

Essential Oils of The Bible 101



Introduction:

HELLO! NICE TO MEET YOU! MY NAME IS COURTNEY MAGUIRE. I AM A WELLNESS ADVOCATE WITH DōTERRA ESSENTIAL OILS FOR ABOUT 3 YEARS. I ALSO AM A CERTIFIED ESSENTIAL OIL SPECIALIST.



I WANTED TO JOIN MY LOVE OF JESUS WITH MY KNOWLEDGE OF ESSENTIAL OILS & PLANT MEDICINE AND SHARE IT WITH OTHERS.

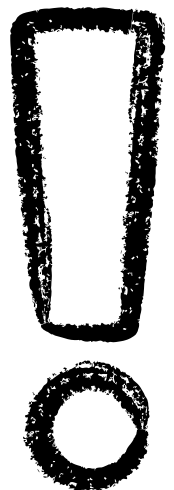
I BELIEVE THAT GOD CREATED THESE PLANTS FOR US TO USE TO HELP US HEAL & IMPROVE OUR LIVES PHYSICALLY, EMOTIONALLY & SPIRITUALLY. I ALSO FEEL THAT WE CAN USE HOLISTIC AND WESTERN MEDICINE COMBINED TO IMPROVE OUR HEALTH.

THANK YOU FOR WANTING TO LEARN MORE WITH ME ABOUT OUR CREATOR AND THE GOODNESS HE CREATED FOR US!

Disclaimer :

IT'S IMPORTANT TO NOTE THAT ESSENTIAL OILS IN THE BIBLE WERE NOT QUITE THE SAME AS OILS TODAY. THE DISTILLATION TECHNIQUES USED TODAY WEREN'T INVENTED YET BUT WE CAN USE OUR OILS TODAY TO REFLECT BACK ON SCRIPTURE ETC.

IT'S ALSO IMPORTANT TO MENTION THAT ESSENTIAL OILS ARE NOT MEANT TO TREAT OR CURE. PLEASE CONSULT A PHYSICIAN/MEDICAL PROFESSIONAL BEFORE USING ESSENTIAL OILS. ALSO, SEEK MEDICAL ATTENTION FOR ANY MEDICAL ISSUES AND/OR EMERGENCY.



What are essential oils?

ESSENTIAL OILS ARE THE TRUE ESSENCE OF THE PLANT. THEY COME FROM A GROUP OF MOLECULES IN PLANTS CALLED TERPENES WHICH ARE THE SUBSTANCES THAT CREATE THE PLANT'S SCENT. THIS MAKES THE ESSENTIAL OILS POTENT. EACH PLANT HAS A UNIQUE SET OF TERPENES MAKING THEM HAVE THEIR OWN SET OF BENEFITS. THEY ARE USUALLY EXTRACTED & STEAM DISTILLED OR COLD PRESSED.



NATURAL AROMATIC COMPOUNDS FOUND
IN PLANTS



STEAM-DISTILLED OR COLD-PRESSED
EXTRACTION



POWERFUL, SAFE BENEFITS. 50-70x MORE
POWERFUL THAN HERBS

Why dōTERRA?

THE DIFFERENCE BETWEEN (AND WHY I PERSONALLY USE)

DōTERRA ESSENTIAL
OILS



CERTIFIED THERAPEUTIC PURE GRADE:
GOES THROUGH A SERIES OF TESTING
TO MAKE SURE THE ESSENTIAL OILS
ARE 100% PURE & CONSUMERS CAN
VERIFY THIS AT
WWW.SOURCETOYOU.COM

VS

GENERIC/OTHER
ESSENTIAL OILS



ONLY REQUIRED TO HAVE 10% PURE
ESSENTIAL OILS TO BE CONSIDERED
100% PURE- THE REST OF THE 90%
ARE FILLERS THAT ARE SYNTHETIC/
FAKE- THESE COMPANIES DON'T
PROVIDE PROOF OF PURITY.

GC/MS Test Results Peppermint; dōTERRA ID: 182818A



Highlights

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linnaeus in 1753. A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Frequently used in toothpaste and chewing gum for oral hygiene, Peppermint also helps alleviate occasional stomach upset and promotes healthy respiratory function.* Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

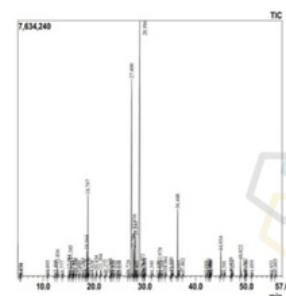
Understanding your result



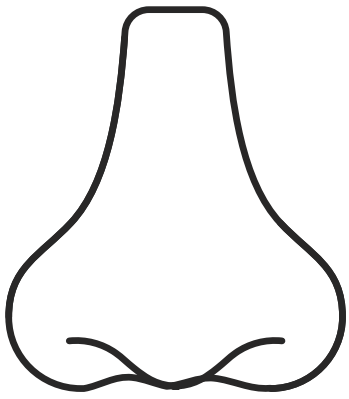
Peppermint Essential Oil

Customer: dōTERRA International
Lot Number: 182818
Date Filled: 10/8/2018

Chromatogram



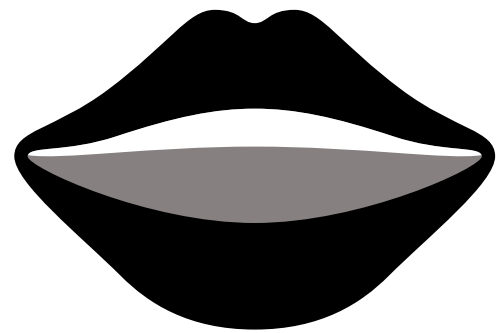
3 ways to use dōTERRA essential oils:



AROMATICALLY



TOPICALLY



INTERNALLY

Essential Oils in the Bible.

*IN THE VERY BEGINNING IT STARTED IN A GARDEN!

GENESIS 2:8-9 "NOW THE LORD GOD HAD PLANTED A GARDEN IN THE EAST, IN EDEN; AND THERE HE PUT THE MAN HE HAD FORMED. THE LORD GOD MADE ALL KINDS OF TREES GROW OUT OF THE GROUND—TREES THAT WERE PLEASING TO THE EYE AND GOOD FOR FOOD. IN THE MIDDLE OF THE GARDEN WERE THE TREE OF LIFE AND THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL."

*ESSENTIAL OILS HAVE BEEN USED THERAPEUTICALLY FOR
OVER 5,000 YEARS.

*THE BIBLE REFERS TO ESSENTIAL OILS AS EXTRACTS,
OINTMENTS, AROMAS, FRAGRANCES, PERFUMES, ODORS &
SWEET SAVORS

*DURING 1ST CENTURY BIBLE TIMES, ESSENTIAL OILS WERE USED
FOR MEDITATIONS (PRAYERS), ANOINTMENTS, RELIGIOUS
CEREMONIES & BRIDAL PREPARATION AND ALSO FOR RITUAL
CLEANSING, COSMETICS & CHILDBIRTH.

*36 OF THE 39 BOOKS OF THE OLD TESTAMENT & 10 OF THE 27 BOOKS
OF THE NEW TESTAMENT MENTIONS OILS OR OTHER PLANTS THAT
PRODUCE THEM.

*THEY OFTEN FORESHADOW COMING EVENTS (PROPHECY)

Cypress (Gopher Wood)

Genesis 6:14

SCRIPTURE(S) FOUND IN: Make yourself an ark of
gopherwood; make rooms in the
ark, and cover it inside and outside
with pitch.

LET'S BREAK IT DOWN:

1. Cypress: Wood, Carpenter
Tree, Gallows (instrument of torture)
2. "Pitch it" (verb) action of taking a substance
and painting it on the vessel. (Cleanse/Cover)
3. "Pitch" The actual substance/tar like tree resin
& would help seal the vessel from water.
(Redemption, ransom, satisfaction.)
Those 8 who trusted God and were on the ark
were SAVED.

NOTES/PRAYER: Cypress is also know as the "blood" oil.
It helpe with circulation of the blood/blood
flow, varicose veins & increases white blood
cell count.

Cypress (Gopher Wood)

WAYS TO USE CYPRESS:

Antibacterial, anitnflammatory, antifungal, and has antioxidant properties.

It can benefit those with respiratory problems by inhaling/diffusing.

It can also benefit those with skin conditions like acne etc due to it being a disinfectant

Apply to sore muscles for relief of tension and discomfort especially after a workout

Lavender

(Or sometimes referenced as
Spikenard/'nard')

SCRIPTURE(S) FOUND IN:

John 12:3

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
odour of the ointment.

LET'S BREAK IT DOWN:

Both lavender and spikenard are calming
essential oils. The Bible doesn't specifically say
this, but I love to think about if that oil she
used on Jesus had a fragrance of calming Him.
He was to be arrested and crucified just a few
short days later and so this may have been
helpful to calm His mind.

NOTES/PRAYER:

Essential oils were used a form of anointing as
well as worship. Mary worshipped Jesus with
what she had. That's all He asks of us!

Lavender

(Or sometimes referenced as
Spikenard/'nard'

WAYS TO USE LAVNDER:

Lavender can heal damaged skin and sooth
wonds/burns

put a couple drops in your mascara for eyelash
growth

Inhale or diffuse for a calming affect as well as
help with sleep.

Cedarwood

SCRIPTURE(S) FOUND IN:

Numbers 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.

USED FOR:

Purification /cleansing of lepers as well as cleansing priests and citizens of their sins.

Also cedar is referenced in the Bible as strength due to many places being built out of the heavy timber. The beams in the temple were cedar

NOTES/PRAYER:

Cedarwood is the essential oil of community and bringing people together! This oil can help remind us to show the love of Jesus to those around us and in our communities.

Cedarwood

USES FOR CEDARWOOD:

Use cedarwood for a calming scent. Diffuse when feeling anxious or just want to wind down.

Cedarwood also repels insects

Massage into scalp for healthy hair

Inhale or diffuse to bring concentration and clarity

Frankincense

SCRIPTURE(S) FOUND IN:

Matthew 2:11

On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.

USED FOR:

NOTES/PRAYER:

Frankincense was worth a lot of money in those days because of how much it helped with just about every ailment you can think of.

But I find it interesting that the Wisemen (Note: it doesn't say 3 of them in the Bible) weren't Jews so they weren't accustomed to Jewish tradition.

Frankincense was used in the temple as worship to God. It also was part of the holy anointing oil God told Moses to make. It represented priesthood which Jesus is the ultimate, highest priest. Our way to God because He is God in the flesh that died for our sins!

Frankincense

WAYS TO USE FRANKINCENSE;

Egyptian tradition states “Frankincense is good for everything from gout to a broken head” or in other words “good from head to toe.”

Use Frankincense for prayer time or any concentration time really.

Amazing skin benefits

Apply to joints for an anti-inflammatory and also help increase circulation

Place a drop of frankincense on your thumb and press to the roof of your mouth to ease head tension

Diffuse to help improve lung function & breathing

Cassia

SCRIPTURE(S) FOUND IN:

Exodus 30:24;

Psalms 45:8; Ezekial 27:19; Jon 42:14

USED FOR:

NOTES/PRAYER:

Cassia was used in the Holy blend which we read in Exodus 30:24. The Hebrew word for Cassia is "Qiddah" which comes from the root word 'qadad' meaning "to shrivel up, or bend the body or neck, or to bow. The bark of the cassia tree is harvested & when it's stripped and laid out to dry, it shrivels & curls up and then either crushed into powder or distilled into oil.

Cassia is very closely related to cinnamon and is in the cinnamon plant family! It has a warm, comforting, sweet aroma. It comes from the cassia tree and was brought to the ancient Hebrews as a spice for cooking.

Cassia can teach us that if we want more of Jesus, we need less of ourselves.

Cassia

WAYS TO USE CASSIA;

Diffuse to create a warm, cozy atmosphere

Combine with fractionated coconut oil and apply to sore,
achy joints

Combine 1-2 drops along with lemon in a glass
of water to aid digestion and ward off sugar cravings

How to get these oils in your home:

BUY RETAIL- NOT RECOMMENDED AS THIS MAKES YOU SPEND MORE MONEY IN THE LONG RUN. (PAY FULL PRICE EVERYTIME YOU MAKE A PURCHASE.)

BEST OPTION



BECOME A WHOLESALE CUSTOMER- BEST OPTION AS THIS SAVES YOU 25% OFF ALL PRODUCTS FOR A WHOLE YEAR. PLUS EARN POINTS BACK TOWARDS MORE PRODUCTS FOR FREE.

THIS DOESN'T MEAN THAT YOU'RE A DISTRIBUTOR OR CONSULTANT

BECOME A WELLNESS ADVOCATE- IF YOU'RE LOOKING TO MAKE A LITTLE SPENDING MONEY OR EVEN PAY FOR YOUR OILS, THIS IS A GREAT WAY TO DO SO!

In conclusion:

BY STUDYING ESSENTIAL OILS IN THE BIBLE, WE CAN BECOME MORE IN TOUCH WITH OUR FAITH & FEEL CLOSER TO GOD AS WE USE ESSENTIAL OILS IN EVERYDAY LIFE. SOMETIMES IT'S ABOUT THAT MINDFUL CONNECTION THAT MAKES A DIFFERENCE IN OUR WALK WITH JESUS.

LUKE 9 SAYS: "WHEN JESUS HAD CALLED THE TWELVE TOGETHER, HE GAVE THEM POWER AND AUTHORITY TO DRIVE OUT ALL DEMONS AND TO CURE DISEASES, 2 AND HE SENT THEM OUT TO PROCLAIM THE KINGDOM OF GOD AND TO HEAL THE SICK. 3 HE TOLD THEM: "TAKE NOTHING FOR THE JOURNEY—NO STAFF, NO BAG, NO BREAD, NO MONEY, NO EXTRA SHIRT. 4 WHATEVER HOUSE YOU ENTER, STAY THERE UNTIL YOU LEAVE THAT TOWN. 5 IF PEOPLE DO NOT WELCOME YOU, LEAVE THEIR TOWN AND SHAKE THE DUST OFF YOUR FEET AS A TESTIMONY AGAINST THEM." 6 SO THEY SET OUT AND WENT FROM VILLAGE TO VILLAGE, PROCLAIMING THE GOOD NEWS AND HEALING PEOPLE"



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