

YOUNG LIVING TRAINING TAPE #28

TWELVE OILS of ANCIENT SCRIPTURE

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We welcome you to Training Tape # 28, a highly informative lecture by Dr. Gary Young, on the Oils of Scripture. And now, here is Dr. Young.

Dr. Gary Young - The Long-Awaited Kit

The kit I am going to talk about is the new oil kit of Ancient Scriptural Oils. I know you have been waiting for this for quite some time. We are very excited about it; it has been a lot of fun working with it and putting it together and making it happen. As we have looked at choosing twelve oils and as we have selected them, it has not been an easy accomplishment. There are many oils in the Bible, and I wanted to put them all in, but I also wanted to have twelve oils that basically represented the Twelve Tribes, the Twelve Disciples, and the twelve months of the year. The energy with twelve is a great feeling, so that is why we chose to go with twelve.

Many of you know these oils and are familiar with them, but there are a couple of new ones you are unfamiliar with that I will be sharing with you and talking about today.

Sandalwood, the True Aloes

When you hear “Aloes,” most of you will think of Aloe Vera. Incorrect. The name “Aloe Vera” was taken from *Sandalwood*. The true Aloes is *Sandalwood*. This is based upon ancient text in the Bible, and *Sandalwood*, as we know it today, is distilled from the wood of the *Sandalwood* tree. The wood itself is also used in India and Sri Lanka for wood carvings and furniture.

There was a time just two years ago when *Sandalwood* was almost impossible to obtain for oil. The government put an embargo on it out of Sri Lanka because they were pirating and raping the national forest to get *Sandalwood* for the wood carvings and for distillation, so they put a seizure on it and we had a difficult time obtaining *Sandalwood* for almost a year.

Sesquiterpene Activity Increases Oxygen

This is a very beautiful oil and is recognized for its attributes from the sesquiterpene activity of increasing brain oxygen.

When we increase brain oxygen, we increase

Twelve Oils of Ancient Scripture

overall cellular oxygen. You can't increase oxygen in the brain without increasing oxygen throughout the body because it is picked up by the bloodstream.

One of the things that is very interesting about the structure of sesquiterpenes being C-15 is that they do not contain an actual oxygen molecule, but it is the same as we find in the hemoglobin in the blood. The hemoglobin itself does not actually contain an oxygen molecule, but it *carries* oxygen molecules.

Sesquiterpenes are the same way. They don't contain an actual oxygen molecule, but they carry it, and they facilitate the body in being able to take up oxygen from other sources. So if you are drinking water or eating food, sesquiterpenes are very energetic and beneficial in facilitating the body's ability to pull in that oxygen and take it from the food sources that are coming in, so they are very effective in the respect that they contribute to immune modulation.

Differing Levels of Sesquiterpenes

When we look at the sesquiterpene levels in different plants as we go into the chemistry, we see that *Frankincense* is not one of the higher oils of sesquiterpene activity. In fact, the highest happens to be *Vetiver*, second is *Cedarwood*. *Sandalwood* runs at about 32% sesquiterpenes. *Myrrh* is 62%, and *Frankincense* is much lower than that at 8 to 11% sesquiterpene activity.

But *Frankincense* has been regarded as the healing oil. Even *Galbanum* is higher, and also *Spikenard*, *German Chamomile*. We don't have *Melissa* on there because it is not in our single oils, but *Melissa* runs at about 28 to 29% sesquiterpenes, so all of these oils that in your *Young Living* kit (or you can purchase individually) have different levels of sesquiterpenes. *Sandalwood* is 90%, so you can see why it was used in mummification in Egypt.

When you look at *Sandalwood* at 90% and *Cedarwood* at 98%, those two oils being the very

highest, are the oils used in mummification. Why? Because it pulled the oxygen out and prevented the oxidation of tissue.

Increasing Spiritual Communication

In the Scriptural Kit of the Ancient Oils, *Sandalwood's* benefit, you will find, will be for augmenting the amygdala and increasing brain frequency for better spiritual communication. All of the oils we have chosen and selected for this purpose are for augmenting spiritual communication. I believe if we really want to be close to our Father and have that special connection, it is vitally important that we work on having a strong physical body. Why? Because the physical body happens to be the temple for the spirit, and if you have a sick temple, then how abundantly will the spirit reside there? When you are physically healthy and you are emotionally strong, the first place you go when something comes up is into the spiritual connection. I share that to motivate each of us to work harder on being healthier.

Valuable for Lymphatic System

Another thing with *Sandalwood* is its value for the lymphatic system. This is an area we haven't touched on in the past, and the reason I didn't really push *Sandalwood* for this is because we have had problems getting it in adequate supply. I know that if I really taught about *Sandalwood* and the value it has, we wouldn't be able to keep it in supply. At this moment in time now, with the commercial growing of *Sandalwood* and the cultivation they are doing in India and Sri Lanka, it looks like *Sandalwood* will be in good supply for a long time in the future—at least, those are our hopes and desires.

As a lymphatic decongestant, *Sandalwood* is an exceptional oil, whether it's an infectious condition or just a bacterial condition, it doesn't really matter. If you use *Sandalwood* in massage with *Cypress* and a touch of *Cassia* with it, you are going to increase the action because the phenolic acids that are in

Let's say, for example, that they are correct, and that is so. The frequency from the phenolic acids of *Cassia* and *Cinnamon* and *Clove* and *Nutmeg* and *Basil* oils are all responsible for activating those receptor sites.

The Egyptians used a lot of *Cassia*, which is a sister to *Cinnamon* because of its spicy fragrance, and they loved mixing it with *Sandalwood* and *Frankincense* and creating different compounds that were used in the palaces and in the temples, so it is

Cassia are going to excite the receptors. The quick absorption of *Cypress* into the bloodstream and the response with the sesquiterpene of *Sandalwood* will make a phenomenal combination for anyone who has lymphatic congestion.

Massage Therapists, Take Note..

How many here are massage therapists? We have quite a few, so this will be an area that you will want to pay attention to in looking at the different ways you can use these oils besides just enhancing the spiritual awareness.

***Cassia*, Key Ingredient in the Temple**

The next oil, *Cassia*, was the key ingredient in the temple, not only for incense, but for anointing. When we look at it *Cassia* is very similar to *Cinnamon*. It is very high in antibacterial properties; it is very high as an antioxidant. It also contains the compounds of phenylpropanoids, which are phenolic acids which are amino acids and are very powerful in augmenting receptor sites. As we get into class in the next few days and I get into the explanation of receptor sites and lichens and frequencies and vibrations that affect the lichens and the receptors, then you'll appreciate these oils much more because their frequency is what sets up that response in the receptor site that enhances those feelings through the limbic system and the pineal gland.

Many people have said that we communicate to our Father through the pineal gland. I have not found documentation on that, so I don't know that it is a correct statement, but I do believe when you have a spiritual experience you get this warm, burning, fuzzy feeling in your bosom. The chemical that creates that warm fuzzy feeling in your bosom is secreted from the pineal gland, and that may be the reason we are told by some scientists that the pineal gland is responsible for that communication. very special.

Phenylpropanoids Family

Here we see the phenylpropanoids—*Clove* 90%, *Basil* 75%, *Cinnamon*, *Nutmeg*. *Cassia* is not on there, but it should be. Also the eugenol, ethanol, and others, which are part of the phenylpropanoid family.

We will go into this more as we get into the chemistry in helping you to understand how this

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works in the human body.

Cedarwood - Use it for your Hair!

Cedarwood, how many of you have used *Cedar-wood* for different applications? Most of you. Is there anybody using it for hair growth? It looks like it's working—I see a lot of hair!

Cedar has been recognized, or at least touted as a hair regeneration oil. I have used it and continue to use it periodically—I alternate *Cedar*, *Ylang Ylang*, *Laven-der*, and *Clary Sage* in my scalp and I believe that, with *UltraYoung*, it has been the key to my hair regeneration, and I have been pretty excited about that.

Urinary System, Skin Healing Boon

Cedar, also because of its high sesquiterpene activity, is an immune modulator. It is very powerful as an antibacterial agent and an antioxidant—which is why it was used and chosen as a Biblical oil because of its powerful ability to ward off bacteria and viruses. It is especially beneficial for kidney infection and eliminating that malady. For bladder infection, it is really beneficial.

It is good for preserving skin and wound healing. That's why it was used for mummification because it preserved skin. It also contains compounds of the cicatrison family that are responsible for the regeneration of cellular tissue without scar tissue, so it is very powerful.

As you are using these oils in your spiritual kit, you will all find different ways of using them, and you will find different ways that your body seems to respond to them that you really like. As a result of that, many of you will come up with newfound uses for these various oils. Some of you may never use *Cedarwood* for a spiritual purposes.

Go into a Spiritual Space

Let me share this with you—if you want to have a beautiful experience, take three drops of *Cedarwood* and mix it with six drops of *Sandalwood* and one drop of *Cassia*—then go into that sacred, quiet space and put this on and do your prayers and your meditations, and when you regain consciousness, write down what you remember. It will be a beautiful experience for you. Diffusing these oils in combination and in single form is really a blessing for everyone.

Just work with them and use them, wear them, diffuse them, eat them. *Cedarwood* really tastes

good!

Cypress, a Powerful Oil

Cypress. In the Bible we don't find record of *Cypress* oil. We find a lot of stories about *Cypress*, but we don't find a record of it being used as an oil in the Bible. However, in Egypt, long before the Bible was written, *Cypress* oil has been used (or has been written about being used).

The ancient people truly recognized the trees of great strength; they recognized the plants that had great strength and the herbs that had great strength—and they created legends based upon the strength of the plant or the herb or the tree or the flower—and that was also based upon the strength of the fragrance that exuded from those various plants. When they found a plant like *Frankincense* or *Jasmine* or *Rose* that exuded a fragrant scent, they always looked to this particular element as a substance they could extract to get that scent to use in their perfumery.

Used to Build the Ark?

The *Cypress* tree was recognized as a very powerful tree—and some Bible scholars believe that the cypress is really what is referred to as gopher wood. Gopher wood was used to build the ark for several reasons: 1) because it is very strong, 2) it grows very large, and 3) it grows very straight without knots on the bottom of the tree. So when they cut that tree, it is easier to hew because it is free of knots.

The *Cypress* tree is almost indestructible. Many of you may have had the opportunity to visit the St. Peter's Cathedral in Rome and have seen the doors that have hung there for 1200 years with basically no deterioration, so it is a very powerful wood and was known about by the ancient people.

I feel very strongly that *Cypress* would have been one of the oils that they would have extracted in Biblical times because it is mentioned so many times in the Bible. As I was doing my research in Egypt there were numerous mentions of *Cypress* oil being used.

Cypress for Circulation

The oil of *Cypress* is extremely beneficial for augmenting the circulatory system—it strengthens the capillary wall, it prevents hemorrhages, it prevents hemorrhoids, or will shrink hemorrhoids and is beneficial in that area.

For varicose veins and spider veins, *Cypress*

and a little *Helichrysum* with it is a extremely beneficial, but the main thing is using it as a preventative oil to strengthening those blood vessels for better circulation, so *Cypress* has tremendous value.

More about *Frankincense*

Frankincense—you have heard me talk about *Frankincense* so much you are probably bored with the idea of even hearing about it again, but the greatest way to learn is through repetition, so I am going to bore you for another hour and a half on *Frankincense*.

This oil, I would have to say, would be my number one of all the oils. It may not be everyone's first choice—I think we all align with an oil and we find the one that is really special to us. This is the feeling I have with *Frankincense*. *Lavender* is my second most favorite oil, then *Sandalwood* and *Melissa*, but *Frankincense* has a duality that is really special even though it is lower in sesquiterpene activity than we see in many of the other oils.

Highly Anti-depressant

The actions we get out of *Sandalwood* because of its immune-modulating compounds, are superior to many of the oils in respect to dealing with the immune system—also dealing as an anti-tumoral and anti-depressant agent. This is an area where science has not yet identified where we are. Why is *Frankincense* greater as an antidepressant than *Cedarwood* (which is 90% higher in sesquiterpene activity)? This is the area—the different immune modulating compounds—where we find *Frankincense* and *Cedarwood* have a great variance. In the action of *Frankincense* and its sacredness, there is an energy that is very individual, because *Frankincense* was ordained (perhaps) 4,000 years ago for the purpose of anointing. To me, that is very significant.

Sharing Oil Energy Connections

Let me share a concept that we are going to get into later this week. You hold the oil in your hand and project your thoughts—whether you actually hold that oil and give it a blessing. To me, it isn't the focalness of what you are saying that determines whether that oil has been blessed for that purpose, but the fact that you have directed your energy into that substance. That is what enhances the substance to do more and go further than it would ordinarily.

That is an area where people say, “ooh—now we are getting out in left field here. This is starting to

sound like voodoo medicine.” Believe me, if anyone has that feeling, write it down! Before class is over, I am going to show you scientifically how that works. It's very frustrating for me at times when I talk to people about prayer or meditation or focusing thought without words and making things happen. We are so programmed to think..”Oh, you can't possibly do that..that's the workings of the devil.”

All That is Good Comes of God

Somewhere in Galatians it says, “All things that are good are of me.” Write that down and keep that in mind.. “All things that are good are of me.” Go look it up. That will do you more good than me doing it for you. It's there. “All things that are worthy or of good report..” It's a beautiful scripture.

When somebody starts to criticize you about what you are sharing with them and saying these are the workings of the devil, just pull out that scripture and read it to them. If they are an atheist, it won't do you much good—and that is when you just stomp on their toe! Tell them if they had more faith, their toe would heal quicker!

Experiment on your Own

As you do this, take your oils and play with them tonight—if there are several of you sharing a room, this is really fun. I think all of you understand some form of muscle testing, don't you? If not, I am sure you can find some weird person who does. Just take an oil and don't think anything and have somebody test you for something. Just hold it and have them test you and see if your energy is low. If you get an indication that it is low, then hold that oil and just think about energy.

In order to get your energy up, you have to think about something special—something that excites you. You have to think about something that just gives you butterflies as you start bringing those images into your mind. When that happens and you start feeling it, then put that oil between your hands and focus on projecting those thoughts into that oil—then test it again and see what happens. I have done this numerous times with oils using my frequency monitor and have raised the oils over 100 megahertz in frequency simply by projecting thought.

Frankincense Legends

I bring this up to come back to the fact that *Frankincense* originally was the first oil that was

blessed for the purpose of healing and anointing for healing, so it was given that charge from the beginning. I have a story that I obtained in the community of Salalah, Oman two years ago when Mary and I were there which says that *Frankincense* and *Myrrh* were given to Adam when he was expelled from the Garden of Eden. Of course, I had never heard this story before and I found it very intriguing to think about. The legend that is written in this book and the name of the book is *Plants of Dophor*, which is the region in Southern Oman, and it tells the story that when Adam and Eve were cast out of the Garden Father gave them *Frankincense* and *Myrrh* as compensation for having to leave the Garden and were the two tools he sent with them into the lone and dreary world. It's kind of an interesting thought—can we validate it? I don't know how, but it is interesting.

Biblical Associations

When we were in Oman we also learned that King Od was the man who first distilled *Frankincense* 3000 years before Christ. King Od was the grandson of Noah, and the story goes that the *Myrrh* and *Frankincense* were handed down from generation to generation to Noah, and Noah took them on the ark and used the oils to heal the sick during the time he was floating on the water. Stop and think about it—can you imagine when the elephant got the cold and started sneezing—that must have been pretty bad! Where is he going to park the ark—at Pier 94, then run over to the Herb Shop and get some Echinacea and Golden Seal to stop the elephant from sneezing! No—it didn't happen!

Doesn't it make sense that God perhaps told Noah what to take on the ark with him to treat the animals and that he also carried seeds for grains and different things to plant after the flood was over? It only makes sense to me that he would carry the things necessary for the healing of the animals and the healing of the people on the ark. It must not have been a healthy conducive environment when you think of two of every kind eliminating five and six times a day—the job of swamping the stables would have been something else! There is also the thought—maybe God just said, “You don't need to eat and you don't need to eliminate for the next number of days..” That is a thought, also. We don't know what might have happened.

The thought I like—that feels good to me—is knowing that Noah did gather up herbs and seeds and took them on the ark, and it makes sense that he

would have gathered *Myrrh* and *Frankincense*.

Because we know that *Frankincense* was used for healing and anointing work, then it is possible that when the flood was over and they got off the ark and set about making life over again, that Noah would have taught his children about these healing substances and compounds. He would have passed them on to his family members, before they went off to different parts of the country to establish their homesteads. And would it not make sense that perhaps this is how King Od, the grandson of Noah, came to learn about *Frankincense* and the value thereof? It is quite a story.

Use *Frankincense* in Your Homes

Maybe that helps you understand why I feel so partial to *Frankincense*. From its very beginning, it was given the blessing of healing of the sick. If you ever have a sick one in your home, just take your *Frankincense* out of your *Ancient Scriptural Kit*, hold it in your hand and just bless it.

Is there anyone here who couldn't do that? Of course not! You women have more power than us guys—just because we think we have more power—that's the difference between us and you. We think. You know. So just take that oil out and hold it in your hand and bless it for healing the sick and then anoint that person and give them a blessing. See what happens. I can guarantee this—you are not going to get struck with lightning because of it, but you are going to feel a feeling that will be like none you have ever experienced. How many have tried it? Am I right or wrong? You will see some very wonderful things happen.

Don't Fear Normal Emotions

How many in this room have ever experienced depression? Do you think that you will go through this life and exit it and never, ever experience depression again? Of course not. Depression is a normal emotion of the human body. Anger is a normal emotion of the human body. Fear is a normal emotion of the human body. Happiness, joy, laughter, silliness—all of these things are natural emotions that God gave us. But do you know what we do?

We spend so much time criticizing anger. We get so mad and we beat ourselves up so much about hate—but it is a natural emotion. These emotions and these energies are very healthy to your body. If you

disagree with me, write it down—I will prove you wrong later.

Myrrh used in Burial and Birthing Rituals

Myrrh was used in the burial rituals. Why? Because it preserves the tissue from decay. It preserves life. *Myrrh* was used by Mother Mary when Christ was born. *Frankincense* was used by the Three Magi when Christ was born. Christ was anointed on delivery with *Frankincense*. I know there are stories that say the Three Magi didn't arrive until Christ was three years old—that is a false story.

They were there when he was born because it was their responsibility to have the oils there prior to his birth. It was their commission for the very reason that whenever a king or a queen was born, the king was anointed with *Frankincense* on presentation. It was the first order of business. The umbilical cord and the perineum were covered with *Myrrh* oil to prevent infection. *Myrrh* was put on the umbilical cord so that evil deities could not enter the umbilical cord into the baby's body. *Frankincense* was put on the crown so that evil deities could not enter through the crown into the baby's brain. That was a belief and a ritual that was practiced for 3,000 years.

Christ was the newborn king. Do you think for a second the Three Magi are going to show up three years late! Stories are written, and sometimes they are written and glamorized, but the fact I want you to know is those oils were there before he was born—and that was the fact.

Sacred Experience with Holy Oils

I had an opportunity to have this experience when I laid my little son on his mother's tummy. When he presented, I anointed him with *Frankincense*. I covered his umbilical cord with *Myrrh* oil. I have delivered many, many children over the years and I have never in my life had an experience like this. The nurse who was assisting Mary in the delivery room had been an OB nurse for 27 years, and tears ran off her cheeks, and she said, "This is my first birth."

Nothing was said—it was only a feeling that was felt by everyone in that room. It was never discussed; it didn't need to be discussed because everyone was feeling the same feeling.

It was something totally new; something that none of us had ever experienced before. As much as I have worked with the oils and as many times as I have worked with infants and children with oils, this

was a feeling like none other I have ever experienced.

So when this opportunity should come for you—whether it is with yourself, or those who are under 60 who can still have children—for those of you who have daughters who are going to have children, then take this experience to them. Be there in that moment. Prepare to let children enter into the world in a way that will change the outcome for them and for you. It will be most beautiful.

Some Important Pointers..

How did I do it? I took the oil and I put it in my hand neat—and I rubbed his entire head with the *Frankincense* oil. I rubbed down over his chest and I rubbed his little back and his little backside and down his legs. Then I took the *Myrrh* oil and put it in my left hand, and while I held my hand underneath his head, I took the *Myrrh* oil and rubbed the umbilical cord and then his little tummy. Then I held it for 12 or 15 minutes until it stopped pulsating and the cord had turned completely white; then I tied and cut the cord. This baby never cried one moment during that entire process. In fact, the only time he cried was when I laid him on Mary's tummy and I was reaching for the oils, the nurse grabbed the towel and startled him, and he started to cry. I reached up and said, "It's okay, son.." and he stopped crying. Then I got the oils on him and he never cried again. It was just a magnificent experience.

Moses' Favored Oil, Galbanum

Galbanum. This oil was Moses' favorite oil. I am finding as I am researching and studying that the ancient prophets also had favorite oils.

Galbanum was used with *Hyssop* for its antiseptic properties. *Hyssop* is antiviral and we read the story in Exodus how they used the branches of *Hyssop* to put the lamb's blood on the doorposts. The Egyptians have a different story. They say that *Hyssop* oil was put in the lamb's blood so it would mark the doorpost with color and with fragrance, so when the plague came it smelled the oil, recognized the fragrance, and diverted from it. The lamb's blood was used as the carrying agent for the oil. That's a story—it's not written in the Bible. It's a story.

All I can say is, "Would someone take 18½ hours to inscribe a false story in rock? I don't think so. I listen to the stories and I look at the time it would take to do the things that were done in

making these legends become legible. They wrote about truths. They did not waste their time writing about doctor jokes or lawyer jokes or school teacher jokes or whatever jokes. They didn't do that.

For Brain Alignment

Galbanum was also used for another purpose. *Galbanum* has an energy that aligns the brain. It aligns your brain with purpose. I wanted to create an oil blend a few years ago that would be unlike any oil blend we have. I had this feeling that I wanted an oil that would help us to gather our thoughts into a single focus, that would help us to align our purpose, that would keep us on task, that when we wore this oil, other people with like minds would be attracted to it, that it would help align the frequencies in the body, that would enhance the healing processes of the body.

When I work on a formula, I normally decide on the purpose of the formula. First, I always write down my objective of what I want to work on, and the moment I finish writing the objective I have the formula in my mind. This time it was different. As I wrote my objective, the formula didn't come to mind in its completeness. I received several oils for the formula, but it wasn't complete. I spent two years trying to figure out what I was missing for this formula—this goes back six or seven years ago.

Creating *Gathering*

At that time I was flying to Egypt and the pilot had pushed the plane up to 42,000 feet to get above a big air pocket that we were bouncing in. I was sitting in my seat and I was writing, and I was just mentally praying. I said, "Father, I need some help here. I am stuck with this formula—I am just not getting it to come together."

At that time the pilot said, "We have leveled out at 42,000 feet and as soon as the rough air is over, I am going to drop back down to 38,000 or 36,000 feet." As soon as he said that and turned off the speaker, I received the missing oil for the formula—and it was *Galbanum*.

I made the formula called *Gathering*—I think there are probably some old timers here who can remember those days, some of the more mature distributors—and that has been a very exciting oil.

I haven't talked a lot about it in class, and there is a reason for that, but I feel in this class, we are going to talk about it. The reason I haven't talked much about *Gathering* is because it is a very sacred oil; it's a very powerful blend. When we get into the hands-on work, I will share more of the real deep

purpose of this blend. Between now and then, if you want to have some of your own experiences with it, then experience *Gathering* and *Galbanum*.

Cleansed with *Hyssop*

Hyssop oil. This a beautiful oil, fabulous as an antiviral, antibacterial agent—and I love what it says in Psalms 51:7. I think it sums it all up very quickly, "I shall be cleansed with *Hyssop*; wash me, I shall be whiter than snow."

Stop and think about what that is saying. "Purge me with *Hyssop*. I shall be clean." To purge the human body means to remove all bacteria, all fungus, all virus, all foreign entities that may be present internally and externally. I don't think that we could be told stronger than to be told by the Bible. "purge me, wash me, and I shall be whiter than snow."

I hope you take the magnitude of what we are sharing here to heart and to mind concerning the power of the tools that you have, because *Hyssop* is so powerful as an antiseptic against viruses and plagues and bacteria; and the fact that *Hyssop* was used for treating leprosy, a disease that was so devastating and so deforming to the human body that this oil was ordained for the cleansing of lepers. The only concern that comes in is that we don't know if the *Hyssop* we get from the Mediterranean is the same *Hyssop* that was used at that time. However, we see the compounds there that tell us *Hyssop* would do those things, so if it wasn't the same *Hyssop*, it was a very close likeness to what might have been used.

***Myrtle* for the Respiratory System**

Myrtle. Again, we don't find record in the Bible of *Myrtle* oil, but the myrtle tree was regarded with a tremendous amount of respect and honor. And as I said about the cypress tree, they didn't look at these trees and plants without looking at all the aspects. I believe very strongly that in the stories in Egypt, *Myrtle* oil was used as well. *Myrtle* oil has a powerful effect on our respiratory tract.

Myrtle oil is very beneficial in association with *Pine* or with *Eucalyptus* for respiratory. It's a great mucolytic oil for discharging excess mucus from the body—breathing it, eating it, wearing it, whatever feels right.

Thyroid Breakthrough

What we know is that *Myrtle* is most effective for thyroid dysfunction. We have monitored and watched low thyroid function in response to normal balance in less than three minutes from the application of *Myrtle* oil on the neck of the big toes.

When we understand the function of the thyroid and the important role that it plays in dealing with emotions, we can see why I chose *Myrtle* to be in this kit. We cannot have a level of spirituality when we have a dysfunctioning thyroid for the very reason that thyroid dysfunction is a major contributing factor to depression and hormonal imbalance.

Guys, you have experienced PMS—and you know that when it happens, there is not a lot of the right spirit around. When hormones are balanced, PMS is not a factor; depression is not a factor; anger, attitude—they are not factors here. When the person is in balance, then they have the ability to find the spiritual level and the spiritual awareness they desire to have. They are all enhanced by the compounding of the other oils.

Introducing *Onycha*

The next oil is *Onycha*—this one is new to you. It was an ingredient in the holy anointing oil, so the first question I ask is why? Why would they put this *Onycha* in the holy anointing oil?

Remember the story and the belief system that creates the story, the theory. The ancient people didn't believe in viruses and they didn't believe in bacteria, and they didn't believe in fungi. The ancient people believed that all diseases were caused by evil spirits and evil entities. It is fascinating and interesting to note that when we see that diseases disappeared when they used the holy anointing oil, (and we today know that diseases are caused by bacteria, fungus, virus, etc.), then it comes back to tell us that *Onycha* happens to be a very powerful antioxidant, a very powerful anti-bacterial compound.

I don't have research telling me that it is antiviral at this time, but I suspect that when we get into the study of it and get to understand it better we will find compounds that will be there as antiviral agents.

Maybe not, maybe it's just a powerful antioxidant—does it really matter? No, because when it is put in another compound, as we see here, it is not saying, “Use it by itself—“ it says *was* an ingredient in the holy anointing oil.

What was the holy anointing oil? *Frankincense*. So why was it put with *Frankincense*? And then the Lord said unto Moses,

“Take unto thee sweet spices, stacte, and onycha, and galbanum, these sweet spices with pure *Frankincense*..” so they were all put with *Frankincense*. Do you read that the same as I do? “Each shall there be a like weight.” (Exodus 30:34)

You don't need to come to Level II to learn how to compound oils. Read the Bible, the greatest pharmacopeia that was ever printed. That's all you have to do. Does anyone have a different feeling about this today? It's also got a very, very pleasant aroma. The only difference with this oil is that when you receive it, you will have to take the orifice reducer out of your bottle because it does not drip. It is the thickest oil that exists. You have to warm it—so this oil could have also been used as an emollient agent to create an ointment with, like beeswax. There are many, many very strong purposes that it would have served.

About *Cistus* or *Rose of Sharon*..

Rose of Sharon. This is a beautiful oil. How many are using the *Rose of Sharon*—*Cistus* oil? How did they discover this oil?

When the goats would go into the hills and graze and walk among the *Rose of Sharon* bushes and the herders would bring them back in for milking at night, they noticed that they had this sticky, gooey stuff in their hair, so they would try to comb it out. It was really sticky and gooey, but it smelled wonderful! They decided to start using it and they found when they took that sticky, gooey, oily substance (that resin) and rubbed it on their cut and bleeding hands, they would heal.

They discovered very quickly when they had a bad cut that hemorrhaged, they could rub this resin on and it would stop hemorrhaging instantly. So it was so soon discovered that this resin which came from the plant, the *Rose of Sharon* (which we call *Cistus* today) was used for the treatment of hemorrhaging primarily and wound healing.

This beautiful rose has a soft, honey-like scent and may be the small, scrubby tree called the *Rose of Sharon*.

We read in Solomon's Song 2:1, “I am the rose of Sharon and the lily of the valleys,” The greatest attributes of *Cistus*' are its antiviral and its anti-hemorrhagic qualities. It heals hemorrhages, prevents bleeding, and heals open wounds.

The Precious Oil of *Spikenard*

Spikenard—a very expensive oil—was sealed in alabaster boxes. “And (Jesus) being in Bethany in

the house of Simon the leper, as he sat at meat, there came a woman having an alabaster box of ointment of spikenard very precious; and she brake the box, and poured it on his head.” (Mark 14:3)

You and I know that ointment doesn’t pour. Oil pours, not ointment. Did they mean to say “oil” there? Is it a mistranslation, or did it not matter to them? Or was it put in with goose fat or goat grease (which was very common in Egypt) to use for the preservation of the oil and to be able to transport the oil? In fact, what they used to do when the Egyptians and the prophets would transport oil in the large urns and alabaster jars (it was not a box—it was a large jar with a large open mouth on it), and if they were going to transport it from Egypt to Israel, naturally sloshing on a donkey or in a wagon, they would lose the oil, so they would take either goose grease or goat fat and melt it down and then pour it on top of the oil. This would solidify when it cooled and make a seal on top of the container so they could transport it and it didn’t spill.

This may be what it referred to, that’s why the ointment cake—“they brake it.” They would have to break that fat seal in order to pour it out and put it on his head. Of course, we know the story of how Christ was criticized for this—not taking the oil and selling it in town square and giving the money to the poor, because it was very expensive.

Spikenard is antibacterial and antiseptic. It was a very powerful oil used for respiratory problems and dysfunction. If you are planning to spend six to eight hours in the garden praying to Heavenly Father and you have a respiratory problem, the communication may be lacking, so taking *Spikenard* and *Myrtle* oil and putting them together for the respiratory tract for greater communication would be of great benefit.

Oils and Emotions..

As we go into the emotional work, this is an area where I want you to be very, very clear as you are looking at these oils. We are going to be working with people in this room who have had a genetic transcribing of the emotional verbal suppression, meaning they have not been able to express themselves. *Spikenard* and *Myrtle* oil will be used for enhancing verbal expression of self.

Thanks for the Push!

That concludes the twelves oils in our Ancient Scripture Oil Kit. I want to thank all of you, and especially Terri Williams for pushing me and reminding me that I am supposed to be working on this. It has been a long time coming because I wanted to put a lot of thought into selecting and creating something would be right, and the staff in the office, the time they have spent in writing it has been a lot of work.

Moderator

Thank you, Dr. Young, for that informative lecture on the Oils of Scripture.

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KEY WORDS AND PHRASES USED IN YL TRAINING TAPE #28 INCLUDING REFERRAL PAGES

<u>Word or Phrase</u>	<u>Page Number</u>		
Alabaster boxes	9	Anointing of sick	4
Legend behind	9	Use of <i>Frankincense</i>	4
Aloe Vera	1	Antidepressants	4
Taken from <i>Sandalwood</i>	1	Use of <i>Frankincense</i>	4
Amygdala	2	Bible	1,4-6
Ancient Scriptural Oils Kit	1	Account of Moses	6
		Adam and Eve story	5
		Associations wth	4

Oils of Scripture

Beautiful scriptures	4
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Galatians reference	4
Greatest pharmacopeia	8
Mark 14:3 reference	9
Psalms 51:7	7
Solomon's Song 2:1 reference	9
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<i>Myrrh</i> used	6
Brain function	7
Aided by <i>Galbanum</i>	7
Circulation	3,4
Benefitted by <i>Cypress</i>	3,4
Cypress tree	3,7
Merits of	3
Recognized as gopher wood	3
Strength of	3
Used to build Noah's ark	3
Egypt and Egyptians	1-3,7-9
Beliefs of	8
Mummification practices	1
Use of trees and plants	3
Emotions, normal	4-6
Anger, fear, happiness, joy, etc.	5,6,8
With oils	9
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Diffusing oils	3
Energy of	4
Experiments with	4
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Raising frequency of	4
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Process of formulating blends	7
Eugenol, ethanol	2
Phenylpropanoids	2
God, the Father	2,4,7,9
Hair regeneration	3
Hemorrhage, use of <i>Cistus</i>	8
Hormone balancing	8
India, marketplace for wood carvings	1,2
Jesus Christ	6
Kidney/Bladder infection	3
King Od, grandson of Noah	5
Legends, ancient	5
Leprosy, treated with <i>Hyssop</i>	7
Limbic system	2
Lymphatic system	2
Decongested by <i>Sandalwood</i>	2
Mary, Mother of Jesus	6
Massage and Massage Therapists	2
Meditation/prayer	3,4

Mucus, discharging excess	8
Myrtle tree, symbol of honor	7
Mummification	1,2
Muscle testing	4
Oxygen, pulled out by <i>Sandalwood</i>	2
Phenolic acids	2
Present in <i>Sandalwood, Cassia</i>	2
Phenylpropanoids, amino acids	2
Physical body, temple for spirit	2
Importance of strong body	2
Pineal gland	2
Means of spiritual communication	2
<i>Plants of Dophor</i> , book	5
PMS	8
Prayer, inspiration from	7
Purging the body, what it means	7
Receptor sites	2
Activated by essential oils	2
Respiratory problems, treatment of	7
Salala, City in Oman	5
Sandalwood tree	1
Wood used for carvings, furniture	1
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C-12 carries oxygen molecules	1
Different levels in different oils	1
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Three Magi	6
Thyroid dysfunction	8
How to treat	8
Use of <i>Myrtle</i>	8
Topical Headings	1-9
About <i>Cistus</i> , or <i>Rose of Sharon</i>	8
All that is Good Comes of God	4
Biblical Associations	5
<i>Cassia</i> , Key Ingredient in Temple	2
<i>Cedarwood</i> , Use it for your Hair!	3
Cleansed with <i>Hyssop</i>	7
Creating <i>Gathering</i>	7
<i>Cypress</i> , a Powerful Oil	3
<i>Cypress</i> for Circulation	3
Differing Levels of Sesquiterpenes	1
Don't Fear Normal Emotions	5
Experiment on your Own	4
For Brain Alignment	7
<i>Frankincense</i> Legends	5
Go into a Spiritual Space	3
Highly Anti-depressant	4
Increasing Spiritual Communicatn	2
Introducing <i>Onycha</i>	8

Massage Therapists, Take Note	2
More about <i>Frankincense</i>	4
Moses' Favorite Oil, <i>Galbanum</i>	6
<i>Myrrh</i> used in Burial/Birthing	6
<i>Myrtle</i> for Respiratory System	7
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Sacred Experience with Holy Oils	6
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Sesquiterpene Activity Increases	1
Sharing Oil Energy Connections	4
Some Important Pointers	6
Thanks for the Push!	9
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Thyroid Breakthrough	8
Urinary System, Skin Healing	3
Use <i>Frankincense</i> in your Homes	5

Used to Build the Ark?	3
Valuable for Lymphatic System	2
Twelve, the energy of	1
12 disciples	1
12 months of year	1
12 Tribes of Israel	1
Varicose veins	4
Helped by <i>Cypress</i> , <i>Helichrysum</i>	4
Voodoo medicine	4
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Williams, Teri	9
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Birth of baby son	6

YOUNG LIVING ESSENTIAL OILS AND PRODUCTS MENTIONED IN YL TRAINING TAPE #28

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<i>Basil</i> , activates receptor sites	2
75% phenypropanoids	2
<i>Cassia</i>	2
For respiratory problems	2
For spiritual awareness	3
Key ingredient in temple	2
Sister to <i>Cinnamon</i>	2
Used with <i>Cypress</i> , <i>Sandalwood</i>	2
<i>Cedarwood</i>	1-4
Benefits of	3
For hair growth	3
For spiritual awareness	3
High is sesquiterpenes	1,2
Tastes good!	3
Used in mummification	2
<i>Cinnamon</i> , activate receptor sites	2
<i>Cistus</i>	8,9
Discovery of by ancients	8
Prevents hemorrhage	9
<i>Clary Sage</i>	3
Alternate use for hair growth	3
<i>Clove</i> , activate receptor sites	2
90% phenypropanoids	2
<i>Cypress</i> , some merits of	2-4,6
For circulation	3
For varicose veins	4
Strength of <i>Cypress</i> tree	3
<i>Eucalyptus</i> , used for respiratory	8
<i>Frankincense</i>	1-6,8
Benefits of	4,5
Given to Adam and Eve	5
Holy anointing oil	8

Number one oil	4
Regarded as healing oil	1,4,5
Use in the home	5
Used during birthing	6
<i>Galbanum</i>	1,6,7
Aligns the brain	7
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Moses' favorite oil	6
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<i>Gathering</i>	7
Very sacred and powerful	7
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<i>Helichrysum</i>	4
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<u>Essential Oils and Products</u>	<u>Page Number</u>
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Put on doorpost in Old Testament	6,7
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To treat leprosy	7
<i>Jasmine</i> , fragrance of	3
<i>Lavender</i>	3,4
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Second favorite oil	4
<i>Melissa</i> , 28% sesquiterpenes	1,4
<i>Myrrh</i> , 62% sesquiterpenes	1,

During birthing process	6
Given to Adam and Eve	5
Preserves tissue from decay	6
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<i>Myrtle</i>	7,9
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Used with <i>Eucalyptus</i> , <i>Pine</i>	8
<i>Nutmeg</i> , activates receptor sites	2
<i>Onycha</i>	8
Ingredient in holy anointing oil	8
Used by ancient peoples	8
<i>Pine</i>	8
Used for respiratory with <i>Myrtle</i>	8
<i>Rose</i> , fragrance of	3
<i>Rose of Sharon</i> (See <i>Cistus</i>)	8
<i>Sandalwood</i> , 90% sesquiterpenes	1-4
Difficult to obtain	1
For spiritual awareness	3
Immune modulating compounds	4
True aloes	1
Use in massage with <i>Cypress</i>	2
Valuable for lymph system	2
Wood used for fine carvings	1
<i>Spikenard</i>	1,9
Antibacterial, antiviral, etc.	9
Biblical reference to	9
Very expensive oil	9
<i>UltraYoung</i>	3
Alternate use for hair growth	3
<i>Vetiver</i>	1
Highest oil in sesquiterpenes	1
<i>Ylang Ylang</i>	3
Alternate use for hair growth	3