations for each. Includes a unique spinal chart identifying specific maladies for specific vertebra.

Next week, I will conclude this introductory course with recommendation of pure essential oils sources and some hints and tips how you can receive blessings by essential oils treatments, and training courses offered.

Good News: Tikiri in Sri Lanka will get her oils coming weekend. A couple from the US is willing to take them along as they are going over for the feast to teach a congregation there. Jamie, a lady who also receives this newsletter was so kind to supply some of her own essential oils that she ordered here is willing to ship them over to the couple. From here the time of shipping would have been far too long. Praise be to Abba and may the oils do their good in the congregation of Tikiri.

Connie in Tiberias, Israel also received the oils and resonators to treat a brother named Eric there who suffers from prostate cancer. Andreas of Switzerland took them over. Please pray that Eric may be healed. And pray for Connie who serves here and has recently been plagued by several difficulties.

A male corgi, Buster has injured his leg/back again. This happened before Sukkot two years ago. Our creator also loves this pet. Please pray what the reason of his malady is. Thank you. All glory to Abba.

Shalom, Holger

Related Links & Resources

Holger Grimme's English language web page
http://libanonlife.com/html/healing_oils.html

You may be interested to get the Immune/King James oils to boost your immunity. To order them go here:
http://libanonlife.com/html/order_oils.html

And here is the website where you can access Dr. Stewart's book for online reading to start with:

http://books.google.de/books?id=fSb9mIgS-fYC&dq=Healing+oils+of+the+Bible&printsec=frontcover&source=bn&hl=de&ei=WgF6SpWSDJLK_gbfhvX8BQ&sa=X&oi=book_result&ct=result&resnum=4#v=onepage&q=&f=false

If you want to order the book Healing Oils of the Bible, go to Amazon.com – here is the link:
http://www.amazon.com/Healing-Oils-Bible-David-Stewart/dp/0934426988/ref=sr_1_1?ie=UTF8&qid=1249511567&sr=8-1

Aramaic-English New Testament (coupon code: Holger)

<http://www.aent.org/>

This week new: a portable resonator http://libanonlife.com/html/resonator_.html

Healing Oils : http://libanonlife.com/html/healing_oils.html

Ordering oils to boost your immunity: http://libanonlife.com/html/order_oils.html

Training course on essential oils email contact: muv@mongolbible.com

You can write to me at info@libanonlife.com You can also write here directly to let me know if you are interested in certain oils, hands on training, and suggestions how to organize it to serve people in need for a source of biblical essential oils; and what your part in this could be. Thank you & Shalom from Holger ... For ordering oils go to http://libanonlife.com/html/order_oils.html