

How to Apply Essential Oils

 sightedmoon.com/sightedmoon_2015/

By Joseph F. Dumond

September 6, 2009

Essential Oils Introduction by Holger Grimme Host: Joseph Dumond SHALOM TO ALL ESSENTIAL OILERS

Lesson 5: How to Apply Essential Oils

In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:6

ATTENTION: Our sister from Sri Lanka has no way to receive oils. She tried many ways, yet all seem barred. Please let Joseph know if you or some of your friends is planning to make a trip to Sri Lanka and would be willing to carry a few vials to bring to her. Thank you.

From around 400 plants from all parts of the earth essential oils are being extracted in our days. Most of the oils will be extracted from the plants by WD (water distillation), some by CO2 extraction and also by cold pressing, which applies to citrus fruits only.

About 70 oils are used in aroma therapy. And there are a smaller number of essential oils that are necessary for anointing of body and soul/spirit. As we have found out earlier, there are a number of oils mentioned in the bible. We looked at the Holy Anointing Oil, with Myrrh and Frankincense and also hyssop, are the oils with importance.

For anointing, there are a number of oils that are irreplaceable. Among them are seven oils of spice plants: Basil, Oregano, Thyme, Marjoram, Peppermint, Wintergreen, and Cypress. These oils have powerful properties that we will discuss soon. They are used for massage that can also be seen as a form of anointing. Let's use this term for it: The Basic Anointing in aroma therapy.

There are other names for this technique, yet I would not like to use them, as these words are inappropriate descriptions that do not glorify the creator of these highly effective healing agents. Rather contrary, they seem to describe for marketing reasons some form of voodoo that I cannot follow.

The Basic Anointing is a simple massage technique that can be applied by every person on every suitable person; a husband to his wife, and vice versa. It is also good for kids and friends, brothers and sisters in faith. Basic anointing is applied to the feet and back of the recipient and the oils are applied in a certain order. Everyone can easily learn to apply it properly. Before we come to the technique, let's have a look at the 7 oils applied.

The 7 Essential Oils for Basic Anointing

Oregano (*Origanum compactum*) is well known as a common spice in the Mediterranean, namely the Israeli, Italian, Greek, Lebanese, and Spanish cuisine. The plant belongs to the family of Lamiaceae or Labiatae (mint). It has powerful properties: antiaging, strongly antiviral, antifungal, antiparasitic, antibacterial, and anti-inflammatory and is an immune stimulant.

It is listed in Hildegard's Medicine, the early German medicine records of the Benedictine herbalist Hildegard von Bingen (1098?1179). Its medical properties were well known since. Today, Oregano are uses to cure arthritis and rheumatism, tuberculosis, infections, digestive problems, and respiratory diseases. 50 pounds of the fresh plant (leaves & blossoms) are required to produce one pound of essential oil by means of steam distillation.

It should be carefully inhaled, as an irritation of the membranes of the nose may be affected by its strong odor.

Thyme (*Thymus vulgaris*) is also a member of the Lamiaceae family of plants. It was known to the Egyptians and is listed in the earliest medical record, the Ebers Papyri from the 16th century BC. Also listed in *Materia Medica* (A.D. 78), and in Hildegard von Bingen's works. Thyme's properties are antiaging, strongly antimicrobial, antiparasitic and antiviral.

Uses: Cardiovascular problems, Alzheimer disease, infectious diseases, hepatitis. It also has a strong smell that may irritate nasal membranes. 30-35 pounds of the fresh plant (leaves) are required to produce one pound of essential oil by means of steam distillation.

Basil (*Ocimum basilicum*) is yet another member of the Lamiaceae family. Its name means "king" in Greek and the spice and medical herb was known in India, and the Mediterranean. Hildegard had it listed in her German herbal records. Italian women used it to attract men.

Basil is antiviral, anti-inflammatory, strongly antispasmodic, and relaxes the muscles. It is used to treat lung and throat infections, migraines and insect bites; also known to combat mental fatigue. 500?800 pounds of the fresh plant (leaves & blossoms) are required to produce one pound of essential oil by means of steam distillation.

Cypress (*Cupressus sempervirens*) is of the Cypress family and comes mainly from France and Spain. It is steam distilled from the branches. 100 pounds of plant material are required to win 1 pound of essential oil. It has a good property to improve circulation, strengthens blood capillaries, is antispasmodic and anti-infectious. Has a good property to cure diabetes, cancer, and

circulatory problems. Its smell has a good grounding effect and helps to heal emotional trauma.

Isaiah 44:14 ? He heweth him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest: he planteth an ash, and the rain doth nourish it.

Wintergreen (*Gaultheria procumbens*) Family: Ericaceae ? from 125 pounds of dried leaves, 1 pound of essential oils can be won. It is antirheumatic, arthritis, antispasmodic, reduces blood pressure, anticoagulant, vasodilator, and stimulates awareness on all sensory levels. Early American settlers gave it their children in springtime to prevent tooth decay.

Wintergreen is NOT for epileptics. With intake of aspirin, the anticoagulant properties can be enhanced. **Caution!**

Marjoram (*Origanum majorana*) Here we have another member of the Lamiaceae family with valuable properties: the Romans called it the herb of happiness. It is listed in *De Materia Medica* and Hildegard's. A pound of oil requires 100 kg of leaves. It lowers blood pressure, expectorant, promotes intestinal peristalsis, antibacterial, antifungal, mucolytic, wound healing, M. has a very strong property in emotional traumatic situations like sorrow, fear, despair, suffering and is stabilizing to regain lost emotional balance. Caution: Careful use when pregnant.

Peppermint (*Mentha piperita*) Family: Lamiaceae ? 50 pounds of dried leaves produce one pound of essential oil. Very powerful to cure all respiratory disease, running nose, rheum, tuberculosis, obesity, viral infections like herpes, cold sores, fungal infections, headaches, nausea, skin conditions, varicose veins, psoriasis, dermatitis, liver diseases, lumbago, back aches.

Here, a family meeting of 5 members of the lamiaceae with 2 friends of ericaceae and cupressus takes place. When we look at the medical properties of these seven oils, there is a combined power of properties that will be able to address a huge variety of possible symptoms. So we can well imagine how these oils will be a potent cure for a wide range of diseases and aches when applied to the human body. And that will in fact take place, as you will surely experience, when you apply it the first time.

The first note as how to apply it is this: Before starting the anointing, have the receiving person measured. Why? Well, after an hour that this application usually lasts, your client will be very surprised on top of the wonderful feeling of "being like a new person". He or she will have "grown" about an inch. I'm not kidding, this really happens, give or take a bit. The oils will cause the disks in the clients back to expand a bit, and that is a very relaxing fact, contributing to well-being. To measure a person, take a piece of scotch tape and stick a

piece of paper to the wall. Let your client stand against the wall on socks or barefoot and mark the height of the person as exactly as possible before the anointing and compare it afterwards.

What do you need? ? A massage table, 2 blankets, 3?4 large towels, a water basin, a small towel, hot water. Place one blanket onto the massage table, put 2 or 3 towels close to the massage table and fill the basin with warm water in front of a chair to have the client wash his /her feet first. Then have her dry her feet, pray together with your client for blessings on the anointing and the oils. Have the 7 essential oils close to the massage table. Take off all your jewelry, watch, rings, etc., and ask the client to do the same. The oils could cause the metal or plastics to have some reaction.

Once you have measured the person, ask her to take undress, to have the legs and the back free. You can leave the room and have the person do it by her and they lay down on the massage table, covering her with the second blanket. Make sure your client feels comfortable and always observe modesty. Cover the client's body with towels or the blanket (bed sheet), except the feet.

Then open the first oil, Oregano and begin to
APPLY THE SEVEN OILS TO THE FEET

Before you apply the oils, ask your client to wash his / her feet in basin with warm water. Provide a comfortable chair, a towel and set the basin in front of the person. Then add some 4?6 drops of lemon essential oil into the water, that is feeling „cool“ and will also provide its antiseptic, antitumorale properties besides its relaxing effort and improvement of microcirculation. Be careful when taking a bath with lemon oil – it will make you feel cold easily. Have the person dry his/her feet and ask to lie down on the massage table.

Be sure to have your finger nails cut properly and have made good use of your nail file. There should no scratching occur during your application. Take off all jewelry, earrings, watches, etc. in order to avoid negative chemical reactions with the oils. Ask your client / recipient to do the same. If you have no massage table you can still apply oils, yet, sofas and beds are much lower and if you want to risk getting back pain for bending down all the time, go ahead. It is better to have a height adjustable massage table. They start from around \$200 or so.

Pray with the client and ask Elohim for healing of the recipient's back and other body parts. Always ask Abba for guiding you with His Ruach haKodesh. Go to the wall with the client and measure the height, putting a mark on a paper attached to the wall.

Let the person lay down comfortable on their back with the head resting in the face cradle of the massage table. The recipient should lay as straight as possible flat on the table with the arms alongside the body. Cover the body of the recipient with a bed sheet or with large towels. Assure by asking a question that the person feels well.

Use the hand you are used to write and work with to take the opened oregano vial and pour 3-4 drops in the palm of the other hand. Put the vial back on a tray or table nearby where all the 7 oils are placed within reach. Now rub the oil between the palms of your hands, and start applying the oil evenly onto the sole of the first foot and then onto the next. You take one hand to support the foot under the heel of the foot and use the other to apply the oil on all the sole, under the toes and between the toes.

Continue with the other foot and apply the oils evenly with one hand and support the foot with your cupped other hand under the heel.

Don't forget your client while working, keep eye contact and ask to insure he feels well.

Remember always to cap the bottle after using the oil – to avoid evaporation and unnecessary exposure to Oxygen to the oil. You can just loosely cap it, as you will need the oil again, soon. Use always the original cap and don't mix them with other oils' caps.

When you have applied the first oil, oregano, to both feet, continue to do the same with the other six oils: 3-4 drops each of Thyme, then Basil, Cypress, Wintergreen, Marjoram, Peppermint.

The first part is done now.

Ask the recipient turn over on their stomach to expose their back. Do this carefully to respect your client's modesty. Cover the legs and feet with a towel, ask the recipient to lay comfortable the face in the cradle of the table, and the hands comfortably rested in front of the head.

The second part: application of the oils on the spine.

Begin with 4-6 drops of oregano from the bottom (sacrum) to the top (atlas) along the center of the spine. Immediately after applying the drops, brush the recipient's back with the backs of your fingertips with light 6-inch brush-like strokes from sacrum (base of spine) upward to the atlas (hair line on back of the neck). Repeat this twice.

Second: Do the same with thyme oil drop the drops along the spine upwards, feather stroke the spine 3x.

Most people have no problem with receiving the oils on the back. Yet, if the oils cause redness of the skin, ask there is a heat sensation. If so, apply some drops of olive oils onto the spot of skin irritation, gently rub them in and ask if it helps to ease the burning. Always encourage the person to speak up when they feel uncomfortable. Usually, this does not happen. Use less oil drops on people with a sensitive skin.

Third: Easing muscles away from the spine

Using the pads of the fingertips of your hands to relay gently the muscles left and right of the spine. When finishing on one side of the spine, continue on the other side. Just touch and massage the muscles, not the spine itself. Repeat 2 twice.

Fourth: Apply cypress oil the same way as you have applied oregano and thyme. Then 3 x feather up the spine with the same strokes shown at oregano application.

Fifth: Thumb roll up the spine massage

Place your thumbs one inch apart on the right and the left of the spine at the scrotum (bottom) and roll them gently up and down on spot: left, right, left, right, left. Then go about 1 inch up the spine and repeat the rolling of your thumbs. Continue all the way up to the atlas. Repeat the same another 2 times from scrotum to atlas.

Sixth: Apply wintergreen along the spine (like the oils before with feather strokes)

Seventh: Finger straddle massage

Straddle the spine at sacrum with the index and the middle fingers of the nondominant hand, put the pinky side of the dominant hand down just on the middle joints of the two straddling finger.

Apply little pressure (downward) with the straddling fingers and pull them up slowly from scrotum to atlas. At the same time, "saw", with the other hand by moving it back and forth with moderate pressure onto the straddling fingers. Go up this way to atlas (hairline). Repeat twice from scrotum.

Eighth: Apply marjoram to center of spine, use feathering

Ninth: Apply peppermint to center of spine, use feathering

Tenth: Massage entire back with olive oil. Use one of the preceding methods or your imagination. – If you touch hardened spots, apply some extra drops of essential oil there and moderately massage the oil into the spot. Always check how the recipient feels. Talk now and then.

Eleventh: Apply a moist warm towel to back

This step will cause in depth warmth to the back. Place a folded large dry towel on the back of the recipient, covering the whole back and sides. Have a second large towel ready available. Take a third towel and soak into hot water, wring and fold the hot moist towel, place it centered along the spine region of the recipient over the dry folded towel. Be careful and assure the client's well feeling. If it is too hot, wait a bit, if it hurts the recipient, take towels away and put some additional olive oil onto the whole back. Then place the dry folded towel back in place, lay the warm moist folded towel on top of it along the spine. Put the third dry towel over it and gently and firmly press with your hands the towel from the neck down to the scrotum using both palms of your hands. Repeat from atlas down to scrotum twice.

Final Step: Cover the recipient over the towels with a blanket (bed sheet) and let the person laid conveniently, face in face cradle, rest for 15 mins. Tell the recipient that you will leave the room for 15 mins and let client rest for that time.

After 15 mins come back in and let the client get up – pay attention to modesty. Let recipient put on clothes and socks, but no shoes yet. When dressed, the person should step to the wall with the measuring sign. Make another parallel mark at the sheet – there will be a difference in height as the back has relaxed and the person will be about an inch taller. Take the sheet off the wall and hand to recipient.

This is the basic protocol. It has cured many people and is the basic form of this treatment. You may want to add variations and extras – with some experience and guidance you may find “your way”, as there is no strict way how to do it. Just pray and let you be inspired. I wish you will enjoy this and have others enjoy this great treat with the properties of 7 essential oils united.

Always ask your client how it felt and if there are some changes. Then give praise and thanks to the creator of the oils in the name of Yeshua.

THAT WAS A BASIC MESSAGE DESCRIPTION . The necessary oils can be obtained from our website at http://libanonlife.com/html/order_oils.html

This page will also be posted on <http://libanonlife.com/html/applications.html> and we plan to add pictures, yet that may take about 2 weeks – we have no time now. Shalom, Holger