

# Five Biblical Essential Oil Abstracts



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## Disclaimer

The material in this ebook is a guide to the practice of aromatherapy. It is not a replacement for traditional health care, medical diagnosis, or medical treatment for illness. Refer to a licensed medical practitioner for medical care.

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## About the Author



Linda is President of the Institute of Spiritual Healing & Aromatherapy. She is certified in holistic nursing, Healing Touch and in aromatherapy. As creator of a certification in clinical aromatherapy program, Linda has created a unique offering that enhances the study of clinical aromatherapy with the study of vibrational frequencies of the oils, emotional and spiritual aspects of healing with oils and energetic healing techniques. When students graduate from this 240 hour course of study, they will have learned much more than the national requirements to become a certified aromatherapist. Linda lives in Arvada, Colorado but can be found most weekends teaching somewhere throughout the world. Her “calling” is to help restore healing to Christianity and so she takes a Christian approach to the presentation of essential oils.

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## Table of Contents

	Page
1. Frankincense	4
2. Myrrh	5
3. Balsam Fir	7
4. Cedarwood	8
5. Spikenard	10

## 1. Frankincense—A Holy Oil for Yesterday and Today

**Frankincense** (*Boswellia carteri*) is in the frankincense family (Burseraceae). We obtain the oil through steam distillation of the resins. Frankincense is mentioned in the Scriptures over 50 times and is found in the books of Exodus, Leviticus, Numbers, Chronicles, Nehemiah, Song of Solomon, Isaiah, Matthew, and Revelations. Here is one quote where frankincense stopped a plague.



*“Moses said to Aaron, ‘Take your censer, put fire on it from the altar and lay incense (Frankincense) on it, and carry it quickly to the congregation and make atonement for them. For wrath has gone out from the Lord; the plague has begun.’ So Aaron took it as Moses had ordered, and ran into the middle of the assembly, where the plague had already begun among the people. He put*

*on the incense, and made atonement for the people. He stood between the dead and the living; and the plague was stopped.” Numbers 16: 46-49*

**Plant Description:** These are ancient trees that may appear to be dead unless there is enough moisture for them to put out leaves and white or pale pink flowers. We get the resin by making slits in the bark. The tree oozes out its life blood which hardens in the desert air.

**Traditional Uses:** It was considered extremely valuable during ancient times. Egyptians used it to fumigate their homes, for ritual incense and for cosmetics. It was used as a holy anointing oil and as a general cure-all for diseases. It was also used to enhance meditation and elevate spiritual consciousness. History also shows it was used for embalming and as a perfume. Frankincense formed an important part of the Sabbath day offering, and it was one of the three gifts given by the Magi to the Christ child.

**Modern Uses:** Since frankincense is high in terpenes, it goes beyond the blood brain barrier and helps stimulate the limbic system of the brain as well as the hypothalamus, pineal and pituitary glands. It is used for cancer, depression, allergies, headaches, bronchitis, herpes, tonsillitis, typhoid, warts, brain damage, and stimulates the body's production of white blood cells.



Frankincense is one of the few oils that is considered anti-tumoral. It is a strong antiviral, antioxidant, antifungal, antibacterial, antiseptic and expectorant oil. Frankincense oil has the ability to relax and revitalize at the same time. It is excellent for nervous tension and nervous exhaustion. Its fragrance increases spiritual awareness and promotes meditation. It may also help improve attitude and uplift spirits, which may help to strengthen the immune system and decrease depression. The main effects of frankincense are that it is anti-asthmatic, it strengthens the immune system and is anti-tumoral.

**Applications:** Frankincense can be diffused, used topically, orally, and the resins can be burned as incense. It blends well with sandalwood, pine, vetiver, geranium, lavender, orange blossom, orange, bergamot, basil, pepper, cinnamon and other spices.

**Safety Data:** Frankincense is non-toxic, and non-irritating to the skin. It can be applied directly or blended with other oils.

## 2. Myrrh—The Midwives Oil in the Old Testament

**Myrrh** (*Commiphora myrrha*) is in the Frankincense family (Burseraceae). We get this oil through steam distillation of the resin. Myrrh is mentioned between 13-16 times in the Bible depending on your translation. Several of the references could be referring to another oil. A few selections are—

*"I have perfumed my bed with myrrh, aloes, and cinnamon."* **Proverbs 7:17**

*"I arose to open to my beloved, and my hands dripped with myrrh, my fingers with liquid myrrh, upon the handles of the bolt."* **Song of Solomon 5:5**

**Plant Description:** The Myrrh tree looks very similar to the frankincense tree. It grows in arid desert lands like Somalia and can reach a height of about 30 feet. It has knotted branches, aromatic leaves and white flowers. The myrrh tree yields reddish brown resin as compared to the pale yellow resin of the frankincense tree. Like the frankincense tree, it only puts out leaves if there is moisture in the air.

**Ancient Uses:** There are many species that the myrrh of the Bible could be. There were actually 9 different ones available at the time of Moses and over 80 identified today. It is one of the oldest spiritual oils known to man. Myrrh was used in childbirth to prevent infection and was rubbed on the perineum to aid in stretching to allow for easier childbirth. It was then used on the umbilical cord to prevent infection. It was also used for skin conditions, oral hygiene and embalming. Women believed it preserved a youthful look and so it was used in many cosmetics. Myrrh was mentioned in the Ebers Papyrus which listed 877 prescriptions and recipes. The Arabian people used myrrh for many skin conditions and it was listed in Hildegard's Medicine in the 12<sup>th</sup> century.

**Modern Uses:** Myrrh has a lot of healing properties. It is anti-infectious, antiviral, anti-parasitic, anti-inflammatory, hormone-like, anti-hyperthyroid, and supports the immune system. It is good for diarrhea, thrush in babies, vaginal thrush, athlete's foot, ringworm, viral hepatitis, chapped skin, wrinkles. It is used in a lot of skin care products for its ability to smooth out wrinkles. Its astringent properties make it helpful for hemorrhoids and for healing ulcers of all kinds. It is good for menstrual problems and menopausal symptoms. It is also used for emotional releasing. It has a gentle calming affect and can be used to instill deep tranquility, inner stillness and peace. When used in grief, it tends to ease sorrow.

**Applications:** Myrrh can be used to anoint the brow, energy centers, hands and the soles of the feet. Myrrh can be placed on the healer's hands and brushed through the energy field to bring about a sense of peacefulness and tranquility. You can directly inhale myrrh, diffuse it, or take it internally.

**Safety Data:** Myrrh is generally non-toxic and non-irritating to the skin. Because of its strong astringent properties, it is not recommended during pregnancy but can be used during birth.

### 3. Balsam Fir, Idaho –An Oil of Royalty



This particular **Balsam Fir** (*Abies balsamea*) comes from up on the Canadian border from Christmas tree farms that became overgrown. Idaho Balsam Fir is in the pine family (Pinaceae) and we get this particular oil through steam distillation of the needles and branches. There is some evidence now that the “liquid gold” referred to in the Bible was none other than Balsam, an oil fit for kings and royalty. It was one of the three oils found in King Tutankhamun’s grave in 1922 and it is now thought that balsam was

the “Balm of Gilead.” Balsam has been used for thousands of years as a medicinal oil for respiratory and muscular and rheumatic pain. Balsam Fir is mentioned 18 times in the Bible in 1 Kings, 2 Kings, 2 Chronicles, the Psalms, the Song of Solomon, and in the prophets Isaiah, Ezekiel, Hosea, Nahum and Zechariah.

**Plant Description:** This is your typical fir tree that we associate with Christmas trees. If left uncut, the balsam tree can reach a height of 65 feet. Its shape is that

of a perfect cone. It forms blisters of oleoresin on the trunk and branches, produced from special vesicles beneath the bark.

**Traditionally:** Balsam fir has been used for respiratory and muscular system ailments. Hildegard of Bingen referred to balsam and said it was of royal nature and advised that it ought to be used as a medicine with great caution because it was so powerful. She used it for fevers, for paralysis, and for someone who was insane by making an ointment with it and rubbing it on their temples and around the head to restore their mind and good health.

**Modern Uses:** Balsam fir has proved to be an anticoagulant and an anti-inflammatory. It is used by many massage therapists because it is a relaxant to the nervous system and to muscle spasms. Balsam can lower cortisol levels. Studies have shown that balsam will inhibit MCF7- (Aggressive Breast Cancer cells). Idaho Balsam Fir and Frankincense work great together inhibiting cancers in seven different cancer lines. Balsam is used for throat, lung, sinus infections, for fatigue, arthritis and rheumatism. It is also good for urinary tract infections, for scoliosis, lumbago and sciatica. The primary use of Idaho Balsam fir is anti-inflammatory.

**Applications:** This oil can be inhaled, applied neat (undiluted) on the body or diluted 1 part Idaho Balsam Fir to 1 part mixing oil. It can be diffused or taken as a dietary supplement and can be applied on location for muscle spasms. Balsam fir blends well with pine, cedarwood, cypress, sandalwood, juniper, benzoin, and other balsams.

**Safety Data:** Idaho Balsam fir is non-toxic.

## 4. Cedarwood—The First Oil to Be Distilled

**Cedarwood** (*Cedrus atlantica*) is in the pine family (Pinaceae). It is mentioned five times in Leviticus 14:4, 6, 49, 51, 52 and again in Numbers—

*“The priests shall take cedarwood, hyssop, and crimson material, and throw them into the fire in which the heifer is burning.” Numbers 19:6.*

**Plant Description:** The cedarwood tree is a pyramid-shaped evergreen with a majestic stature. It can grow up to 130 feet in height. The wood itself is hard and strongly aromatic.

**Ancient Uses:** The ancient oil used by the Egyptians was actually *cedrus libani*. *Cedrus atlantica* is a close relative of the biblical cedars of Lebanon which is not available today since the cedars of Lebanon are an endangered species. We get the oil from steam distillation of the bark. Solomon had most of the cedars of Lebanon cut down to build his palace and temple. The oil from the Lebanon cedar was used by the ancient Egyptians for embalming purposes, cosmetics, skin care and perfumery. Cedarwood was used in ritual purification after touching anything “unclean.” It was also used in various medicines for its calming effects.

**Cedarwood was probably the first oil to be obtained by distillation.** Both cedarwood and sandalwood were used similarly to cleanse lepers and evil spirits. The Egyptians and Sumerians were using this oil over 5,000 years ago for embalming, as a disinfectant and for other medicinal purposes. For biblical people, this oil symbolized abundance, fertility and spiritual strength. It is still used as a temple incense by the Tibetans and is employed in their traditional medicine.

**Modern Uses:** Insect repellent—especially for mosquitoes and fleas, for hair loss, tuberculosis, bronchitis, gonorrhea, skin disorders. It is helpful as a decongestant for the respiratory system and for cystitis. It’s good for cellulite and is used to improve circulation and joint mobility in arthritis and rheumatism. It helps relieve nervous tension and stress related conditions. It can enhance deep sleep and emotional releases. Cedarwood can clear the mind and brain and has a calming effect on the whole person. It stimulates the limbic system of the brain where the emotions are housed and stimulates the pineal gland which releases melatonin.

**Applications:** Cedarwood can be diffused as well as used topically, and as incense. It can be applied to the healer’s hands and run through the field for general support, strength and endurance. It can be applied topically to the energy

centers, brow, temples, soles of the feet. Cedarwood blends well with rosewood, bergamot, cypress, calamus, cassia, cistus, jasmine, juniper, orange blossom, labdanum, frankincense, clary sage, vetiver, rosemary, ylang ylang, and the floral based oils.

**Safety Data:** Cedarwood is non-toxic and non-irritating.

## 5. Spikenard—Considered a Sacred Anointing Oil

**Spikenard** (*Nardostyichys jatamansi*) is in the family of *Valerianaceae* and has many properties similar to Valerian oil. The oil is obtained through steam distillation of the dried and rushed rhizomes and roots. It comes from Northern India. Spikenard is mentioned 5 times in the Scriptures. Here is one of the quotes—

*“Mary took a pound of costly perfume made of pure nard [spikenard], anointed Jesus’ feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.” John 12:3*



**Plant Description:** Spikenard is a tender aromatic herb with a pungent rhizome root.

**Ancient Uses:** Ancient peoples used spikenard for perfumes, medicines, skin tonic, incense, and as a mood enhancer. It was considered one of the sacred chrisms for anointing monarchs and high initiates. The Greek and Roman perfumers used it in the preparation of *nardinum*, one of the

most celebrated scented oils of the first century. Spikenard is an herb known to Dioscorides as “warming and drying,” good for nausea, flatulent indigestion, menstrual problems, inflammations and conjunctivitis. This was the last oil Jesus received before being arrested and going to the cross.

**Modern Uses:** Spikenard is used mainly for regulating the nervous system and the heart. It is helpful for rapid and irregular heartbeat. Its antispasmodic properties aid digestive action and therefore helps nausea, constipation and intestinal colic. It is recommended for hemorrhoids, varicose veins and migraine headaches. It is known for its ability to help allergic skin reactions, and is used for wounds that will not heal. Spikenard calms the heart and settles the emotions. It can be used for nervous tension, anxiety, and insomnia. It acts like valerian in its antidepressant properties. It has a decidedly calming effect that instills a profound sense of peace. Spikenard soothes the deepest anxieties and replaces negative emotions with acceptance and compassion.

**Applications:** Spikenard can be applied on location, inhaled, rubbed on the feet, or on the head. I find the fragrance of spikenard, an acquired taste. Many are repelled by it because of its similarity to valerian which smells like dirty socks to a lot of people. It blends well with labdanum, lavender, patchouli, pine, vetiver and any of the spice oils.

**Safety Data:** Spikenard is non-toxic, non-irritating and non-sensitizing.

If you would like more abstracts like these, Linda Smith will soon be publishing a third ebook on Essential oils in which she will describe 80 essential oils. Watch the web site for details.