Scriptures regarding eating habits, herbs, healing:

Genesis 1:11-13 Then God said "Let the land produce vegetation: seed bearing plants and trees on the land that bear fruit and seed in it, according to their various kind" and it was so. The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds, And God saw that it was good. ...

Genesis 1:29-31 Then God said "I give you every seed bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. and to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground - everything that has the breath of life in it - I give green plant for food"
Genesis 1 29-30: "And God said, I have given you the seed-bearing plants throughout the earth and all the fruit trees for your foods. And I've given all the grass and plants to the animals and bird for their food."

Genesis 9:3-5: "Every moving thing that lives shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall you not eat."

Genesis 13:14-16
Rachel requests the mandrake from Reuben. The plant was considered magical. AKA love apples.

Genesis 30:37-43 The poplar tree was used by Jacob. When his father-in-law promised him all the sheep and goats born with a mottled and striped coat, Jacob cut poplar branches and arranged them in front of the animals in a criss-crossed pattern, while they were mating. An unusually high number of stripped and mottled young were born that season.

Exodus 12:7-8 Then they are to take some of the blood and put it on the sides and tops of the door frames of the houses where they eat the lambs. That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast". Passover in Egypt.

Exodus 16:3-4 Now the house of Israel called its name manna; it was like coriander seed, white and the taste of it was like wafers made with honey.

Exodus 26;15 "you shall make upright frames of acacia wood for the tabernacle.

Exodus 29:7 Take the anointing oil and anoint...

Exodus 30:25 It will be the sacred anointing oil.....

Exodus 30:22-25 cinnamon

Exodus 20:3: "Thou shalt not kill"

Deuteronomy 14:23

Ezekiel 4:9
As described in the Holy Bible "Take also unto thee WHEAT, and BARLEY, and BEANS, and

LENTILS, and MILLET, and SPELT, and put them together in one vessel, and make bread of it".

Deuteronomy 8:8 Wheat, Barley, vines, fig trees, pomegranates, olive oil, honey. Jesus ate barley bread at passover. Barley was a peasant food but is rich and is insect resistant.

Ezekiel 27:17 Judah and Israel traded with you, they exchanged wheat from Minnith and confections, honey, oil and balm for your wares.

Ezekiel 47:12 1-11

Numbers 9:11

Numbers 11: 4-6 We remember...the leeks, the onions and the garlic.
The Israelites complaining they missed these after leaving Egypt.

Numbers 11 7-9

Numbers 11:5 We remember the fish we ate in Egypt for nothing, like cucumbers, the melons, the leeks, the onions and the garlic.

Numbers 17:8 .... it put forth buds, produced blossoms and bore ripe almonds.

Song of Solomon 7:12-13 The Mandrakes give a smell, and at our gates are all manner of pleasant fruits...

Song of Solomon 4:13-15 Your plants are an orchard of pomegranates with choice fruits, with henna and nard, nard and saffron, calamus and cinnamon with every kind of incense tree, with myrrh and aloes and all the finest spices.

Song of Solomon 2:5: Strengthen me with raisins, refresh me with apples.

Song of Solomon 1:13 and 4:6 Myrrh is compared with the joys of sexual love.

Ecclesiastes 3:19: "Even one thing befalleth them: as the one diet, so dieth the other; yea, they have all one breath, so that a man hath no pre-eminence above a beast."

Isaiah 7:15,22 he will eat curds (yogurt) and honey when he knows enough to reject the wrong and choose the right

Esther 2:12 .... Six months with oil of myrrh and six months with perfumes and cosmetics for women. (myrrh being used as part of the beauty treatment given to the wives of the king)

Psalms 51:7 " Purge me with hyssop and I shall be clean, wash me, and I shall be white than snow.

Jeremiah 23:15 Therefore thus says the Lord of hots concerning the prophets "behold I will feed them with wormwood and give them poisoned water to drink, for from the prophets of jerusalem ungodiness has gone forth into all the land.

Job 30:4 food for Job is the saltwort plant (malow) similar to spinach.

Isaiah 11:6-9: "On that day the wolf and the lamb will lie down together, and the leopard and goats will be at peace. Calves and fat cattle and goats will be safe among lions, and a little child shall lead them all. The cows will graze among bears; cubs and calves will lie down together, and lions will eat grass like the the cows. Babies will crawl safely among poisonous snakes, and a like child who puts his hand in a nest of deadly adders (snakes) will pull it out unharmed. Nothing will hurt or destroy in all my holy mountain, for as the waters fill the sea, so shall the earth be full of the knowledge of the Lord."

Isaiah 28:27 Caraway is not threshed with a sledge, nor is a cartwheel rolled over cummin; caraway is beaten out with a rod, and cummin with a stick.

Isaiah 35:1 The wilderness and dry land shall be gland, the desert shall rejuoice and blossom; like the rose.

Isaiah 66:3: "He that killeth an ox is as if he slew a man; he that sacrificeth a lamb, as if he cut off a dog's neck; he that offereth an oblation, as if he offered swine's blood

1 Kings 21:2

Proverbs 7:17-18 - I have perfumed my bed with myrrh, aloes and cinnamon.

Prov. 2:1 Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.
Leviticus 3:17 You must not eat any fat or any blood.

Proverbs 12:10: "A righteous man regardeth the life of his beast; but the tender mercies of the wicked are cruel."

Leviticus 11:2-3 Of all the animals that live on land, these are the ones you may eat: You may eat any animal that has a split hoof completely divided and chews cut (cows and sheep, not pigs). However they were not grown on chemicals as our polluted high fat animals are. The rabbit has split hoof but doesn't chew cut so it was forbidden. So were eagles, vultures, ravens, owls, osprey, storks, herons, bats. No insect eating except locust, katydid, crickets, grasshoppers. Nothing with paws. No rats, weasels, geckos, lizards, chameleon. Nothing that moves about on the ground

Lev 11:9 You may eat creatures living in water of the seas and streams that have fins and scales (not shellfish as they gather poisons)

After the flood Moses said God gave us permission to eat meat with rules attached. Toxins accumulate as you move up the food chain.

NEW TESTAMENT:

Matthew 2:11 Myrrh is mentioned as one of the wise men's original gifts to the Christ Child.

Matthew 9:13 & 12:7: "I require mercy, not sacrifice" - Jesus. [Meat eating was commonly considered part of sacrifices. Sacrificial offerings often entailed meat consumption and a strict reading of Leviticus 17: implies that, indeed, all meat consumption necessitated a sacrifice. Also, the noted confrontation of Jesus in the Temple suggests that he was not at all pleased by the desecration of the Temple by the money changes and by "those where were selling oxen and sheep and pigeons" (John 2:14-15) since these animals were being sold for sacrifice

before being eaten.]

Matthew 13:31 (mustard) the least of all seed: but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof.

Mark 67:41: Jesus fed multitude with fish and loaves of bread.

Matthew 23:23 Woe to you, scribes and Pharisees, hypocrites! for you tithe mint and dill adn cumin, and have neglected the weightier matters of the law, justice and mercy and faith..."

Luke 11:42 Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden plants, but you neglect justice and the love of God. You should have practices the latter without leaving the former undone.

Luke 11:42 But woe to you Pharisees, for you tithe mint and rue and every herb and neglect justice and the love of God, these you ought to have done, without neglecting the others.

Luke 21:34 Take heed to yourselves, lest at any time your hears be overcharged with overeating and drunkeness

John 19:38-42 Later Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jews. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about 75 pounds. Taking Jesus' body, the two of them wrapped it, with the spices in strips of linen. This was in accordance with Jewish burial customs.

Luke 24:43 Did Jesus eat fish? On the two occasions where he is said to have eaten fish, these occurred after his death and resurrection. However, there is a lot of symbolism in the Bible and fish was a well known mystical symbol among these early Christians. The Greek word for fish was used as an acronym whose initials in Greek stood for "Jesus Christ, Son of God, Savior". It is doubtful that Jesus ate fish. He did most of his spiritual training with the Essenes at Koumarin and they are known not only to be vegetarian, but they only ate raw vegetables and no root vegetables so as not to kill the plant.

John 4:8 "were gone away unto the city to buy meat" is an incorrect translation from King James version. The Greek word means nutrition in the generic sense as in "food".

John 19:39-40 ...they took the body of jesus and bound it in linen clothes with the spices (myrrh and aloes), as is the burial custom of the Jews.

Romans 1:16-18 ...remember that it is not you that support the olve root, but the root that supports you...

Hebrews 6:7

Cor 10:14-33. Paul seems to think that eating flesh is alright if no one is offended! It would seem then to be contradicting that of Jesus and God. Has it been perhaps incorrectly set forth in the passage? The early Christian fathers adhered to a meatless regime. The writings of the early Church indicate that meat eating was not officially allowed until the 4th century when

Emperor Constantine decided that his version of Christianity would be the version for everyone. A meat eating interpretation of the Bible became the official creed of the Roman Empire and vegetarian Christians had to practice in secret or risk being put to death for heresy. It is said that Constantine used to pour molten lead down their throats if they were capture. Constantine is also the Emperor who systematically removed the message of reincarnation from the bible.

Revelation 7:3: "Hurt not the earth, neither the sea, nor the trees."

Regarding Use of Oils

Exodus 29:7
Exodus 30;25
Deut. 14:23
1 Samuel 10:
1 Samuel 16:13
1 Kings 17:16
2 Kings 4:6
Psalm 23:5
Psalm 45:7
Psalm 104:15
Psalm 133:2
Proverbs 21:17
Isa 1:6
Isa 61:3
Matthew 25:3
Hebrew 1:9

THE ESSENES

The Essenes were known as an ascetic Jewish religious community at the time of Jesus. they were a brotherhood of holy men and women, living together in communities through the holy land.

Their principal founders were:
Jesus, Joseph & Mary, John the Baptist, St. Ann, John the Evangelist

As far as we know, near the end of Jesus life, he and Mary Magdalene and Mother Mary lived at Kumuron (where the Dead Sea Scrolls were found in around 1950). They lived as 'essenes' following strict practices of eating.

They were the pure beginnings of Christianity, not as we know it today, but as a group of Jews who felt they were separate, had more inner illumination and wanted to follow the inner mysteries of nature. They wanted to be highly disciplined and broke away from the Jewish sect, forming their own communities.

In order to become an Essene, there were tests to pass, this kept them focused and cohesive. They believed themselves to be the heirs of God's sons and daughters of old, obsessing advanced knowledge. They worked in secret for the triumph of the light over the

darkness of the human mind.

They established schools to accomplish their mission. They were the true saints, Masters of Wisdom, Heirophants, of the ancient arts of mastery.

They studied all religions, considering them stepping stones. At that time the foremost religions were:

Cadeans Zoroaster Hermes Trismegiste Moses Enoch Eastern

They had many rules to keep themselves apart and pure. They wore white. They had strict eating rules, absolutely no violence or killing of animals and plants. No contact with evil spirits. An absolute refusal to lie or compromise. They considered themselves the guardians of the Divine teachings and spend much time decoding ancient manuscripts.

Their mission was to awaken souls and then initiate them into the mysteries of the Essenes, for their path of evolution.

The Hebrews called them the School of the Prophets. The Egyptians called them the Healer, the Doctors. They were greatly respected for their honesty, discretion, good nature, pacifist, strong devotion and healing abilities. They kept their law of secrecy regarding their internal doctrines.

They owned property and had offices all over but the main community where Jesus lived was called Qumran. It was at Qumran that the Dead Sea Scrolls were buried. After the death of Jesus, the Romans started to destroy Jerusalem.
The Essenes buried the manuscripts of the ancient old testament in a cave in jars which were not discovered until 1947.

In 1947 an Arabian shepherd boy found the Dead Sea Scrolls in a cave, stuffed in jars - scores of paprus scrolls covering the old testament - the original writings of the Hebrew scripture. They are so valuable because scrolls written later, were destroyed by the Romans.

The Dead Sea Scrolls show not just one Hebrew scripture, but dozens. Greek (septuagint) was largely used in Judea. They were written by the Essenes. The Catholic church sequestered the scrolls for 50 years, but upon the termination of the 50 years in 1997, they have refused to turn the scrolls over to public domain so all could benefit from what the old testament truly said.

The Bible as we know it has been rewritten and rewritten, with many books left out and much manipulation done by those who thought it better that people didn't know certain information. Most information about angels has been removed because they felt people would become too attached to them.

Most information about women in sacred position were left out because women were by and large not esteemed as humans, much as were animals.

Philo of Alexandria (30BC - 40AD) gives a good account of the essenes from his writing.

JESUS ESSENE DIET

1. **Eat only the part of a plant that can be eaten without killing the plant.**
   (eg. grapefruit, grapes, figs, dates, corn, squash, broccoli, almonds, sunflower seeds) Lettuce can be eaten if harvested correctly by picking the outer leaves rather than uproot the plant as the plant will continue to grow more leaves, eventually it will go to seed and grow again

2. **All foods should be raw - uncooked - if at all possible.**

3. **Grains such as wheat can be eaten. In order not to cook it, soak it and sprout it. Then you can either eat the grain sprouts (eg. wheatgrass) in their raw state, or form them into loaves and put them in the sun to bake.**

4. **Do not cook anything over 118 degrees Fahrenheit or the enzymes (life) is destroyed. Also, some vitamins are destroyed with heat (esp. Vit. C, Biotin, Folic acid, some Vit. Bs). However you can prepare your bread in a food dehydrator and the living enzymes and nutrients will be preserved.**

5. **Milk from sheep and goats is easier to digest than the milk of a cow. All dairy products should be raw.**

6. **Do not cook anything.**

7. **Jesus refers to the term "fire of life" meaning foods heated only by the rays of the Sun. He gave specific instructions to moisten the wheat, place in the sun to receive life, then crush it and make into wafers.**

8. **Eat foods that are very fresh. Frozen and rotted foods will injure the body. Jesus said to eat what is fresh and in season, and what your local trees bear.**

9. **It is suggested the Essene Diet be accomplished in three phases:**

   i) Phase 1:

- **Eat 2/3 of your food raw, and only raw foods that can be eaten without potentially killing the plant eg. grocery store food.**

   ii) Phase 2.

- **Eat 100% raw foods that you assume have been harvested without actually killing the plant and it must be mostly organic.**
- **Do not overeat.**
- **Fast one day a week with only water and/or raw juices.**

- **iii) Phase 3.**
- *** * Eat 100% raw foods that which you have personal knowledge that the plant has not been killed, and it must be organic.**
- **Most people will benefit by growing their own at this stage.**
- **Eat no more than 2 major meals a day (piece of fruit or glass of juice does not count as**

a meal).

- **Do not eat your last major meal of the day any later than sunset.**
- **Save the seeds of the plants for later planting.**

MEAL PLANS:

PHASE ONE (eat 2/3 raw), do not use iceberg lettuce but do use dark green leafy type like romaine, Haas avocados are encouraged to be eaten, meals are mono in theme. If you have a salad for lunch, then have the cooked meal at dinner and vice-versa.

Breakfast(choose one):

- **4 organic bananas**
- **4 organic bananas blended with a little water and carob powder**
- **bowl of organic figs(dried or fresh)**
- **raw organic fruit juice**
- **raw organic vegetable juice**
- **2-3 organic apples**

Lunch (choose one):

- **2 baked potatoes**
- **2 baked sweet potatoes**
- **steamed brown rice**
- **baked squash**
- **large vegetable salad**
- **Essene bread**

Dinner (choose one):

- **large veg. salad**
- **raw food recipe from"Conscious Eating" Book**
- **2 baked potatoes**
- **2 baked sweet potatoes**
- **baked squash**
- **steamed millet**
- **a gourmet raw food dish from "Angel Foods - Heavenly foods for Heavenly Bodies"**

Snacks:

- **raw fruits**
- **raw vegetables**
- **raw juices**
- **raw or fermented dairy or essene bread**

PHASE TWO:

Breakfast:

same as Phase one

Lunch: (choose one)

- **If you had juice for breakfast, select one of the non-juice items from breakfast list for lunch such as melon or three apples or a bowl of figs**

- **Essene bread cooked in sun or dehydrator**
- **Nuts or seed cheese**
- **Several ears of raw corn on the cob**
- **One or two haas type avocados**
- **Soaked nuts or seeds**

Dinner (choose one):

- **if you did not have the large vegetable salad at lunch, have it for dinner. Unless you are fasting, every day should include a large vegetable salad.**
- **any item from the lunch list**
- **if you have not yet had a fruit meal, select a fruit meal from the breakfast list.**
- **select a gourmet raw food main dish from "Living in the Raw" by Rose Lee Calabro.**
- **select a gourmet dinner from the recipes available from the Essene Church.**

PHASE THREE

Breakfast:

- **No solid food is permitted before noon. Choose one of the following:**
- **Go for an early morning walk and breathe deeply the fresh air. Recite the words of the**
- **Essene Communion with the Angel of Air "Angel of Air, enter my lungs, and give the air of life to my whole body".**
- **Drink some pure water immediately after reciting "Angel of Water, enter my blood and give the water of life to my whole body"**
- **Drink some raw vegetable or fruit juice immediately after reciting "The Earthy Mother and I are One. She gives the food of life to my whole body".**
- **Hug a tree as you recite the words "Angel of Life, enter my limbs, and give strength to my whole body"**
- **Stand barefoot in the soil or on the grass and recite the words of the "Angel of Earth, enter my generative organs, and regenerate my whole body".**
- **Sit in your garden, behold the beauty as you recite "Angel of Joy, descend upon Earth and give beauty to all beings".**

Lunch: (choose one)

- **stand for awhile by an apple tree. When you notice an apple fall to the ground, pit it up and eat it. Or gently shake a limb so that the ripest apple falls to the ground. Or pick the apple that looks the ripest and smells the best. If you want another, repeat the process.**
- **stand by a different kind of fruit tree and do similar as you did for the apple.**
- **chew some wheat grass and swallow the juice.**
- **offer to pick untended fruit from your neighbors tree in exchange for a portion of the**
- **harvest, share with friends.**
- **visit local organic farm, buy several ears of corn and sit and pray, then eat the corn.**
-

Dinner: (choose one)

- **walk in your garden. Notice a perfectly ripe vegetable, give love to the plant the vegetable is growing In.**
- **promise to plant a seed from the vegetable next spring. Eat the vegetable, right there in the garden. Repeat the process with another ripe vegetable.**

- **in your garden, squat near a row of lettuce. Carefully harvest the outer leaves of several**
- **lettuce plants, without uprooting the plants. Eat the leaves.**
- **when you have more cucumbers in your garden that you can eat, pick several and juice**
- **them. Add some freshly picked greens. Drink the juice and notice how good you feel.**
- **instead of eating, meditation in your garden.**
- **instead of eating, dance in ecstasy in your fruit orchard.**
- **when especially hungry eat two large Haas avocados.**
- **have a feast: a large vegetable salad from whatever is ripe in your garden, invite**
- **friends over to share the feast. After dinner, form a song circle and sing sacred songs together.**

Supporting Information from the Essene Literature:

Quotes from Jesus Statements taken from the Essene New Testament and the Essene Gospel of Peace:

Jesus declares: "Verily I say unto you, they who partake of benefits which are gotten by wronging one of God's creatures, cannot be righteous: nor can they understand holy things, or teach the mysteries of the kingdom, whose hands are stained with blood or whose mouths are defiled with flesh....Wherefore I say unto all who desire to be my disciples, keep your hands from bloodshed and let no flesh meat enter your mouths"

"A disciple of Jesus asked him a question, saying "Master, if there come to us any that eat flesh...shall we receive them?"

"And Jesus said unto him, let such abide in the outer court till they cleanse themselves from these grosser evils; for till they perceive, and repent of these, they are not fit to receive the higher mysteries".

" For of the fruits of the trees and the seeds of the earth alone do I partake, and these are changed by the Spirit into my flesh and my blood. Of these alone and their like shall ye eat who believe in me, and are my disciples, for of these, in the Spirit, come life and health and healing unto man."

"God giveth the grains and the fruits of the earth for food; and for righteous man truly there is no other lawful substance for the body....For God is just and bountiful who ordaineth that man shall live by the fruits and seeds of the earth alone."

"Wherefore, prepare and eat all fruits of trees, and all grasses of the fields, and all milk of beasts good for eating. For all these are fed and ripened by the fire of life; all are the gift of the angels of our Earthly Mother. But eat nothing to which only the fire of death gives savor, such is of Satan".

"But I say unto you: Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death comes always death. For everything which kills your foods, kills your bodies also....Therefore, eat not anything which fire, or frost, ...has destroyed I tell you truly, live only by the fire of life, and prepared not your foods with the fire of death."

"How should we cook our daily bread without fire, Master?" Jesus replied "Let the angels of God prepare your bread. Moisten your wheat, that the angel of water may enter it. Then set it in the air, that the angel of air also may embrace it. And leave it from morning to evening beneath the sun, that the angel of sunshine may descend upon it. And the blessing of the three angels will soon make the germ of life to sprout in your wheat. Then crush your grain, and make thin wafers....Put them back again beneath the sun...And the same sun which with the fire of life, made the wheat to grow and ripen, must cook your bread with the same fire. For the fire of the sun gives life to the wheat, to the bread and to the body. But the fire of death kills the wheat, the bread and the body."

"And whatsoever ye do unto the least of these my children (the animals), ye do it unto me. For I am in them, and they are in me. In all their joys I rejoice, in all their afflictions I am afflicted. Wherefore I say unto all who desire to be my disciples, keep your hands from blood shed and let no flesh meat enter your mouths."

"Verily I say unto you, for this end have I come into the world that I may put away all blood offerings and the eating of the flesh of the beasts and the birds that are slain by men. (Jesus is referring to the dietary injunction of God in Genesis 1:29)

"In the beginning, God gave to all, the fruits of the trees, and the seeds, and the herbs for food; but those who loved themselves more than God or their fellows, corrupted their ways and brought diseases into their bodies and filled the earth with lust and violence"

"For...frozen and rotted foods will...freeze and rot your body also...From the coming of the month of Ijar, eat barley; from the month of Sivan, eat wheat, the most perfect of all seed-bearing herbs....And from Tammuz, eat the sour grape, that your body may diminish and Satan may depart from it. In the month of Elul gather the grape that the juice may serve you as drink. In the month of Marchesvan, gather the sweet grape, dried and sweetened by the angel of sun, that your bodies may increase, for the angels of the Lord dwell in them. You should eat figs rich in juice the months of Ab and Shebat....And the herbs which come after rain, these eat in the month of Thebet, that your blood may be cleansed of all your sins. And in the same month begin to eat also the milk of your beasts, because for this did the Lord give the herbs of the fields to all the beats that render milk.....Eat not unclean foods brought from far countries, but eat always that which your trees bear."

"And when you eat, never eat unto fulness. Flee the temptations of Satan, and listen to the voice of God's angels. For Satan and his power tempt you always to eat more and more. But live by the spirit and resist the desires of the body....So give heed to how much you have eaten when you body is sated and always eat less by a third....."

NOTES:

A. The Essenes were a small mystical branch of Judaism at the time of Christ, which evolved into Christianity. It is thought that the Dead Sea Scrolls were the product of this Jewish sect called the Essenes around 150 BCE.

The Essenes use ancient scriptures which describe a time when human beings were radiant beings of light, without dense physical bodies, existing on subtle energies such as air and light, without the need for dense food. It is said they practiced celibacy, purification of body, strict eating of vegetarianism and harmlessness. They had a much faster vibratory frequency than our current physical frequency.

Several hundred previously unknown works have now emerged with, with all the canonical Old Testament/Hebrew Bible books total over 800 documents written with several hundred scribal hands.

B. Dr. Edmond Bordeaux Szekely in 1929 discovered and translated The Essene Gospel of Peace, an ancient text which included Jesus' teachings on raw foods. Dr. Szekely cured many lepers in Tahiti, than opened a health clinic in Mexico treating 123,600 people over a 33 year period this way. 17% of the people were listed as "incurable". Of the 123,600, 90% regained full health, including many of those incurable.

C. The Essenes give up eating the bodies of butchered animals for 3 primary spiritual

reasons:

1. **Compassion, as illustrated by Jesus.**
2. **Enhanced Communion with God. A diet of raw vegetarian foods, due to its vital subtle energies which feed our aura, will enhance and intensify our direct communion with God and cosmic consciousness. (Read Spiritual Nutrition and The Rainbow Diet by Dr. Gabriel Cousens)**
3. **To better serve God.**

The question one might ask is "why do we eat". The Essenes would say, the only reason we exist is to serve God.

D. Gerson Cancer Hospital in Mexico relies on raw foods to cure cancer.

E. Raw food diet cured Albert Schweitzer's wife of TB, and Albert Schweitzer himself of his diabetes.

F. Ann Wigmore proposed a raw food diet, and treated heavily with fresh wheatgrass juice, curing the thousands of people who came to her.

G. Pythagoras in 500 BC used raw foods to heal people with poor digestion.

H. There is good argument that the eating of raw root vegetables would be acceptable inasmuch as in most parts of North America, they are going to die in the ground when winter comes and will not live by seeding themselves for the next year. Most root vegetables are harvested in the fall, at the end of their life cycle.

Potatoes can be harvested without killing the plant by taking only a few potatoes and leaving the rest of the plant in tact. Honey can be harvested by only taking a portion of the honey from the hive.

I. Essenes do not want to kill anything, they love everything. They don't even want to kill plants. They don't want to kill insects or bacteria, all has purposes. Transmutation is their prayer. They work towards Angelic ascension.

References:

Spiritual Nutrition and The Rainbow Diet by Dr. Gabriel Cousens
Conscious Eating by Dr. Cousens
The Essene New Testament
The Essene Gospel of Peace
The Gospel of Thomas
Pliny the Elder on the Essenes
Conquest of Disease, Dr. Morris Krok
The Book of Thomas the Contender
Rev. Brother Nazariah, The Essene Church of Christ, Box 516, Elmira, Oregon 97437 (541) 935-5223.
www.essene.org/Jesus_Diet.htm

The healthiest recommendation in the Bible is to "eat with bitter herbs". Jews still use bitter herbs in their Passover feast. Bitter herbs: chicory, dandelion, endive, lettuce, sheep sorrel, watercress contain nutrients and phytochemicals or plant medicines.

Son of Solomon mentions camphor, lily of the valley, rose, calamus, cinnamon for fragrance.

Henna was used to color the hair and decorate the body.

Saffron and safflower were sources of yellow dye.

Frankincense and myrrh were burned in religious ceremonies and preparing the dead for burial.

Tragacanth and galbanum were valued aromatic gums

Myrtle is mentioned in both old and new testaments.

The apple mentioned in the bible may have been the pomegranate, a good source of estrogen, called estrone.

Prophet Isaiah treated King Hezekiah's boils with fig juice.

Morphine from the opium poppy was used as a calmative.

Bay leaf which contains costunolide might have contributed to prevention of cancer.

ALMOND/ ALMOND OIL

Almond tree is first tree that flowers in Palestine, and it became the symbol of the reemergence of the Jewish people after the destruction of the Temple in Exodus.
In Numbers God had Moses collect the staffs, symbols of power and authority from each of the 12 tribes of Israel and plant them into the ground under the tent of the covenant. The next morning Moses returned to the tent to find the rod of Aaron blooming as an almond tree. The menorah was designed after the almond tree. Hebrews see the sweet and bitter almonds and a metaphor for their people living with the bitter and the sweet. The sweet is the growth and endurance of the Jews; the bitter are the days of slavery and displacement.

Almond Oil is one of the best oils for the skin. Here's a good recipe:
1/4 cup almond oil 1/4 cup aloe vera gel
1 tbsp rose hip seed oil 2 tsp Vit. C powder
5 gels of 400 IU Vit. E (squeezed out)
8-10 soft gells 1,000 mg evening primrose oil (squeezed out)
Add up to 5 drops or 1 tsp total of one or more of:
yarrow, lavender, peppermint, chamomile, orange, comfrey, calendula oils.
Refrigerate, shake before using.

ANCIENT HEALING OILS

Most of these are mentioned in the Bible and other ancient documents of that time when people used these oils to heal on all levels (and they still work). There is very little quality control over most of the oils offered in North America and most are distilled at too high temperatures, and cut with chemicals and synthetics which are fine for using as disinfectants, but not for emotional and spiritual healing.

Frankincense (Boswellia carteri)

- **Frankincense is also known as Olibanum and has been used for religious rites for centuries. Often referred to in the first several books of the old testament. It is used to treat internal and external ailments.**
- **Frankincense is a gummy resin found in small thorny trees called Boswellia Thurifera which grow in Africa, Yemen, and the Red Sea countries. The sap from the trees oozes out forming small white peas, which harden in the air and turn yellow. These are burned for the aroma. The oil of Frankincense is calming and soothing and deepens breathing, so is easily used in a vaporizer.**
- **This sweet protector of the heavens operates far beyond the auric field, in the light realms. It is adaptogenis - it will adapt to a person's spiritual state of being. Holding the wisdom of the ages, it waits for what is asked of it, and can do all that may be required. If it encounters malevolent energies attached to a person, it has the authority and power to assist in the removal of all that is unwanted.**
- **In the cases of spiritual shock or loss, when the spirit can step out of the body, Frankincense can gently ease us back to our earthy home.**
- **Frankincense helps each of us connect to that part of ourselves which is eternal and divine. It is one of the most ancient of the incenses, having been in use for at least 3,000 years.**
- **Frankincense increases oxygenation, which increases the life force in the physical body. It can help with memory. It opens the 3rd Eye for connection. It can be used for tumors, along with Lavender. Helps clear away brain fogs. Frankincense has a sesquiterpene level of 8-11%**
- **The Hebrew word of frankincense, levonah (sometimes translated as 'incense') is mentioned in the Bible 22 times and referenced indirectly another 59 times. "Who is this that cometh out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense with all powders of the merchant?" (Song of Solomon 3:6)**
- **You can also add 5-6 drops to a bath for sedating and calming a person.**
- **frankincense, is an immune modulator, stimulates the anterior pituitary for human growth hormone secretion, increases oxygen around the pineal gland which increases the receptor sites (spiritual receptor sites also).**
- **Frankincense (referred to in the Bible over 52 times) is considered the Holy Anointing Oil, more valued than gold!**
- **It is high in sesquiterpenes which helps stimulate the limbic system of the brain (center of emotions) as well as the hypothalamus, pineal and pituitary glands. It increases spiritual awareness, promotes meditation. May improve attitude and uplift spirits.(5)**
- **frankincense works on the receptors of the brain and pituitary. It was the preferred oil of Christ to anoint and heal with.**

Its constituents:

- monoterpene, sesquiterpenes, a gum resin, some effects like steroids

- **the sesquiterpenes allows to extend beyond the brain**
- **Hellicrysm and Frankincense are the only two that are more powerfully used alone then blended.**

It is used for:

- **anti-inflammatory**
- **anti-tumoral**
- **antiseptic, astringent**
- **anti-infection**
- **anti catarrah (in respiratory tract), asthma**
- **immuno stimulant**
- **anti-depressant**
- **nervous depression, calms**
- **good for meditation**
- **ulcers**
- **combine with thieves formula and use on feet for immune help**
- **skin care, dull/aging wrinkled skin**
- **use straight on herpes cold sores or mix with**
- **bergamot and calendula**
- **respiratory, expectorant, massage into throat for**
- **lymphatic drainage, put in kleenex and breathe**
- **up into nose or blow nose**
- **hemorrhoids**
- **most valued and prized possession of olden days, regarded as a holy oil and used by priest to anoint ill people. Proverbs 27:9 says Ointment and perfume rejoice the heart. They were most likely referring to frankincense and others.**
- **Physicians became great users of Frankincense.**
    - **deepens breathing**
    - **Influence is spiritual awareness and meditation**
    - **if it encounters malevolent energies attached to a person, it has the authority and power to assist in the removal of all that is unwanted.**
    - **in the cases of spiritual shock or loss, when the spirit can step out of the body,**
    - **Frankincense can gently ease us back to our earthy home.**
    - **helps each of us connect to that part of ourselves which is eternal and divine. One of the most ancient of incenses, used for at least 3,000 years.**
    - **increases oxygenation, which increases life force in the physical body.**
    - **-can help with memory, opens the 3rd eye for connection. Can be used for tumors, along with lavender and brain power. Helps clear away brain fog. Has sesquiterpine level of 8-11% Hebrew word for frankincense is levonah (sometimes translated as 'incense') is mentioned in the Bible 22 times and directly referenced another 59 times eg. Who is this that cometh out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense with all powders of the merchant? (Son of Solomon 3:6)**

Myrrh (Commiphora myrrha)

- **Also there is a ferny garden Myrrh called Sweet cicely.**
- **Myrrh was used for making a wash for infections. It was also used by Hebrews and Egyptians for incense, cosmetics, perfumes, and medicines, and for embalming the**

dead.

- **It was rare and expensive.**
- **It is a gummy resin from the Commiphora shrub, growing in Arabia and Abyssinia.**
- **Myrrh has one of the highest levels of sesquiterpenes, a class of compounds that has**
- **direct effects on the hypothalamus, pituitary and amygdala (the seat of our emotions).**
- **Myrrh promotes spiritual awareness and is uplifting.**
- **It is mentioned in Genesis 37:25; 43:11 and Exodus 30:23 as well as being one of the gifts**
- **brought for the Christ child. (3)**

Today we use Myrrh for

- **hypo-thyroidism, hyper-thyroidism**
- **vaginal thrush (1% diluted), stretch marks**
- **anti-inflam. ulcers, bronchitis, as an expectorant**
- **for athletes foot**
- **diarrhea, dysentery, viral hepatitis,**
- **sedative & stimulating**
- **astringent, anti-inflammatory**
- **used for skin**
- **to help circulation**
- **use for sore gums, for mouth infections, as mouthwash**
- **purity and spirit**
- **influence is spirituality and meditation**
- **Myrrh oil helps a person disengage from the mass consciousness conditioning. Social norms drain a person's spontaneous energy, obstructing the joy of being in the moment. Extended use of Myrrh oil**
- **empowers a person to develop their norms guided by Source.**
- **Using Myrrh helps with issues of trust. Intent coupled with the oil's gentle energy encourages looking at the fears that created the mistrust, and enables a person to admit to his loss of faith. Once resistance is acknowledged, trust in Self can begin rebuilding. Constraining emotions causes a very dense and weary feeling. People believe that denying heart feelings protects them but it only achieves keeping them in a state of separation and furthers the spell of illusion.**
- **These denied emotions create walls of armor around the aura, which block the physical body's ability to receive replenishing Pranic energy. Dense walls around the aura make it feel thick.**
- **Queen Esther was massaged with oil of myrrh for 6 months in preparation for her marriage to the kin (Esther 2:12). Myrrh was used in burial (John 19:39). It was the main ingredient of the holy anointing oil (Ex 30:23). It was also highly regarded by David and Solomon "I have perfumed by bed with myrrh and aloes and cinnamon" (Prov. 7:17)**

Myrtle (Myrtus communis)

- **The fragrance of myrtle allows entrance to the pure and absolute, where ego has no entrance, where all is One and One becomes all. Its spirit is truth, forgiveness, and divine love that embraces all living beings. Myrtle oil balances the inner male and female traits and achieves harmony by resolving internal conflict and confusion.**
- **In ancient times the Myrtle tree embodied the Sumerian Mother of Heaven, Marienna. The Goddess Aphrodite also was represented by this tree. Myrtle oil helps us understand the impermanent nature of matter. Once we understand this is resolves the conflict between the Soul's immortality and the personality's impatience.**

- **Myrtle represents Divine feminine energy. In the Bible, Queen Esther's Hebrew name was Hadassah which means 'myrtle' (Esther 2:7) Esther was her Persian name.**
- **This oil is helpful with allergies because it helps us gain insight into the something or someone that we are irritated with.**
- **Myrtle has been researched by Daniel Penoel, MD, for normalizing hormonal imbalances of the thyroid and ovaries. It balances hypothyroidism. It is also a liver stimulant and may release anger.**
- **Myrtle branches are still used by the Jews for the Feast of Tabernacles "Go forth unto the mount, and fetch olive branches, and pine branches, and myrtle branches, and palm branches, and branches of thick tress, to make booths, as it is written". (Nehemiah 8:15)**

Sandalwood

- **mild oil but has strong smell as it gets warmed by the body**
- **used in orient and Asia for thousands of years**
- **meditation, yoga**
- **beautiful for skin, for dry and aging skins too**
- **antiseptic, urinary, pulmonary, aphrodisiac,**
- **impotence, chronic bronchitis, obstinate diarrhea**
- **Influence is meditation, sexual feelings, healing**
- **chest/throat infections, decongestant, pulmonary antiseptic**
- **used for tense & anxious depression**
- **Sandalwood has been used in India for thousands of years as an enhancement to meditation and prayer. It quiets the mental chatter that can distract us in meditation. It allows the mind to move into the deepest states of meditation and connects us with the great cosmic prayer, the infinite meditation.**
- **Sandalwood affects Chakra energy in so many different ways because it is a very complex oil with many different actions at the subtle level. One of its greatest virtues lies in linking the Kundalini energy at the Base Chakra with the Crown Chakra. Its scent invokes a feeling of exotic sensuality and spiritual wholeness at the same time divine sensuality. Sandalwood aligns all the chakras and subtle bodies allowing a person to be totally in their body and learn to feel all the subtle energy around them.**
- **It helps keep you grounded, close to your divine essence, healing through periods of fear, allowing you to surrender to divine will.**
- **It helps reprogram the brain and stimulates the pituitary and pineal glands. It is a builder of the entire endocrine system. It is very high in substances that are similar to the male hormone (androgen).**
- **It is the regulator of the uterus.**
- **Sequiterpene content is 90% - they have the ability to pull oxygen into the cells and delete bad files from DNA.**
- **It is believed that the "aloes" of the Bible was fragrant sandalwood. "And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound weight" (John 19:39)**

Spikenard (Nardostachys jatamansi)

- **Known as Jatamansi in India, it is one of the best oils for calming the nerves. It is**
- **grounding and settles an out-of-balance mind. It is a post-digestive oil in India. (one**
- **drop taken near the end of the meal calms the stomach). It is a stimulant to the male hormonal system bringing courage and power. It helps people feel in charge of their lives.**

- **In preparation for the departure of the spirit to the heavens, spikenard allows us to release our fears of the unknown and have the courage to step forward. Spikenard helps to reconcile all that has happened to us in this lifetime upon the earth and to make peace with those who have hurt us. It is a fragrance of forgiveness. Its purpose is to release the past from the shackles of our own making, those that relentlessly bind us to repeating actions that affect the freedom of the spirit.**
- **This is the oil that Mary Magdeline anointed Jesus' feet in early in his ministry (Luke 7:36-38). It is the same oil Mary, the sister of Lazarus, applied to Jesus feet again 6 days before he was crucified (John 12: 1-3). Some of the disciples weren't happy with her action, as the oil was very costly. Jesus responded to them, saying "let her alone: against the day of My burying has she kept this" (John 12: 4-8). Perhaps the anointing was to prepare Jesus for his coming death, or to support him in forgiving all the injustices that had been done to him, or perhaps it was to bolster his courage to complete the life of which he knew the ending.**
- **A very expensive oil, spikenard was sealed in alabaster boxes "**
- **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" (Mark 14:3)**

Mandrake

- **In Genesis 13:14-16 it is mentioned. Throughout history the mandrake plant has been associated with fertility and sexual prowess. It's root resembles a human image. Hebrews considered it a protection**
- **against evil spirits, and used the potent extract to induce hallucinations.**
- **This plant if used incorrectly can cause dizziness, insanity and even death. In the biblical love ballad The Song of Solomon, there is reference to the pleasant smell given off by the mandrake.**

Mustard (Brassica nigra).

- **Described in Matthew 13:31 as growing into a tree which birds came lodge in - must be different than the mustard plant in our fields.**

Cedarwood (Cedrus atlantica)

- **Steadiness and balance is the message of the spirit of cedarwood. It is the spirit of integrity, of stability, of solidarity in all things. It has qualities that are often needed when the spirit is weakened by living too much, loving too hard, and being unable to forgive. It encourages the strength we need to continue on our pathway, and urges us to hold fast to our dreams, helping to bring our hopes to reality.**
- **Inhaling cedarwood oil relaxes an over-analytic mind. Use cedarwood oil before and after business meetings to generate greater clarity, to quickly perceive the core issue or to get to the point.**
- **Cedarwood has a purifying energy that helps to release emotional toxins lodged in the subtle bodies.**
- **Cedarwood oil aligns the heart chakra of the mental body to the physical and allows the experience of just being. Cedarwood oil stimulates memories of feeling true spiritual love and generates feelings of being totally accepted.**
- **From the might "Cedars of Lebanon" came the fragrant and long-lasting wood used to build Solomon's temple. "And he spake of trees, from the cedar tree that is in Lebanon even until the hyssop that springeth out of the wall" (1 Kings 4:33) Oil of cedarwood is**

also mentioned four times in Leviticus, Chapter 14, as a cleansing ritual applied to the right ear, right thumb, and right big toe – all release points for various stored emotions and compulsive behavior.

Cypress (Cupressus sempervirens)

- **Cypress oil is helpful in times of transition such as career changes, moving home, menopause and major spiritual decisions. Cypress also helps with painful transitions such as bereavement or the ending of close relationships. Cypress has frequencies that are in transition between the physical and spiritual (etheric plane), which is why it can be used to give strength and comfort at the time of death.**
- **Cypress helps re-establish the ability to flow with life without the anxiety of deciding what the next step is or how it will unfold. It offers strength and energetic protection to those who are vulnerable and insecure or who have lost their purpose. It can be used to move on from a situation.**
- **Using Cypress oil on the spleen point under the left rib cage clears blockages in energy flow and supports better assimilation of food. Cypress oil massaged into the abdominal and colon area releases stagnant energy and promotes production of white blood cells.**
- **Sympathetic and compassionate people must make a conscious effort to practice Divine Right Use of their empathy. When Divine Right Use is in effect, empathic abilities can provide very important diagnostic information about the energy denied or repressed in the unconscious mind or emotional body. Divine Right use employs appropriate empathizing energy and stays connected only as long as needed for interpreting information and then it consciously and fully disengages. It is up to the individual needing healing to decide how or how not to act upon the knowledge an empathetic person imparts. This keeps the empathic receiver from forming undesirable bonds with the facilitator.**
- **Cypress is good for anything in excess. It is very grounding. It is a balancer of the female system and is often combined with clary sage for hot flashes and is used to reduce or inhibit ovarian cysts.**
- **Cypress is good for aiding with the natural flow of things. Good with the transition of dying and with grieving.**
- **This oil is extracted from the cypress tree, which has wood so durable that the cypress doors of St. Peter's in Rose show no sign of decay even after 1,200 years. "He hewethe him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest". (Isaiah 44:14)**
- **antiseptic, calming, diuretic**
- **urinary infections**
- **hair loss**
- **anger, nervous tension**
- **cellulite**
- **tuberculosis, bronchitis**
- **highest sequiterpenes (95%) accessing blood/brain barrier, improving memory.**

Rose (rosa damascena)

Dried roses have been found in Egyptian tombs.

- Queen of Flowers
- 1 drop of rose oil = 73 flowers; 60,000 roses for one ounce
- taken by effleurage

- in Turkey the rose oil in diffusers date back before the 12th Century, as adjunct to worship services
- good for female reproductive system
- cleansing, purifying, regulating, tonifying the uterus
- good for loss of muscle tone in uterus eg. prolapse
- depression, nervous tension, grief, insomnia
- precursor like Vit. B
- skin care, all types esp. dry, aging, sensitive
- tonic effect on capillaries
- careful, 1 drop is enough
- increases bile production
- good to use in baths, skin lotions
- for the heart, stomach
- for the liver add 2 drops to pint, massage in skin
- 2 drops on broken capillaries
- dilute with water and honey in shampoo

Jasmine

- King of Flowers
- masculine quality
- anti-depressant
- stimulates if lethargic or depressed
- 1 drop is a lot, powerful
- done by effleurage
- good if lack confidence
- use in childbirth, when in labour relieves pain, strengthens contractions, speeds things up
- use for skin care
- coughs
- sexual

Rose of Sharon aka Rock Rose or Labdanum (Cistus ladanifer)

- This is a fragrance of prophecy, visions and all quests for truth. Rose of Sharon cannot provide answers, nor can it speak, but it stimulates the eternal knowledge that is intrinsic to all human beings.
- Rose of Share brings awareness that the universal spirit can be glimpsed and absorbed into our very being, although the complete merging with God must remain just out of reach while we fulfill our role here on earth.
- Not a true rose (Rosa damascena) the beautiful blooms of this plant have a soft honey-like scent and are thought to be the flowers of a shrub that grow wild on the Plains of Sharon, just west of Jerusalem. "I am the rose of Sharon, and the lily of the valley" (Song of Solomon 2:1)

Galbanum (Ferula gummosa)

- This oil allows for the shedding of old ideas and outdated behavior and attitudes, resulting in total surrender to the Creator. It sheds light on life's purpose and on the inner self. This oil may unveil sadness, wrongdoing, untruthfulness and crimes against the soul. It communicates with the deeper layers of self allowing for a gradual unfolding of truth. It is used to balance extreme or intense emotions. Galabanum has a sesquiterpene level of 11%. This oil is the main ingredient in the blend "Gathering"

because it aligns the brain with a person's spiritual purpose. Galbanum was a favorite oil of Moses.

- **It helps to maintain focus. It pulls energies together. It maintains group consciousness. It is surrendering oil. This oil has a pungent, balsamic odor. "And the Lord said unto Moses, Take unto thee sweet spices, stacte, and onycha, and galbanum; these sweet spices with pure frankincense: of each there shall be a like weight: (Ex. 30:34)**
- **Spiritually, Galbanum may help increase spiritual awareness and meditation.**
- **It's traditional use is mentioned in Egyptian papryi and the Old Testament (Exodus 30:34). At that time it was esteemed not only for its medicinal properties (spasms, infections), but also for its Spiritual properties. (3)**

Fir

- opens up respiratory
- bronchitis, resp. congestion
- antiseptic
- energy
- balances, grounds
- Influence is opening, connecting, protection

The Olive Tree

- **The leaf of the Olive Tree was carried by a dove to Noah on Mount Ararat, signaling the imminent recession of the flood waters. Individual olive trees can live over 1,000 years, leading to the use of olive oil as a longevity herb. There are Olive Trees in the Garden of Gethsemane in the Holy Land that are reputed to be still living since Christ slept there during his last night of freedom.**

The Almond tree

- **This tree symbolizes many things to the ancient Israealites. An almond tree grew from Aaron's staff that his brother, Moses, stuck into the ground.**
- **Almonds have been prized for their oil and nutritive seeds in many areas of the world. Almonds are an excellent high protein food, also rich in minerals.**

Cinnamon

- **Cinnamon is a delicious spice and was used in the holy oil used in the tabernacle to anoint priests and sacred vessels.**

Cassia (Cinnamomum cassia)

- **This is similar to cinnamon but it smells sweeter and more pleasant. It enhances circulation , supports the heart and empowers the will. It also supports the sacral chakra, especially during menopause. It is a good oil to use if you wake up in the morning and feel sluggish.**
- **Cassia energetically works to free the memories of enslavement held deep in the unconscious. It also assists us in remembering the reasons for a rebellious nature and distaste for authority that derive from lifetimes of being a slave, indentured servant, or powerless.**
- **Cassia has 90% phenol propenoids. Phenol propenoids increase frequency, which increases spirituality. Cassia was a key in the Holy Annointing Oil of Exodus 30 and highly antiseptic.**
- **Cassia was a key ingredient in the temple incense (Ex 30:24). Its euphoric properties**

are praised in Psalms: "All thy garments smell of myrrh, and aloes, and cassia, out of the ivory palaces, whereby they have made thee glad) (Psalms 45:8)

Holy Thistle

- **Name given from legend connected with Virgin Mary whose tears falling on the plant, give it the white substance which covers it. Use for calming, stress.**

Hyssop (hyssopus off)

- **Hyssop has a very long history as a cleansing herb. Both the Egyptians and the Hebrews used it. Use it to cleanse any area in which you are planning to meditate, pray or give a healing. Purging old beliefs that do not serve spiritual growth calms the internal struggle of conflicting realities and the emotional, mental, physical and etheric bodies begin to release the density of fear.**
- **Hyssop clears the density around the aura caused by mental chatter. Hyssop is a protective herb of the heavens. It is touched with the love and protection of the Divine.**
- **Hyssop oil initiates Divine self-acceptance and attracts the gaiety and mirth that are lost when carrying the burdens of guilt and duty.**
- **Hyssop expands lung energy by releasing guilt.**
- **Energetically Hyssop oil allows discovery of intense fears held in the unconscious mind by releasing stress held in the nervous system and allowing realization of how fears have arisen from past trauma.**
- **It helps to rid of past conditions. Clears dense thought forms. Clears the aura and energy fields.**
- **Clears inward grieving. Breaks up blockages from the heart and lower chakras up to the throat to clear heart to throat.**
- **While there is some dispute among scholars as to the exact species of Biblical hyssop, an antiseptic or cleansing property is clearly implied because it was employed in many purification rites, both physical and spiritual. When King David acknowledged his offenses adultery and murder) he cried out in repentence "Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow) (Psalms 51.7)**

CAUTION: People with epilepsy or high blood pressure should be careful using Hyssop oil.

Onycha (Styrax benzoin)

- **No matter what touches the spirit, the soul must be allowed to speak, to be able to penetrate to the core of being. This resin is the holder of the energies and fire of sunlight. It opens the heart and mind to receive gifts that have been denied. It allows the spirit to receive from the soul of feeling, in knowing, in just being.**
- **Onycha can be a pathway to understanding when all is confusion. It can assist in making choices with the heart. It can help guide us home to the inner sanctum of the soul.**
- **Onycha tells us not to dismiss things that are difficult, but to hear the messages of the soul and be guided by them. It gives us peace and understanding on the pathway to inner enlightenment. It is a good oil for spiritual protection.**
- **Onycha was an ingredient in the holy anointing oil of the Bible. And the Lord said unto Moses "take until thee sweet spices, stachte, and onycha, and galbanum; these sweet spices with pure frankincense: of each there shall be a like weight. and you shall make a perfume, a confection after the art of the apothecary, tempered together pure and holy (Ex. 30:34-35).**

St. John's Wort

- **Tradition says the leaves are stained with red spots on the 29th August, the day St. John the Baptist was beheaded. It was called "Fuga Daemonum" in ancient times, referring to it's power of driving away evil spirits.**

Balsam

- **Idaho Balsam, increases pineal gland receptor sites**
- **Put oil over your heart, diffuse when praying, diffuse when you are talking with spouse and planning things, visualize what this belief is going to do for you and where it is going to take you, meditate with it, let it take you to another level**

Garlic

- **Prized by the Israelites. During the Middle Ages, Christian tradition was to carry garlic as a good luck charm, warding off demons.**

Wormwood

- **Frequently mentioned for its bitterness. According to legend, wormwood grew up in the trail left by the serpent's tail as it slithered out of the Garden of Eden.**

Rosemary

- **Symbolized fidelity and remembrance once used in the holiest of Christian ceremonies, the wedding and funeral. For centuries people though that the rosemary plant would not grow higher than 6 feet in 33 years so as not to stand taller than Christ. Another story tells that the flower were originally white but changed to blue when Virgin Mary hung her cloak on the bush as fleeing Herod's soldiers with the Christ child.**

Costmary (Chrysanthemem balsamita)

- **In Colonial times a leaf serves as a bookmark in bibles and prayer books. When drowsiness set, the sleeper treated himself to the minty leaf to stay awake.**

Fennel (Foeniculum vulgare)

- **Carried to prayer meetings in Colonial times in small pouches. seeds used to curb appetite, called meeting seeds.**

Dill (Anethum graveolens)

- **Carried to prayer meetings in Colonial times in small pouches. seeds used to curb appetite, called meeting seeds.**

Aloes

- **Were used to anoint the dead, including Christ.**
- **It is believed that the "aloes" of the Bible was fragrant sandalwood. "And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound weight" (John 19:39)**

In his book The Essene Gospel of peace, a 3rd Century Aramiac manuscript was translated by Edmond Bordeaux Szekely in 1937. These manuscripts are widely known as the Dead Sea Scrolls. The text claims to contain exact healing formulas dictated by Jesus to the sick, as he

traveled through the Holy Land performing healings. A scribe following Jesus and wrote down his prescriptions in Aramaic, the language Jesus spoke. Here is an excerpt:

"So eat always from the table of God: the fruit of the trees, the grain and grasses of the field, the milk of beasts, and the honey of bees. For everything beyond these is of Satan, and leads by the way of sins and of diseases unto death. But the foods which you eat from the abundant table of God give strength and youth to your body, and you will never see disease."

<u>For sores and wounds:</u>
Poultices from honey & lard, ivy gum from the ivy plant, agrimony, linseed oil, papaya peel

<u>Sprains:</u>
An ointment made from crushed leaves of comfrey.

<u>Rheumatism:</u>
Soak balm of Gilliad in olive oil, apply as liniment.

<u>Blood circulation:</u>
Salt massage.

<u>Upset stomachs:</u>
Gargling with rosemary water and drinking it.
Nibbling on ginger root

<u>Headaches:</u>
Rosemary tea or Spearmint leaves layed on forehead
Marjoram oil rubbed on forehead

<u>Fever:</u>
Wash body with water made from boiling rosemary twigs in water.

<u>Pain:</u>
White willow bark made into a tea

<u>Earache:</u>
Soften flowers of mullein, steep in olive oil, use as ear drops.
Garlic to relieve pain and loosen earwax.

<u>Boils:</u>
Solomon treated boils with fig juice.

Biblical Apple may have been what we today call apple, or it may have been apricot or pomegranate. The bean is what we call fava bean. Corn is what we call wheat.