

# YOUNG LIVING



## TWELVE OILS OF ANCIENT SCRIPTURE

# SANDALWOOD

Aloes, as it was called in biblical times, is an Anatolian sandalwood, and is not to be confused with Aloe Vera.

Sandalwood has been used in India for thousands of years in order to

- Support meditation
- Strengthen prayer
- Quiet the mind

Sandalwood quiets down to the mental chit chat which prevents us from meditation. It enables our spirit to dive into the deepest planes of meditation and connects us to the cosmic spirit which is endless consciousness.

This complex Essential Oil affects our subtle being in many different ways and thus has a considerable influence on our chakras. Its greatest virtue is to connect the kundalini force, which is seated in the first chakra, with the crown chakra (7<sup>th</sup> chakra).



# SANDALWOOD

The fragrance of this therapeutic grade Essential Oil revives feelings of exotic sensuality and spiritual entity – divine sensuality.

By adjusting the chakras and the subtle body, Sandalwood enables us to sense surrounding subtle energies while being seated firmly in the physical.

Sandalwood acts grounding, brings us closer to our divine essence, supports us in times of fear and allows us to give ourselves totally to the divine will.

It stimulates the pituitary and the pineal gland which may help to reprogram the brain.

This substance supports our endocrin system and is rich in molecules similar to androgen (male hormone). At the same time it has regulatory effects on the uterus.



## SANDALWOOD

~ Sandalwood is a cooling Oil – cools our brain during meditation ~

~ It reprograms DNA – opens the 3<sup>rd</sup> eye ~

**It consists of 90% sesquiterpenes.** Sesquiterpenes increase the body's and brain's oxygen supply by filtering oxygen molecules out of food and air. The high level of oxygen stimulates amygdala, pineal and pituitary gland . It is assumed that Aloes used to be the Sandalwood of the Bible – a spice from ancient Palestine.

*“He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds.” ~ The Gospel according to John, 19:39*



## CASSIA

Similar to cinnamon but sweeter and more pleasant is the fragrance of cassia. This Oil enhances blood circulation, supports heart function and strengthens the will. It simulated the 2<sup>nd</sup> chakra, especially for postmenopausal women. It is goog to be used in the morning when we feel muddled up.

On the energetic plane Cassia releases memories of bondage and slavery which are buried in our subconscious. Thereby it reveals to us the reasons for our rebellious and unwilling behavior.

**Cassia consist of 80% phenylpropanes.**

**Phenylpropanes increase our electromagnetic frequency what offers benefit to our spiritual development and physical health.** In ancient times cassia was used along with frankincense for temple incense.

(further Oils which are rich in phenylpropanes are:  
clove 90%, basil 75%, nutmeg 75%, cinnamon 73%)



## CASSIA

- ~ emotionally and spiritually calming ~
- ~ leads us directly into a meditative consciousness ~
  - ~ Apply on 3<sup>rd</sup> eye for clairvoyance ~
- ~ Apply on the chakras of the ethereal body for healing ~
- ~ Removes blockades and clears receptor sites to enable transmission of healing energies ~
  - ~ Supports immune system~

According to Gary Young, latest studies prove: this Oil enhances activity of t-lymphocytes and immunoglobulin production. These immunoglobulins support the production of b-cells which play an important role in our immune system.

Caution: Cassia Essential Oil may cause skin irritation – Use only in small amounts; apply on bottom of feet.





## KASSIA

*" Moreover, the Lord spoke to Moses, saying, Take also for yourself the finest of spices: of flowing myrrh five hundred shekels, and of fragrant cinnamon half as much, two hundred and fifty, and of fragrant cane (calamus aromaticus) two hundred and fifty, and of cassia five hundred, according to the shekel of the sanctuary, and of olive oil a hin. You shall make of these a holy anointing oil, a perfume mixture, the work of a perfumer; it shall be a holy anointing oil. With it you shall anoint the tent of meeting and the ark of the testimony.....*

*.....You shall also consecrate them, that they may be most holy; whatever touches them shall be holy. You shall anoint Aaron and his sons, and consecrate them, that they may minister as priests to Me. You shall speak to the sons of Israel, saying, 'This shall be a holy anointing oil to Me throughout your generations. It shall not be poured on anyone's body, nor shall you make any like it in the same proportions; it is holy, and it shall be holy to you.'" ~ Exodus 30:22-26, 29-32*



## CEDARWOOD

Steadiness and balance are the messages of Cedarwood. It embodies integrity, stability and solidarity with all things and beings. Cedarwood has the ability to strengthen us when we burnt ourselves out, loved too much, are unable to forgive. It supplies us with strength and courage, which we need to continue our way, focus on our dreams and realize our hopes.

Inhalation of cedarwood calms the overactive mind. Use cedarwood before business meetings for more clarity and to keep the meeting to the point.





## CEDARWOOD

The purifying quality of cedarwood, helps us to eliminate toxic emotions from our subtle body. It adjusts the heart chakra – thereby the mental and the physical being – and gives us the experience of a just existence

Cedarwood revives memories of true spiritual love and gives us a feeling of total security and protection through that love.

Cedarwood has been used for over 6,500 years by many different cultures such as the Tibetan and Egyptian cultures. Nowadays it is still used in Tibetan medicine and as a support for meditation by Tibetan Buddhists and other cultures.



## CEDARWOOD

Cedarwood is supposed to strengthen spirituality and the connection to God. Under that aspect it was used to build temples which symbolize these qualities.

Cedarwood Oil is a strong expectorant (it frees us from catarrh) likewise it is able to remove our “mental catarrh” when we use it for our subtle being. This mental catarrh obstructs our mind in the same way the physical catarrh obstructs our nose.

The cedar tree, which is used by North American natives for purifying ceremonies is a type of juniper.



## CEDARWOOD

- ~ Cedarwood Oil may be used as deodorant ~
- ~ Since the Cedarwood Oil contains many phytohormones, this fragrance is especially for men ~
- ~ Helpful for inattentive and hyperactive children (ADD/ADHD) ~
- ~ Cedarwood Oil evokes beta/theta brain waves ~

It consists of 98% sesquiterpenes which puts it 1<sup>st</sup> before Vetiver (97%), Spikenard (93%) and sandalwood (90%).

The “Cedar of Lebanon” gave the fragrant and long lasting wood, of which the temple of Solomon was build.

*“He spoke about plant life, from the cedar of Lebanon to the hyssop that grows out of walls.”*  
~ 1, Kings 4:33



## CYPRESS

Cypress Oil supports us in times of transition (e.g.: changes in the job, menopause) and in making great spiritual decisions. It is also helpful when it comes to painful changes like loss or broken relationship.

The frequency of Cypress Oil lies between those of the physical and subtle plane. Therefore it can give us strength and consolation in the process of dying.

Cypress brings back the ability to flow with the life river without fear and without worries about the next step – where it will lead us and what it will bring about. It offers strength and energetic protection to those who are vulnerable and insecure and to those who lost their purpose of life. It may support us when it is time to let go and move on.





## CYPRESS

Empaths have to make a conscious effort to use their ability in a divine way. When used in a divine way empathetic properties can give us important information about neglected and suppressed energies on the mental, vital and emotional plane.

Divine usage brings to the fore the proper empathetic energy which stays in touch just long enough to interpret received information. Then the properly used energy separates itself from the object totally and consciously. After receiving information from the empath it is the individuals decision how and if he wants to act in that specific situation. In this way the empathic recipient does not have the risk of creating a karmic bond between him and the individual.





## CYPRESS

By applying it on the spleen's reflex point (below left chest side) we solve energetic blockades and improve metabolism. When Cypress is applied on gastrointestinal and womb area it releases stagnating energetic patterns and connected belief.

From the energetic point of view Cypress releases patterns of attachment from the spleen area. Attachment occurs when an empathetic relationship or empathetic bond becomes too strong. Often this is the case in relationships between healers and their patients and may exhaust the healers energy. Emotional nursing staff also tends to be empathetic. Absorbed with the wish to make others feel better the staff is not aware of the karmic consequences. Many people are unconscious empaths which adopt other's realities and ailments without being aware of it.



# CYPRESS

An advice for attention: Please be aware of the fact, that every person we have to deal with, in one way or another is a mirror of our own issues and will trigger these issues inside you. Which does not mean you are adopting the other persons issues and energies. It rather means that you are empathetic because you are having the same issues. Up to now these issues and energies have been sleeping inside of you but now they will be triggered and come to fore to be transformed.

- ~ Cypress acts grounding and may help us with each type of exaggeration ~
  - ~ It is the balancer of the female system~
  - ~ Combine with clary sage to ease hot flashes ~
  - ~ Is used to prevent or reduce ovaric cysts ~
    - ~ Support a natural course of events ~
- ~ Support us in the process of dying and consoles ~



## CYPRESS

This Oil is distilled from the wood of the cypress tree. Its wood is so enduring – after 1200 years the doors of the St. Peter's Basilica in Rome do not show decay. According to tradition Noah's ark was build out of cypress wood.

*"So Hiram supplied Solomon with all the timber of cedar and cypress that he desired"*  
~ 1 Kings 5:10

*"The glory of Lebanon shall come to you, the cypress, the plane, and the pine, to beautify the place of my sanctuary, and I will make the place of my feet glorious."*  
~ Isaiah 60:13



# FRANKINCENSE

Also known as Olibanum, Frankincense is a sweet divine protector, which operates far beyond the aura, in the world of light. It is very flexible and adapts to the individual's spiritual status. Frankincense oil contains the wisdom of all ages. It awaits the demand and can do anything it is asked for.

When it senses attached hostile energies, frankincense has the power and the authority to assist a person in the removal of those forces.

In case of spiritual shock or loss, when the spirit wants to leave the body, frankincense can lead us gently back to our "home".. It enables each individual to be in touch with the eternal and divine within him. It is one of the oldest Oils and has been used for over 3000 years.



## FRANKINCENSE

Frankincense increases oxygen supply and thus strengthens physical vitality. Having the ability to slow down and deepen our breath, frankincense leads us into a meditative state of consciousness.

It supports us in cutting off bonds which connect us to the past, especially when they hinder our personal growth. Use it for bathing with the intention to wash of those bonds that feel like hindrances.





## FRANKINCENSE

Frankincense is an important anointing oil for those who are passing beyond the curtain of eternity. It keeps the soul in touch with the presence divine. Frankincense is an excellent oil for the 6<sup>th</sup> chakra, it helps to change truth and supports clairvoyance.

The crown and throat chakras expand under the influence of frankincense, when new realities are sensed. The body of light grows when we experience new realities and new dimensions.



## FRANKINCENSE

- ~ Support proper memory function. Clears the foggy mind ~
- ~ Opens the 3<sup>rd</sup> eye and connects us to the spiritual planes ~
- ~ It can be applied on tumors with lavender and brain power ~

Frankincense contains 8-11% of sesquiterpenes. The hebrew word for frankincense, "levonah" (at times translated as smoking), is mentioned 22 times in the Bible.

*"and put the incense on the fire before the LORD, that the cloud of the incense may cover the mercy seat that is over the testimony, so that he does not die." ~ Leviticus 16:13*



## MYRRH

Confining emotions create a very dense and exhausting feeling. Many people think they would protect themselves by suppressing their heart's emotions – truth is, it keeps them in a state of separation, which increases their false believe and illusion. These neglected emotions surround the aura like walls or armor plates and hinder the physical body in receiving new life force.

These surrounding walls make the abundance in the physical body uncomfortable. Myrrh's energy gives us the feeling of being shrouded in love, which pushes off negative and harmful influence and enables the heart to remain open and receptive.

Massage your neck with Myrrh Oil to abandon the need for control and let distrust go.



## MYRRH

Myrrh Oil enables us to free ourselves from being conditioned by the mass consciousness. Social standards dry out the flow of spontaneous energy and hinder us to experience the joy of being in the now. The broad application of myrrh oil helps us to develop our own standards under the guidance of the inner voice.

Myrrh Essential Oil gives us the ability to trust. When applied with an appropriate intention the oil's gentle energy encourages us to face the fear which led to distrust. As soon as we recognize our inner resistance, we are able to regain self-confidence.



## MYRRH

Myrrh oil is used for at least 4000 years. You may use it to support meditation or before healing sessions. Myrrh strengthens the first chakra seated at the base of the spine. It is especially helpful to those who feel to be bogged down in their emotions and spirituality and would like to go forward.

Myrrh is used to reach and maintain the state of receiving grace. It is a great help to those who are afraid of expressing their emotions. Myrrh oil increases trust and awareness and even supports loss of weight by setting the bodily fluids in motion. Its centering properties are of great help to compulsive eaters. By revealing the real problem myrrh does not allow compulsive eaters to hide behind their dietary habits.





# MYRRH

**Myrrh consists of 62% sesquiterpenes.**

It was used for funerals and was highly praised by Salomon and David. Myrrh was contended in Mose's holy anointing oil.

*" Moreover, the Lord spoke to Moses, saying, Take also for yourself the finest of spices: of flowing myrrh five hundred shekels, and of fragrant cinnamon half as much, two hundred and fifty, and of fragrant cane (calamus aromaticus) two hundred and fifty, and of cassia five hundred, according to the shekel of the sanctuary, and of olive oil a hin. You shall make of these a holy anointing oil, a perfume mixture, the work of a perfumer;"*

*~ Exodus 30:22-25*

*"I have sprinkled my bed With myrrh, aloe and cinnamon.*

*" ~ Proverbs 7:17*



## MYRRH

Myrrh makes us understand: we have to let go of our suffering – forgive, forget and move on. On the energetic plane it helps us to overcome the martyr burden of agony and anxiety. It is the ideal companion to healers and health care workers who carry along the sufferings of those they try to help. This fragrance frees us from the need to speak up for justice and against injustice.

- ~ Good for compulsive eaters ~
- ~ sets bodily fluids in motion~
- ~ According to the Bible, Esther was daily anointed with a blend of aloes, cassia, myrrh and sandalwood for 30 days to prepare her for the marriage. ~



# GALBANUM

This oil enables us to give up out-dated ideas, ideals and behavior, which results in total surrender to the creator. It reveals the sense of life and the inner self.

Galbanum may uncover grief, insincerity and wrongdoing against the soul.

It communicates with deeper planes of the self and enables a gradual revelation of the truth.

Galbanum Oil is used to balance extreme or intense emotions.

A report by N.H., massage therapist: "I applied galbanum on my palms while having a healing session from a distance. I became aware of the physical presence of the person I was working with. I could feel the liver, spleen and lungs very clearly, as if the person was in the same room. This happened on several occasions. There is something very deep and ancient about galbanum oil"



# GALBANUM

~ Is the main ingredient of “Gathering”  
Essential Oils blend ~

- ~ Focuses the mind on a persons spiritual purpose of life ~
  - ~ Mose's most favorite oil ~
- ~ Helps to maintain concentration and increase energy ~
- ~ Preserves group consciousness. It is the oil of self giving ~
  - ~ This oil has a pungent and balmy fragrance ~

*It consists of 80% monoterpenes and is followed by Angelika (73%), hyssop (70%) and rose of sharon (54%)*

*" The LORD said to Moses, “Take sweet spices, stacte, and onycha, and galbanum, sweet spices with pure frankincense (of each shall there be an equal part). With it you shall make incense, a perfume, the work of a perfumer, salted, pure, and holy.”*

*~ (Exodus 30:34,35)*



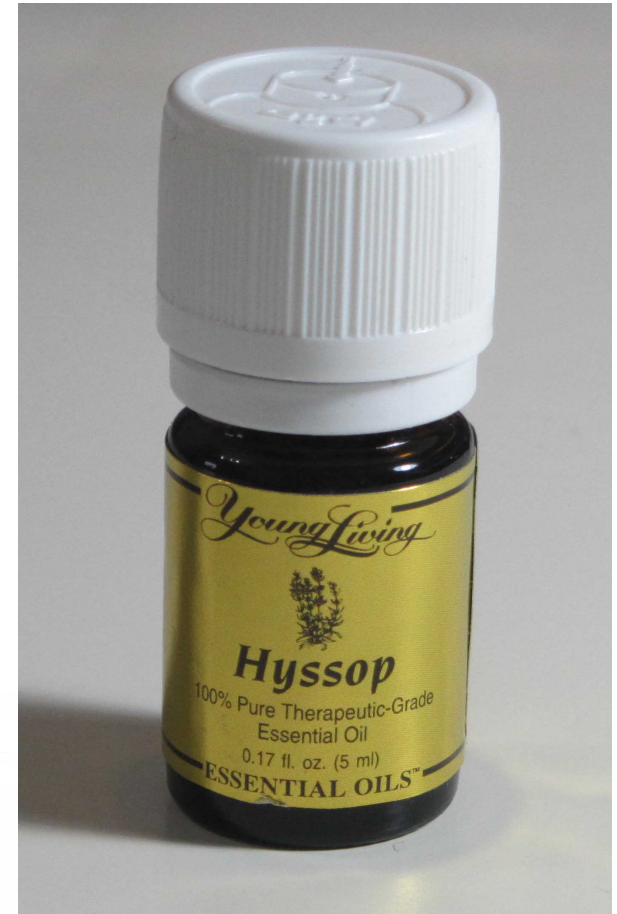
## HYSSOP

Hyssop has a long history as the purifying herb. It was used by both Egyptians and Hebrews. You may use it to purify any room in which you want to meditate, pray or heal.

The banishment of out-dated beliefs, which hinders our spiritual progress, calms the inner conflict of different realities. Thereby the dense feeling of fear may be released from the emotional, mental, physical and ethereal body. Hyssop dissolves density in the aura, which was caused by the mind's chitchat.

Hyssop is the protecting herb of heaven. It is endowed with divine love and protection.

Hyssop initiates divine self acceptance and attracts the joy and happiness we lost by carrying the burden of guilt and duty. It expands the energy of the lungs by releasing guiltiness.





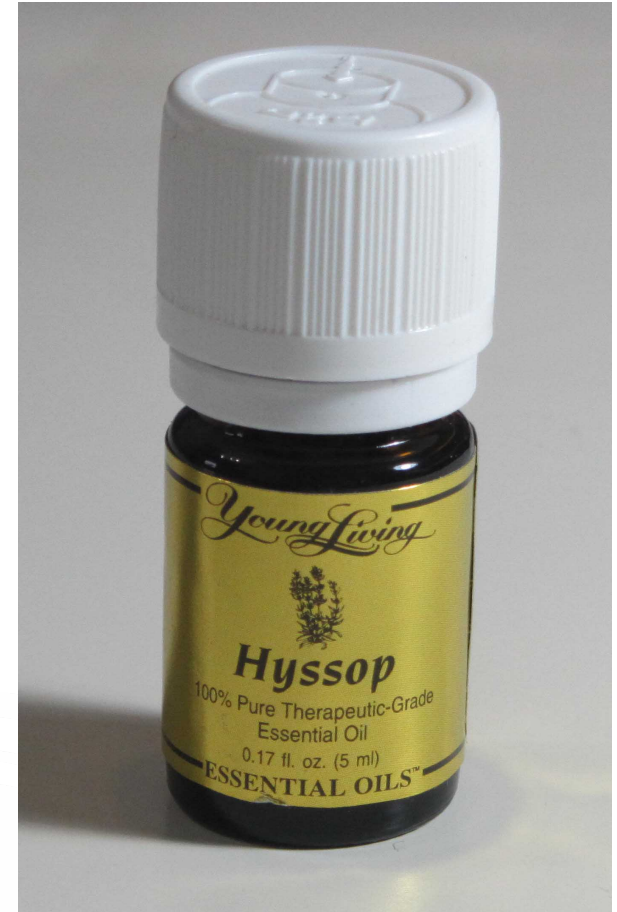
# HYSSOP

On the energetic plane Hyssop enables the discovery of hidden fear, which lies buried in the unconscious mind. By releasing stress from the nervous system hyssop allows us to become aware of how our nerves have been burdened with this stress. Hyssop teaches us to be less stiff and inflexible and more gentle to our self. It decreases the drive to follow fanatic beliefs and allows the energy to relax.

Hyssop is a great help to leaders. It shows that they themselves are the reason for being under pressure. By identifying the root of their obsessive longing for perfection alpha-people are able to develop more self acceptance and compassionate tolerance.

Hyssop makes us see mistakes as a part of life experience and not as mistakes. Mistakes are being recognized as true blessings in the perfection of Gods chosen hour.

As soon as we learn from our “mistakes” we change the energy and everything becomes a positive learning experience.



# HYSSOP

Give Hyssop and water into a spray bottle and spray it in rooms to clear them from negative emotions and depression. Hyssop transforms dense thought forms which are vibrating in the rooms atmosphere.

Reduce the tension which is caused by carrying along emotional burden by applying Hyssop on your shoulders. Applied on the reflex points of the lungs, feet and hands Hyssop dissolves blockades caused by inner grief. Apply Hyssop with pressure on the intestinal reflex points of hand and feet to release stagnating energies from intestines and remove toxins from the physical body.

Caution: Epileptics and people with high blood pressure should consult a doctor or qualified alternative practitioner before applying hyssop oil.



# HYSSOP

- ~ Hyssop dissolves conditioning from the past ~
  - ~ It clears thought forms and inner grief ~
  - ~ It clears the aura and the field of energy ~
- ~ It solves blockades of the heart and lower chakras ~

In 1745 a translator proposed 18 different plants to be the hyssop of the bible.

While the correct subspecies remains unknown, hyssop may be definitely identified by its antiseptic and purifying properties – this herb was used for many purifying rituals and ceremonies.

*"Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow."*

*~ Psalm 51:6,7*



# MYRTLE

Dr. Penoel studied Myrtle's ability to restore the balance between thyroid and ovaric hormones. It balances thyroid function, stimulates the liver and may release anger.

~ Myrtle oil represents divine female energy ~

~ The myrtle tree is the symbol of the mother of heaven~

~ Myrtle oil releases accumulated anger from the liver ~

~ Branches of myrtle are used by the jews in order to celebrate the festivity of tabernacle ~

*"and that they should proclaim it and publish it in all their towns and in Jerusalem, "Go out to the hills and bring branches of olive, wild olive, myrtle, palm, and other leafy trees to make booths, as it is written." ~ Nehemiah 8:15*





## MYRTLE

The Fragrance of Myrtle provides access to the pure, the absolute, where there is no ego, where everything becomes one and the one becomes everything. It embodies the quality of truth, forgiveness and divine love which embraces all beings. Myrtle oil balances male and female qualities and brings about harmony by solving inner conflict and confusion. In ancient times the myrtle tree used to be the symbol of the Sumerian mother of heaven, Marienna. It also represents the Greek Goddess Aphrodite.

Myrtle helps us to understand the impermanence of matter. As soon as we come to understand impermanence we solve the conflict between the soul's immortality and the imptience of personality.

Myrtle oil may ease allergies by giving us insight into the person or thing which is irritating us.





## ONYCHA

No matter what stirs our spirit, the soul must have the right to speak, to permeate the whole being.

This resin carries the sun's power and fire. It opens up our heart and mind and enables us to receive gifts which have previously been denied. Onycha allows the spirit to receive from the soul, in feeling, in knowing, in being.

Onycha Essential Oil may lead you towards knowledge in times of confusion. It assists you in making decisions with the heart and shows you the way home to the sacred sites of the soul.

The message of Onycha is not to refuse difficult situations, but to listen to the guiding dictates of our soul, which offer to us peace and perception on our way to enlightenment. Onycha provides spiritual protection.



## ONYCHA

- ~ Onycha is a great consoler and protects us from outer influences and disturbances ~
- ~ Soothes irritated nerves and balances the endocrine system~
- ~Onycha an ingredients of one of Mose's special formulas~

Patricia Davis, a therapist, says: "I used Benzoin (Onycha) to help sad, lonely and worried people. We may recognize the parallels to its ancient use. Formerly Onycha was used to cast out demons. But what are the demons of today if not those psychological states...."

*"And the Lord said unto Moses, Take unto thee sweet spices, stacte, and onycha, and galbanum; these sweet spices with pure frankincense: of each shall there be a like weight":*  
~ Exodus 30:34



## THE ROSE OF SHARON

The Rose of Sharon is a burnet rose from the Holy Land.

It embodies the fragrance of prophetism, vision and the search for truth. The Rose of Sharon can not give us the answer, it can not speak to us, but it can bring to the fore the eternal knowledge which lies inside all living beings. The Rose of Sharon affirms - the universal consciousness can be found and realized within our being. Only the complete dissolution in God remains out of reach as long as we play our role here on earth.



## THE ROSE OF SHARON

~ The Rose of Sharon is also known as Cistus~

~ To support the immune system apply along the spine~

~ Gives us visions of truth and inner knowledge ~

This beautiful rose has a soft and honey-sweet fragrance and grows on a small bush.

*"I am the Rose of Sharon, a lily of the valleys"*  
~ Song of Salomon 2:1



## SPIKENARD

Jatamansi as it is called in India, is the perfect Oil to calm down nerves. Spikenard acts grounding and calms the agitated mind. In India it is known as a digestive aid. Use one drop after meals to settle the stomach. Stimulating the mail hormone system it gives strength and courage.

It enables people to take responsibility for their life.

Spikenard may be used to prepare for leaving the body, just before the soul goes back to the souls world. It enables us to leave behind the fear of the unknown and go forward.





## SPIKENARD

Spikenard helps us to reconcile with whatever happened to us in this lifetime and to make peace with those who may have hurt us. It is the fragrance of forgiveness. Its purpose is to release the past from the chains we forged. The chains which mercilessly compel us to repeat those acts which are directed against the freedom of spirit.

- ~ Spikenard, Myrrh and Sandalwood were the favored anointing oils in ancient Egypt. ~
- ~ According to one of Nostradamus prophecies the Oil of Spikenard will be the only cure in a time where lumps of skin and flesh will come off of peoples bones. ~



## SPIKENARD

This Oil was contained in the flask which Mary Magdalene broke over Jesus' head. Because of the oil's value the apostles were dissatisfied. But the Christ told them Mary Magdalene was right and righteous in her acting. There are different views why Mary Magdalene might have done this: maybe to prepare Jesus for his crucifixion; maybe to help him to forgive all the unrighteous deeds done to him; maybe to give him the courage to face the end of this life, the end which he already knew.

Spikenard is a very valuable Oil and was sealed in vases of alabaster in ancient times.

*"nard and saffron, calamus and cinnamon, with every kind of incense tree, with myrrh and aloe and all the finest spices."  
~ Song of Solomon 4:14*



## SPIKENARD

*" And 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. And there were some that had indignation within themselves, and said, Why was this waste of the ointment made? For it might have been sold for more than three hundred pence, and have been given to the poor. And they murmured against her. And Jesus said, Let her alone; why trouble ye her? she hath wrought a good work on me. For ye have the poor with you always, and whensoever ye will ye may do them good: but me ye have not always. She hath done what she could: she is come aforehand to anoint my body to the burying"*

~ Mark 14:3-8



