

Essential Oil of Myrrh - The Oil of the Midwives of Old

By Linda Lee Smith

Myrrh is in the Frankincense family of essential oils and is mentioned between 13-16 times in the Bible depending on your translation. Several of the references could be referring to another oil. A few selections are-

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

"I arose to open to my beloved, and my hands dripped with myrrh, my fingers with liquid myrrh, upon the handles of the bolt." Song of Solomon

How Did the Ancient Peoples Use Myrrh?

There are many species that the myrrh of the Bible could be. There were actually 9 different ones available at the time of Moses and over 80 identified today. It is one of the oldest spiritual oils known to man. Myrrh was used in childbirth to prevent infection and was rubbed on the perineum to aid in stretching to allow for easier childbirth. It was then used on the umbilical cord to prevent infection. It was used for skin conditions, oral hygiene and embalming. Women believed it preserved a youthful look and so it was used in many cosmetics.

How Can We Use Myrrh Today?

Myrrh has a lot of healing properties. It is anti-infectious, antiviral, anti-parasitic, anti-inflammatory, hormone-like, anti-hyperthyroid, and supports the immune system. It is good for diarrhea, thrush in babies, vaginal thrush, athlete's foot, ringworm, viral hepatitis, chapped skin, wrinkles. It is used in a lot of skin care products for its ability to smooth out wrinkles. Its astringent properties make it helpful for hemorrhoids and for healing ulcers of all kinds. It is good for menstrual problems and menopausal symptoms. It is also used for emotional releasing. It has a gentle calming affect and can be used to instill deep tranquility, inner stillness and peace. When used in grief, it tends to ease sorrow. The main effects of Myrrh are Anti-inflammatory and antiviral.

How Can Myrrh Be Used?

Myrrh can be used to anoint the brow, energy centers, hands and the soles of the feet. Myrrh can be placed on the healer's hands and brushed through the energy field to bring about a sense of peacefulness and

tranquility. it can be used directly on the body (you may want to dilute it only because it is sticky.) It can be diffused or inhaled directly but if you choose to put it in a diffuser, be prepared for it to gum up the works.

Myrrh is generally non-toxic and non-irritating to the skin. Because of its strong astringent properties, it is not recommended during pregnancy but can be used during birth. For more information on how this ancient oil has modern day applications, you may wish to attend an aromatherapy program that discusses the Biblical oils. The Institute of Spiritual Healing and Aromatherapy is such a program.

Bio: Linda L. Smith has an extensive background in nursing, energy healing, holistic nursing, aromatherapy, and spiritual healing. She is the author of several books on healing and aromatherapy. Linda is the creator and president of the Institute of Spiritual Healing & Aromatherapy, Inc., a program dedicated to helping to restore healing to Christianity. She is a prolific writer and teacher and has taught over 500 workshops on healing in the past fifteen years across the United States, Canada, the Caribbean, and Europe. She holds credentials in holistic nursing, Healing Touch, and Aromatherapy.

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