

Healing Oils of the Bible

by
David
Stewart
Ph.D.

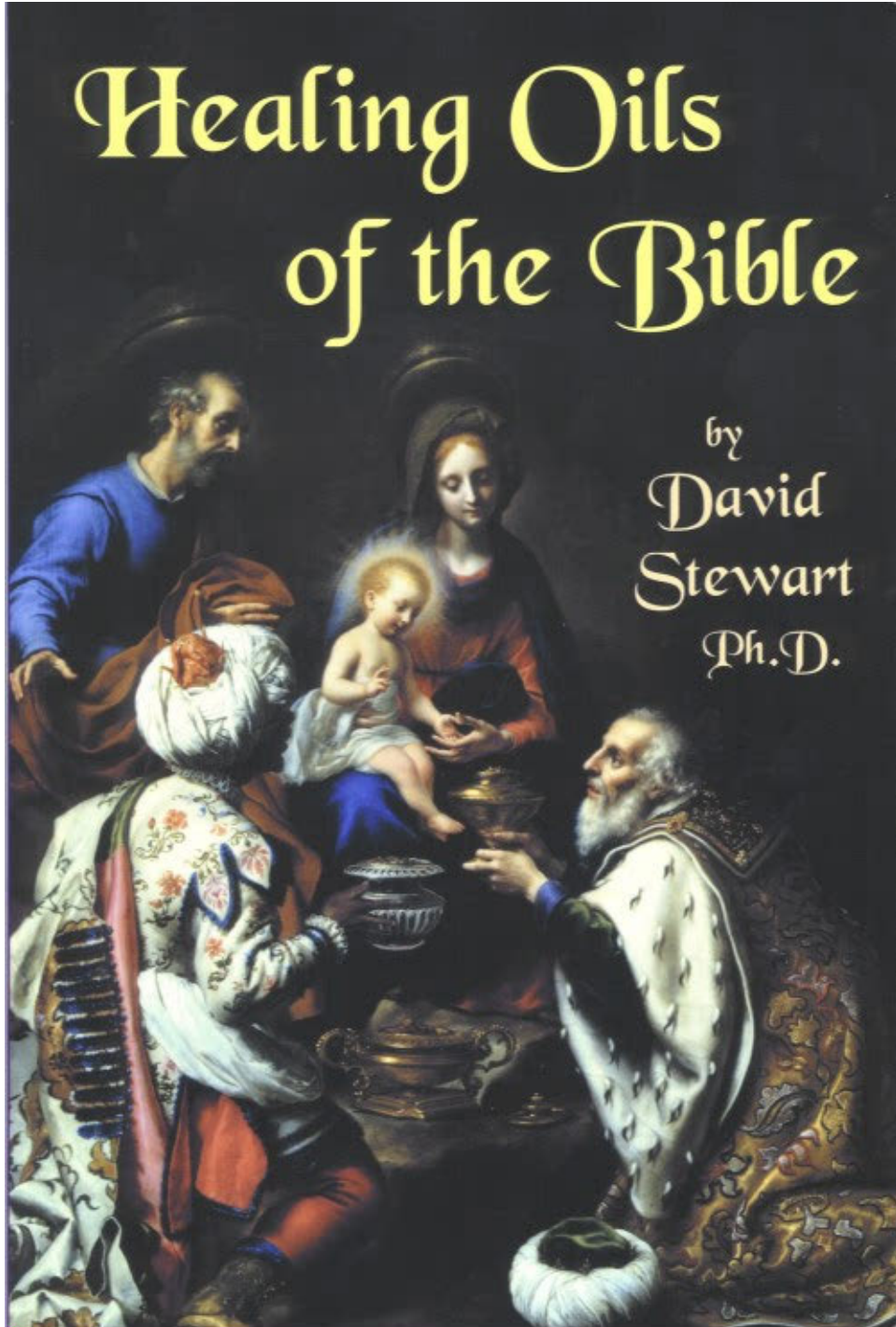


Table of Contents

Intro: Healing Versus the Practice of Medicine

Ch. 1: God: The First Aromatherapist

Ch. 2: How and Why Oils Can Heal

Ch. 3: Atheistic Medicine and The Priesthood of Healing

Ch. 4: The Biblical Meaning of Anointment

Ch. 5: How Many Bible References to Essential Oils?

Ch. 6: Oils of Joy

Ch. 7: The Balm of Gilead

Ch. 8: Roses of the Holy Land

Ch. 9: The Cedars of Lebanon

Ch. 10: Myrrh: The Most Popular Oil of the Bible

Ch. 11: Olive: The Other Healing Oil of the Bible

Ch. 12: Extracting Essences In Biblical Times

Ch. 13: Oils that Heal Versus Oils that Don't

Ch. 14: A Bible Oils Program You Can Do

Appendix A: Catalogue of Biblical Citations for Essential Oils & Aromatic Plants

Appendix B: Catalogue of Apocryphal Citations for Essential Oils & Aromatic Plants

Appendix C: Oils of Biblical Times Not Mentioned in the Bible

Appendix D: Olive and Other Fatty Oils Of the Biblical Times

Appendix E: Seventh Heaven

Introduction
Healing Versus
The Practice of Medicine
from
Healing Oils of the Bible
David Stewart, Ph.D.

The purpose of this book is to educate and inspire you to realize the infinite care and detail to which our creator has gone to provide for us the medicines we need to heal and maintain our health. It is not for us to create these healing substances. God did that already. It is for us to tune in with his wisdom and his will and to educate ourselves in how to restore our wellness and maintain our health by the use of his natural creations. Among these divine gifts are the oils of plants. God made them and gave us the intelligence to discover and learn how to use them.

This book is based on both scripture and science. It is a resource and a reference book wherein the ancient and Biblical arts of healing are related to the medical sciences of today. It is not the intent of this book to diagnose, prescribe, make medical claims, to practice medicine in any form, or to encourage anyone else to do so unless they are properly licensed to perform such functions. For these things you need to see a physician or other appropriate licensed health care professional.

Healing is a holistic spiritual term, not a medical one. The ancient priests and prophets, as well as some physicians of the *Bible*, anointed people with oil and prayed with them for their spiritual purification, moral repentance, and healing. So did Jesus. So did his disciples. And so did the Christians of the early church.

What Are Healing Oils?

The healing oils of the *Bible* are all essential or aromatic. These oils are the vital fluids of plants that are their life blood. They are called “essential” because they are essential to the life of the plant and contain the “essence” of the plant. Essential oils contain life force, intelligence, and vibrational energy that imbues them with healing power that works for people.

Essential oils are composed of tiny molecules that can penetrate into every cell, administering healing therapy at the most fundamental levels of our bodies. They differ from the fatty oils we use for cooking. Fatty oils are composed of molecules much too large to penetrate to cellular levels. The familiar vegetable oils we use for foods have no therapeutic powers, at least not in the same ways as essential oils.

Essential oils were inhaled, applied to the body, and taken internally by the peoples of Biblical times. Their benefits extend to every aspect of our beings: physical, emotional, mental, and spiritual. The ancient people of the Holy Land seemed to understand this quite well. They used aromatic oils for every purpose from maintaining wellness, to physical healing, to enhancement of spiritual states in worship, to emotional cleansing, to purification from sin.

The medicines manufactured by man cannot compare with the healing capabilities of essential oils. Man-made pharmaceuticals lack the life force, the intelligence, and the vibrational energy found in healing oils. Synthetic prescriptions all have undesirable side effects even when taken according to a doctor’s directions. Some side effects can be deadly. No drug is capable of true healing. Furthermore, when more than one drug is taken at once, they work in disharmony. Dangerous inter-reactions can

occur. Tens of thousands of people die every year from prescription medicines, not because they overdosed or failed to follow directions, but because such drugs are inherently dangerous. That is why only licensed doctors are allowed to prescribe them. Meanwhile, people on drugs are not cured. Instead, they find themselves trapped in a life-long dependency on drug companies and the health care system.

Compare this with essential oils. They have no serious side effects—none that are deadly. They can and do effect true healings. When more than one is used at once, they work in harmony. Dangerous inter-reactions do not occur. No one has ever died from a properly prescribed essential oil. They are inherently safe. That is why anyone can apply them without the supervision or prescription of a doctor. Meanwhile, people with chronic diseases are cured and no longer need oils or any other medicine. They become free and are no longer dependent on the medical system.

We shall discuss these points at greater depth later in this book. The point here is that essential oils are a gift from God to us, his children. They are special. They have been a gift too long ignored and misunderstood. The time has come to correct those misunderstandings and bring essential oils back into the uses for which God intended them.

What Makes Essential Oils Special?

“In the beginning was the Word, and the Word was with God, and the Word was God.” Thus begins the Gospel of Saint John. The creation story of Genesis begins with the statement: “In the beginning God created the heaven and the earth.” Following that we find God speaking his creation into existence by his very Word. “And God said, Let there be light... And God said, Let there be a firmament... And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.” We find the phrase, “And God said...” nine times in the first chapter of Genesis.

Word is a vibration, a frequency, a consciousness, an expression of energy. When God created the plants by his speaking voice, he imbued them with his Word and his intelligence. This includes the oils of the plants which he intended, from their very creation, to become our medicines when we need healing.

That is what is so special about essential oils. They contain power from God’s Word. Artificial medicines, made by humans, contain no such power. That’s why they cannot heal and never will. But, again, we shall discuss this in more detail in another chapter.

The point here is that essential oils are divinely ordained as medicines for God’s children and are meant to be used with God’s guidance accompanied with prayer.

Essential Oils Held in High Esteem

In Philippians 4:18, St. Paul refers to “a fragrant offering” as an acceptable gift “and pleasing to God,” which is a reference to the aromas of the essential oils used in the incenses, anointing oils, and sacrifices of worship among Jews and early Christians. For thousands of years, from the ancient Egyptians to the Israelites to the early Christians, frankincense has been widely used in worship, as well as a cure-all for disease. The odor of frankincense is spiritually uplifting, invoking a calm, prayerful, meditative state of mind. Frankincense was used daily in the synagogues and places of early Christian worship and is still burned or diffused in Catholic churches today.

In II Corinthians 2:15-16, St. Paul describes devout Christians as “sweet savors,” “fragrances,” or “aromas” spreading the Gospel “among the perishing,” while, in Ephesians 5:2, he admonishes his fellow Christians to be imitators of Christ “who gave himself up for us, a fragrant offering and sacrifice to God.”

The odors of aromatic oils must have been held in very great esteem by early Christians. Why else would St. Paul choose to compare them, not only as a metaphor for the qualities of a good Christian, but to the essence of Christ, himself?

Daily applications of essential oils in Biblical times were extensive, indeed. Seventy percent of the books of the *Bible* mention essential oils, their uses, and/or the plants from which they are derived. Chapter Five of this book tabulates 1,035 such references involving 33 species of aromatic herbs and trees.

The Holy Land: Crossroads of the World

It is not surprising that fragrant oils were a treasured and daily part of the lives of those who lived in the Holy Land during Biblical times. The strip of territory between the Mediterranean Sea and the Jordan River was the crossroads of trade for spices, oils, and aromatic herbs from throughout the known world of that day. While the region of Palestine is especially blessed with many indigenous plants that produce healing oils, it was also the junction of the major highways of traffic from north, south, east, and west. Appropriately, the very first reference to healing oils in the *Bible* is in Genesis 37:25 where a caravan of camels came by Jacob’s flocks on its way from Gilead “bearing spicery and balm and myrrh, going to carry it down to Egypt.”

Because of its strategic location for the international commerce of its day, the peoples of the *Bible* had access to a greater variety of essential oils, medicinal herbs, perfumes, and ointments than, perhaps, any of the other nations of that time. The *Bible* mentions oils and fragrances used by the Israelites and early Christians that came, not only from neighboring regions such as Arabia, Lebanon, Persia, Babylon, Southeastern Europe, Egypt, Libya, and other parts of Africa, but from as far as India, the Himalayas, Indonesia, and, perhaps, even China. The books by Anderson, Tisserand, and Watt, listed in the bibliography, are good sources for such information.

Oil in the House of the Wise

In Genesis 1:29-30, God gives to mankind every plant and tree for “food” (or “meat”). The actual Hebrew word translated as food (or meat) is “oklah,” which literally means, “that which is eaten,” which can include not only that which is consumed for caloric needs and daily nourishment, but also for medicines.

In Ezekiel 47:12 we read, “On the banks, on both sides of the river, there will grow all kinds of trees for food. Their leaves will not wither nor their fruit fail, but they will bear fresh fruit every month, because the water for them flows from the sanctuary. Their fruit will be for food and their leaves for healing.” (NRSV) or “...Their fruit shall be for meat and their leaf thereof for medicine.” (KJV)

In Proverbs 21:20 it states that “Precious treasure and oil remain in the house of the wise.” (NRSV) or “There is treasure to be desired and oil in the dwelling of the wise.” (KJV) Oils, of course, are extracts of the essential lipid-soluble fluids of plants which have both nutritional and healing properties as well as other uses. As you will discover through this book, keeping a supply of oils in your house is a wise thing to do, indeed.

It is clear from the *Bible* that God intended that the oils of plants be used for many purposes. The fatty oils, such as olive, almond, and flaxseed, served as food and fuel for light for the peoples of Biblical times. The aromatic or essential oils served for flavorings, perfumes, incense, anointing, burial, and embalming. Essential oils were also applied for emotional release, mental clearing, spiritual upliftment, physical healing, and prevention of disease. (The differences between essential and fatty oils are discussed in Chapter 2.)

A Bible Oils Program You Can Do

You can read this book through from front to back, but it is not necessarily designed to be read that way. This book is the outgrowth of a program on the “Healing Oils of the Bible” where we discuss some of the oils mentioned in scripture and pass them around the room as we speak. Chapter Fourteen (the last chapter) gives instructions for doing this program, while Appendices E and F provide pages you have permission to photocopy for handouts. (See p. 276)

This book is a resource for doing that program. It contains all the back-up research and background information you would ever need (and much more) to successfully do this program. One way to read this book is to go to Chapter Fourteen and read how to do the program, turning back to the appropriate resources as directed.

Another way to read this book is go to the table of contents and choose the titles that interest you most and read them first in any order you choose. Each individual chapter can stand alone as a complete writing by itself.

Another rewarding way to read this book is to gather the oils mentioned in Appendix E and sniff or anoint yourself with the oils as you encounter them in the text. When we mention galbanum, for example, you may want to open a bottle and smell the oil, noticing its fresh grassy fragrance. Then you may want to put a little on your forehead or your shoulders and see how it makes you feel grounded and close to mother earth. When you read the chapter on “Oils of Joy,” you may want to apply some oil of Joy™.

Chapter Fourteen will teach you how to do the Bible Oils program for groups in your community or, perhaps, for a friend or two around the kitchen table. We also advise you in that chapter how to approach pastors and churches to do the program in a sacred setting. Some tips on publicity are provided if you want to do a Bible Oils Program open to the public. A list of the oils and supplies needed for the program is given in the instructions, a list you may wish to consult now before reading further, in case you want to have the right oils handy as you read this book.

Which Version of the Bible to Use?

The primary and ultimate source of information for this book is the *Bible*, both *Old* and *New Testaments*. While we consulted several versions, the two most often quoted and used are the *Authorized King James Version* (KJV) first published in 1881 and the *New Revised Standard Version* (NRSV) published in 1989 by the National Council of the Churches of Christ. We also relied heavily on *Young’s Analytical Concordance of the Bible* which gives the Hebrew and Greek, with commentary, from which the English was derived. Analysis of the languages in which the *Bible* was originally written led to many insights into the uses of essential oils in Biblical times not apparent from reading only the English translations.

We also relied heavily on *Harper's Bible Dictionary* and the excellent four-volume set, *The Interpreter's Dictionary of the Bible*.

The *Authorized King James Version of the Bible* is, perhaps, not as accurate from a scholarly point of view but is the *Bible* most familiar to most Christians. It has a poetic and devotional quality not matched in other translations. That is why the KJV was chosen as the principal reference, despite its shortcomings.

The *New Revised Standard Version of the Bible* was our second source, which helps to place the information in this book in an up-to-date form, compatible with the latest scholarly translations. A variety of other translations, which are listed in the bibliography, were also consulted.

Of course, the KJV, as we know it, isn't the same one produced by King James and his committee of theologians in 1611. It is a revised and edited version published 270 years later. The original King James Version of 1611 contained the *Deuterocanonical* or so called *Old Testament Apocrypha*, while the Authorized version of 1881, commonly used today, does not.

The Catholic Church has always accepted the Apocryphal books as canonical. They are routinely published in the various Roman Catholic versions of the *Bible*. The Protestant *Revised Standard Versions* of today also include these books in their translations. However, the usual copies of the RSV and NRSV available in Christian bookstores do not include them unless one specially orders copies that do.

The Apocryphal Old Testament

The *Old Testament Apocrypha* consists of fifteen books written between 300 B.C. and 100 A.D. and covers Jewish history and prophecy between the last book of the traditional *Old Testament* (Malachi) and the coming of Christ. Whether inspired by God (and thus legitimate scripture to be included with the *Bible*) or not—these books do offer valid insights into the life of the Jews during the centuries immediately before Christianity. Thus, they offer additional documentation as to the use of essential oils by God's chosen people. We do not count the *Apocrypha* as a canonical part of the *Bible* in this book, but we did search these books for references to essential oils. The results are tabulated in Appendix B.

There is also a collection of writings called the *New Testament Apocrypha*. But we did not consider them for this work. None of them have been accepted as canonical by any church or ecclesiastical authority.

We did, however, look into the *Pseudepigraphal* books which were written between 200 B.C. and 600 A.D. These works are attributed to *Old Testament* authors, such as Adam and Eve, Ezekiel, Solomon, and Enoch, the eighth descendant of Adam and the father of Methuselah. While obviously not very helpful in gaining new information about the ancient times to which they were attributed, they are helpful in understanding the general philosophy and thinking of the Jews during the period when the books were written. For example, certain teachings that were supposed to be kept secret are discussed in the *Pseudepigrapha*. (St. Paul's comment on the "third heaven" in II Corinthians 12:2-4 was one of those teachings.) You can read more on this in Appendix E entitled "Seventh Heaven."

The Mission of This Book

With the birth and development of the scientific method that began some five or six hundred years ago, people began to look for answers to life's deepest questions outside of the church. Their faith, which had been in God and the scriptures, was gradually transferred to secular agents and agencies. People came to believe that most, if not all, of life's answers could be realized by secular science. The very word "secular" means "against or outside of God."

Such belief has created an unfortunate dichotomy that separates the church from its rightful mission to heal. The majority of people today believe that you go to church to worship, to be saved, to pray, to bring your soul closer to God, to seek the company of spiritual companions, to attend pot luck suppers, take communion, and a myriad other things. But when a most people are sick, they don't go to church to be anointed and healed, as Christians once did. They go to doctors or hospitals or purchase an over-the-counter medication. I ask you: Can a system that delivers services under the name of "health care" really deliver health when it fails to acknowledge the very source from which flows all of life and vitality?

The sun is the sole source of sunshine whether we believe in it or not. God is the sole source of healing whether we realize it or not. We hope this book will be a step in the direction of restoring to the church its proper place in the healing of the sick, a role that has, in modern times, been secularized and lost.

David Stewart, Ph.D., R.A.
Marble Hill, Missouri
May 2002

Ordering Information

Healing Oils of the Bible by David Stewart, Ph.D.
350 pages, quality paperback, \$19.95 plus \$3 S&H

Available from:

CARE

Rt. 4, Box 646

Marble Hill, MO 63764

Phone: 800-758-8629 (or 573-238-4273 locally)

See Flyer and Order Form after the Back Cover (below)

- WOW! Dr. Stewart has done a fantastic job of getting tons of information into one great resource for anyone using oils. The appendices are fantastic. So rich, so thorough. I got so excited, I had to get out my scriptural oils and start anointing myself. I kept my blend of Exodus oils in my pocket the whole time I read the book. Dr. Stewart outlines a great Bible Oils program that you can do in your community. Anyone could do the program with this helpful text. Even me. I learned so much! What a great book! **Jacquelyn Close, R.A., Jackson, Missouri**

- Most enjoyable. Easy to read. Very objective. Presents modern-day applications of essential oils and their use in scriptural times. A good book for ministers to gain a perspective on anointing with oils. I was amazed at the comprehensive research Dr. Stewart has done. Very thorough. So much wonderful material.

Rev. Don Bleyle, United Methodist Pastor, Lakewood, Colorado

- A great piece of work. You will definitely want to have this book as a reference in your library. The research is all there: How the ancients used essential oils for health and longevity and why they have the ability to protect and heal us. To those who want to understand the scriptural basis of pure oils and what they can do for you, this is a must read. **Joanne Schwarm, Burlington, Iowa**

- Dr. Stewart has done his homework. He delivers hundreds of Bible references to essential oils. His writing style is clear, concise, enjoyable, and fun. He has a rare gift for integrating, synthesizing, and applying vast amounts of information. An essential read for anyone who wants to know the Biblical bases of healing with oils. **John Maeder and Marilee Tolen, R.N., H.N.C., Atco, New Jersey**

- This book cites the Word of God in over 500 scriptures on oils and their usage. What a wonderful compilation of factual evidence of the true meaning of healing! David describes the true essence of wellness and documents just how un-natural is the medical view and the harm we do by using pharmaceuticals. I recommend this book to every medical doctor and urge them to change their paradigm accordingly. **Debbie Allen, C.N.H.P., Denver, Colorado**

- David's book culminates in an easy to use, extremely well researched program that offers you the knowledge practiced by Jesus and his disciples when they anointed people with therapeutically active oils (Mark 6:13). It is time this powerful information is available for every day use once again. "Ye shall know the truth and the truth shall make ye free," says John 8:32. Or, as stated by C. Everett Koop, former U.S. Surgeon General, "The best prescription is knowledge." Knowledge of anointing is the gift within the pages of David's book. Bravo David!

Rev. Jennifer Tilston, Brevard, North Carolina



Price: \$19.95

LCCN 2001119975

ISBN 0-934426-98-8

A CARE PUBLICATION

Center for Aromatherapy Research & Education

The Exciting New Book, *HEALING OILS OF THE BIBLE*
by Dr. David Stewart
Now Available

The book identifies 33 species of essential oils and cites more than 500 Biblical references. Based on both science and scripture, it is the perfect resource for both beginners and veterans of aromatherapy and others using or interested in essential oils.

Here is what some people are saying about the new book, *Healing Oils of the Bible*.

“I have just received my first twenty copies of Dr. Stewart’s new book and WOW! He has done a fantastic job of getting tons of information into one great resource for anyone using oils. The appendices are fantastic. So rich, so thorough. I got so excited, I had to get out my scriptural oils and start anointing myself. I kept my blend of oils from Exodus in my pocket the whole time I read the book. Dr. Stewart outlines a great Bible Oils program at the end that you can do in your community. Anyone could do the program with this helpful text. Even me. I learned so much! What a great book! What a great gift idea for birthdays, Christmas, anniversaries, or just because...”—Jacquelyn Close, R.A., Jackson, Missouri

“Most enjoyable. Easy to read. Very objective. Presents modern-day applications of essential oils as well as their use in scriptural times. A good book for ministers to gain a perspective on anointing with oils. I was amazed at the comprehensive research Dr. Stewart has done. Very thorough. So much wonderful material. I enjoyed the book very much.”—Rev. Don Bleyle, Retired United Methodist Pastor, Lakewood, Colorado

“This book cites the Word of God in over 500 scriptures that refer to essential oils and their usage. What a wonderful compilation of factual evidence of the true meaning of healing! David describes the true essence of wellness and documents just how un-natural is the medical view of healing today and the harm we do by using pharmaceuticals. I recommend this book to every medical doctor and urge them to change their paradigm accordingly.”—Debbie Allen, C.N.H.P., Denver, Colorado

“A great piece of work. This is a book you will definitely want to read and have as a reference in your library. The research is all there: How the ancients of Biblical times used essential oils for health and longevity, why the essential oils you use need to be pure and unadulterated as they were in Biblical times, how they have the ability to protect us from these toxic substances. The book also includes a guide by which you may teach others about the Healing Oils of the Bible. To everyone who wants to understand the importance and scriptural basis of pure essential oils and what they can do for you, this is a must read. Thanks to David Stewart and his fine staff.”—Joanne Schwarm, Burlington, Iowa

“Dr. Stewart has done his homework. His delivery of hundreds of Bible references to essential oils combined with their uses is clear, concise, enjoyable, and fun. He has a rare gift for integrating, synthesizing, and applying vast amounts of information. A must read for anyone interested in the Biblical bases of healing with oils.”—John Maeder and Marilee Tolen, R.N., H.N.C., Atco, New Jersey

“David’s book culminates in an easy to use, extremely well researched program that offers members of a congregation (and/or individuals who gather in their own homes) the knowledge that Jesus and his disciples practiced when they ministered to people with therapeutically active essential oils by anointing them for wellness (Mark 6:13). It is time this powerful information was available to every day use once again. “Ye shall know the truth and the truth shall make ye free,” says John 8:32. Or, as more recently stated by C. Everett Koop, Former U.S. Surgeon General, “The best prescription is knowledge.” And knowledge on anointing and why, is the gift within the pages of David’s book. Bravo David!”—Rev. Jennifer Tilston, Brevard, North Carolina

How And Where To Purchase The Book

HEALING OILS OF THE BIBLE can be purchased from **Essential Science Publishing (800-336-6308)** or www.essentialscience.net or from CARE, Inc. It can also be ordered through any bookstore or from the form below. The book is 350 pages long, 6x9 page size, and set in easy-to-read 12 point type. There is an excellent bibliography and an extensive index.

PRICE FOR ONE BOOK:

Price is \$19.95 plus \$3 S&H.

BULK PRICES:

1-4 copies \$19.95 each
 5-9 copies \$17.95 each (10% discount)
 10-19 copies \$15.95 each (20% discount)
 20 copies or more \$13.95 each (30% discount)
 Shipping is \$3 for the first book; \$1.50 per book thereafter.

Available from CARE, Rt. 4, Box 646, Marble Hill, MO 63764.

Checks are fine. You may also use a credit card (Visa, MC, Discover) over the phone or email. The phone number is (573) 238-4846 and the email address is care@clas.net.

If you are doing the Bible Oils Program, you may want to keep a supply on hand to sell. A great gift for your church library, your pastor, or for your local public and school libraries.

Name: _____ Phone: _____
 Address: _____ Email: _____
 Address: _____
 City: _____ State: _____ Zip: _____

Complete the lines below which apply to your purchase, and enclose your check or money order payable to CARE, Inc. or complete the credit card information below.

___ Books (1-4 books) x \$19.95 each.....\$ _____
 ___ Books (5-9 books) x \$17.95 each.....\$ _____
 ___ Books (10-19 books) x \$15.95 each.....\$ _____
 ___ Books (20+ books) x \$13.95 each.....\$ _____
 7% Tax if in Missouri.....\$ _____
 Shipping & Handling (\$3.00 for first book + \$1.50 for EACH additional book).....\$ _____
Total Amount Enclosed (price per book + shipping per book + tax, if applicable)\$ _____

Credit Card Type: Visa MasterCard Discover

Credit Card Number: _____ Expiration Date: _____

Thank you for your order.