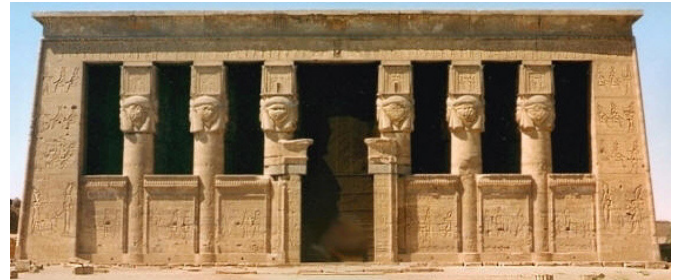


Spikenard Essential Oil



Highly regarded in India as a medicinal herb. It was one of the most precious oils in ancient times, used only by priests, kings, or high initiates. According to Dietrich Gumbel, Ph.D. It strengthens heart and improves circulation.

Historical Data:

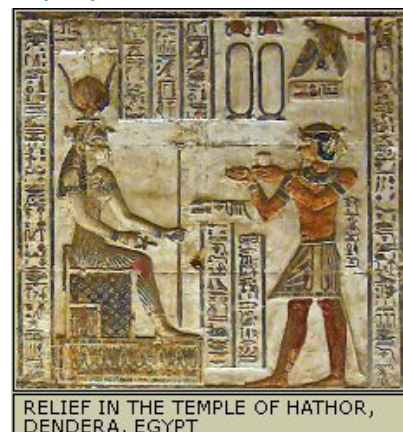


Spikenard Essential Oil (*Nardostachys jatamansi*) was highly regarded in India as a perfume, health-supporting herb, and skin tonic. Prized at the time of Christ, Spikenard was used by Mary of Bethany to anoint the feet of Jesus before the Last Supper. This is a relaxing and soothing oil for the skin. Spikenard has an approximate ORAC of 548,266

In ancient Egypt, the priests and priestesses at the healing Temple of Hathor at Dendera both taught and administered the Sacred Science of essential oils. This knowledge, which was handed down by the priest/initiates for over 5,000 years is recorded on the walls of Dendera Temple. Some people believe that Jesus and Mary Magdalene participated in the Mystery School as taught at Dendera and learned the magic of the esoteric anointing oils. The Egyptian Blue Lotus, Frankincense and Myrrh, as well as spikenard, galbanum, and rose were all treasured for their healing and spiritual properties. They were kept in treasuries and guarded as fiercely as gold. There is an outer building at Dendera called the Sanatorium, where the initiates were anointed with oils by the priests in order to experience prophetic and oracular dreams. The

Spikenard has also been known as “nard” and “false Indian Valerian root” oil. It was prized in early Egypt and in the Middle East during the time of Jesus. Spikenard is 93% sesquiterpenes, which have the ability to oxygenate the brain. The amount of Spikenard that was poured on Jesus before his death would be worth almost \$2,000.00 in today’s currency...or a year’s wages for a common labourer in that time.

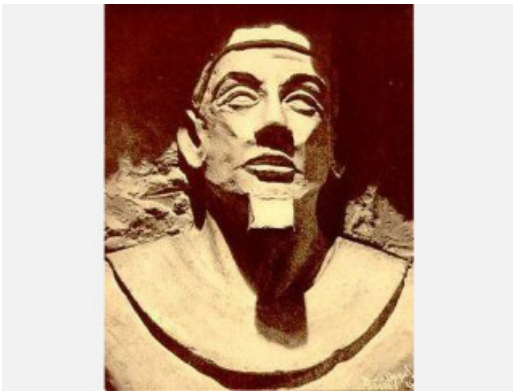
Known as Jatamansi in India. It is one of the best oils for calming the nerves. It is grounding and settles an out-of-balance mind. It is post-digestive oil in India. (One drop taken near the end of the meal calms the stomach.) It is a stimulant to the male hormonal system brings courage and power. It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



RELIEF IN THE TEMPLE OF HATHOR, DENDERA, EGYPT

Sanatorium was later used as a healing centre, where holy water was mixed with essential oils, amulets and crystals and used for bathing to relieve physical, mental and emotional distress. The Greeks, and later the Romans, adopted this practice and carried it into Celtic Britain and Gaul, and the idea of the “spa” was born.

The Egyptians were masters in using essential oils and other aromatics for healing emotions and negative energy. Historical records describe how one of the founders of the “pharaonic” medicine was the architect, Imhotep, who was the Grand Vizier of King Djoser (2780-2720 B.C.) and is associated with



the use of oils, herbs, and aromatic plants for medicinal purposes. Hieroglyphs on the walls of the Egyptian temples depict the blending of oils and describe hundreds of oil recipes.

King Tut's Tomb

In 1922, when King Tut's tomb was opened, 350 litres of oils were discovered in alabaster jars. Plant waxes had solidified into a thickened residue around the inside of the container openings, leaving the liquefied oil in excellent condition. According to ancient Egyptian hieroglyphs, priests and alchemists were using essential oils thousands of years ago to



heal the sick and in many spiritual rituals. They believed that the sense of smell and the ability to detect odours was the most important of the sensory abilities because smelling essential oils can increase one's frequency thereby leading to transformation of negative energy.



The Subconscious Mind

The emotions are the most elusive part of the human body. Research has only begun to delve into the subconscious mind to discover how they affect every aspect of our lives. Many people find that they are unable to progress in life and achieve sought-after goals and dreams due to the trauma of emotional and physical abuse. These deep-seated emotional issues can undermine a person's success, daily life and future, which is why new avenues for clearing negative emotions are available. Negative emotions create negative energy which stays in the energy field until transformed. One of the ways to transform this energy is through the use of therapeutic grade essential oils in this ancient spiritual ritual.

The emotions of anxiety and fear, for example, creates an acidic condition that activates the transcript enzyme that transcribes that emotion onto the RNA template (RNA is the sister molecule of DNA) and stores it in the DNA. The negative emotion then becomes a predominant factor in our lives from that moment on. The essential oil aldehydes and esters activate the



amygdale and pineal gland to relax the central nervous system, affecting both the sympathetic and parasympathetic nervous system, and also supports the body in releasing the acid that was created from negative emotions and negative energy which heals the DNA.

A sacred room in the Temple of Isis on the island of Philae depicts a ritual called "Cleansing the Flesh and Blood of Evil Deities" from which



this compilation of oil blends mentioned in the next section was produced by Young Living Essential Oils to facilitate the release of negative emotions, unresolved angers, resentments, and ancestral memory of trauma and pain. This Egyptian DNA Healing therapy will heal negative energy and emotions that

keep you from moving forward in your life and spiritual growth.

Release the past

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. Spikenard is the oil that was in the flask that Mary Magdalene broke over Jesus. The disciples weren't happy with her actions, as the oil was very costly. Jesus told them that Mary was in the right and was just in her actions. There is controversy as to why she did this; perhaps it was to prepare him for his coming death, to help him to forgive all the unjust that had been done

to him, clear his DNA and give him the courage to complete the life of which he knew the ending.

Source: From plant roots

Modern Uses: Allergies, migraine, nausea, cardiovascular support, relaxing, soothing, emotionally calming, mood elevating.

Application: Applied to abdomen, on location, inhaled, on feet, on head.

Uses of Spikenard:

- Dilute a few drops with V-6 Mixing Oil and apply to rough or wrinkled skin.
- Dilute 50/50 with V-6 Mixing Oil and apply on location, may help with haemorrhoids (this may sting initially).
- Apply 2-4 drops at pulse points (wrists, inside elbows, base of throat) 2-3 times daily, may help with cholesterol.
- Apply 1-2 drops at forehead, temples and mastoids (the bones just behind the ears), may help to vitalize your brain.
- In India, one drop is taken near the end of a meal to calm the stomach. (Note: Spikenard is not considered a Food Additive or a Food Flavouring by the FDA.)
- Apply a few drops on the stomach to soothe indigestion.
- Diffuse or inhale directly from the bottle to help create an atmosphere of forgiveness.
- Apply a few drops and wear as a perfume or use for a deodorant.
- Apply a few drops to feet and crown of head to help ground and balance the mind and stimulate a feeling of courage and power.
- Place a drop on a cut, may help disinfect and speed healing.

