

# HISTORY of ESSENTIAL OILS

by Dennis William Hauck, Author of The Emerald Tablet: Alchemy for Personal Transformation

Essential oils are the subtle, aromatic and volatile liquids extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs and trees through distillation. In the craft of alchemy, the soul of a plant is its oil, while its spirit is the plant's alcohol or tincture. According to ancient Egyptian hieroglyphics and Chinese manuscripts, priests and alchemists were using essential oils thousands of years ago to heal the sick. They are the oldest form of medicine and cosmetic known to man and were considered more valuable than gold to the ancients.



The ancient Egyptians believed that the sense of smell and ability to detect odors was the most important of our sensory abilities. They considered the sense of smell far more important than sight or even the ability to think. That was because they knew the importance of odors to increase our intrinsic "frequency" and transform us. The *utchat* pendant shown here, found on the mummy of Tutankhamen, depicts the alchemy of spiritual nourishment both in the afterlife and in the created world. (See article "Egyptian Alchemy.") This is the Eye of Ra, symbolizing the Sun and solar energies. It is flanked by Nekhebet the Vulture of Upper Egypt (female intuitive consciousness that becomes pregnant by the Wind) and the Cobra of Lower Egypt (masculine intellectual consciousness that creates existence from duality). Together, the Vulture and Cobra make up the *diadem* (Third Eye) crown of the pharaohs.

The physical eye is the part of the body able to perceive light and is therefore the symbol for spiritual abilities and energy. Egyptian texts that describe the Eye of Ra, portray it in terms of "eating" or absorbing spiritual "food" through the various senses. The senses are ordered according to their importance and how much energy must be "eaten" for an individual to receive a particular sensation or utilize the energy. In this scheme, all sensory data input is considered "food" on the spiritual level. In fact, the amount of spiritual energy derived from this metaphysical feasting is precisely expressed, and the construction of the Eye of Ra follows very definite laws. The parts of the sacred eye are assigned fractional values of the total spiritual nutrition available to us, which is  $1 = 64/64$  heqat. (The following sensory input channels total  $63/64$ . According to legend, the missing  $1/64^{\text{th}}$  is the magical and infinite yet hidden energy supplied by Thoth.) The basic measure of sensory eating is called the "ro" and is equal to one "mouthful."  $320 \text{ ro} = 1$  heqat or one "handful" of food from the sun. The energy intake is assigned as follows:  $1/64$  heqat = Energy of Touch (physical sensation symbolized by a stalk planted in the ground supporting the eye at the center);  $1/32$  heqat = Energy of Taste (symbolized by the curly grain or wheat sprout from comes from the planted stalk);  $1/16$  heqat = Energy of Hearing (symbolized by the left part of eye that points to ear, which absorbs vibration);  $1/8$  heqat = Energy of Thought (symbolized by the eyebrow that expresses thought and reacts to it);  $1/4$  heqat = Energy of Sight (symbolized by the pupil of eye that absorbs light images or crystallized thoughtforms). However, the most energy absorption available to the human is assigned to the nose.  $1/2$  heqat = Energy of Smell (symbolized by the right part of eye that points toward the nose). Smell, then, represents the subtlest sense of odor and intuition, which was the soul-centered "Intelligence of the Heart" to the Egyptians. Without this higher nourishment, our spirit starves, becomes weak, and eventually dies.

Our modern science is only now beginning to investigate the incredible healing energy found in essential oils. Clinical research shows, for instance, that frankincense oil contains very high immune stimulating properties. The effectiveness of essential oils cannot be fully understood without some discussion of frequency. Frequency is the measurable rate of electrical energy flow that is constant between any two points. Everything has a frequency. Dr. Robert O. Becker in his book *The Body Electric* establishes that the human body has an electrical frequency and that much about a person's health can be determined by it's frequency. In 1992, Bruce Tainio of Tainio

Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Tainio has determined that the average frequency of the human body during the daytime is 62-68 Hz. (A healthy body frequency is in the range of 62-72 Hz.) When the frequency drops, the immune system is compromised. If the frequency drops to 58 Hz, cold and flu symptoms appear, at 55 Hz, diseases like Candida take hold, at 52 Hz, Epstein Bar and at 42 Hz, Cancer. According to Dr. Royal R. Rife, every disease has a frequency. He found that certain frequencies can prevent development of disease and that others would destroy disease. Substances with higher frequency will destroy diseases of a lower frequency. The study of frequencies raises important questions concerning the frequencies of substances we eat, breath and absorb. Many pollutants lower healthy frequency. Processed/canned foods have a frequency of zero. Fresh produce has up to 15 Hz, dry herbs from 12 to 22 Hz, and fresh herbs from 20 to 27 Hz. Essential oils start at 52 Hz and go as high as 320 Hz, which is the frequency of Turkish rose oil. Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot survive.

The penetrating characteristic of essential oils greatly enhances their ability to be effective. Essential oils will penetrate into the body when applied to the skin. An essential oil placed on the foot will be distributed to every cell in the body in 21 minutes. They will even penetrate a finger or toe nail to treat fungus underneath. The oils may be sniffed from cupped hands or diffused to elicit higher vibrations or states of consciousness during meditation. They may also be applied topically on the chakra points, neck, face, wrists, ankles, back, behind the ears, on the reflexology points on the bottom of the feet, or added to bath water, or worn as a perfume or cologne to raise the level of your personal environment.

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**More information on alchemy and oils can be found at these websites:**  
**[www.Crucible.org](http://www.Crucible.org) | [www.AlchemyLab.com](http://www.AlchemyLab.com) | [www.Alchemergy.com](http://www.Alchemergy.com)**