



WOMEN OF THE BIBLE

Study Guide

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Aromatic Medicine

In Aromatic Medicine, we recognize there are many bio-systems in the body, and that each one represents an opportunity to use essential oils to correct, regulate, or bring balance to the affected bio-system. We know essential oils are adaptogens and they have the ability to resonate with, and communicate information to, the body. The body has the ability to exchange information with the essential oil molecules, which allows them to go to the area of the body where they're needed and to exert their influence there. This includes the limbic system of our brain, where our memories are stored.

The limbic system is referred to as the "emotional brain". It's responsible for the perception of odor, sensations of pleasure and pain, and emotions like rage, fear, sadness, and sexual feelings. The limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance.

Scientists now understand that memories are also retained at the cellular level and essential oils have a unique ability to penetrate and oxygenate cells. Essential oils can clear the "fight or flight" sympathetic nervous system response of traumatic memories while encouraging a calm, relaxed, parasympathetic response.

One drop of a pure essential oil contains approximately 40 million-trillion molecules. Considering it only takes one molecule of the right kind to open a receptor site and communicate with the DNA to alter cellular function, you can see why even a small amount of oil can have profound effects on the body, brain, and emotions. This relationship helps explain why smells often trigger emotions. Knowing this, we can hypothesize how the use of essential oils can have some very profound physiological and psychological effects.

Of our seven senses, smell is the only one wired directly to the brain! Essential oils can shift unconscious beliefs, emotions, and patterning - instantaneously in most cases, or soon after with repeated daily use - because the chemical constituents of pure essential oils, primarily sesquiterpenes.

Sesquiterpenes can not only release emotions and patterning on a cellular level stored anywhere in the body, but can also help to re-anchor new healthy patterning on a DNA level. Furthermore, essential oils are the only natural substance that can cross the blood-brain barrier and enter the limbic system or emotional brain.

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Sesquiterpenes

Sesquiterpenes are compounds of three isoprene units, which is fifteen carbons and twenty-four hydrogens per molecule - molecular weight 204 amu. There are more than 10,000 different kinds of sesquiterpenes. Their molecules deliver oxygen to cells, like hemoglobin does in the blood. They are known for their calming properties and can be supportive to the immune system, acting as antioxidants in protecting us from harmful microbes, and assisting in cellular repair. Sesquiterpenes can also erase or deprogram miswritten codes in the DNA.

Sesquiterpenes are less volatile than terpenes, have a greater potential for stereochemical diversity (Waterman 1993) and have stronger odors. They are antiinflammatory (Jeena et al 2013) and have bactericidal properties (Ishnava et al 2013). The American Medical Association (AMA) has said that if they could find an agent to pass the blood-brain barrier, they could find cures for many ailments. Such agents already exist, and have been available since Biblical times. The agents, of course, are essential oils; particularly those containing the brain oxygenating molecules of Sesquiterpenes.

Sesquiterpenes can be found in Cedarwood, Vetiver, Spikenard, Sandalwood, Black Pepper, Patchouli, Myrrh, Ginger, Champaca, Davana, Pink Lotus, Melissa, Angelica, Pink Tuberose, Plumeria, Galbanum, Frankincense, and Ylang Ylang.

Our Purpose

To inspire you to find your voice. To take risks, to take action, and through your everyday choices, to change the world today. Just as each of the six Women of the Bible, with blind faith, took action and changed the world for all of mankind.

You may wonder what women from ancient times have to do with the life you are living today. There are many similarities. Their times were violent, dangerous, and uncertain. Not unlike the lives so many women live today. Many of the circumstances the Women of the Bible faced are issues we are still dealing with today.

Abusive relationships, living a hopeless life we wish we could change, having committed an act we believe to be so terrible that we can never be forgiven, sacrificing to care for another, following our destiny even when it's hard, doing the right thing even when it's scary.

They Led The Way. Now We Must Follow.

The Women of the Bible are not stories about miracles, but about courageous women who used their intellect and spiritual resources to overcome adversity and ultimately to change the world. Above all, each woman's story is an inspiration. Each woman followed her heart and was sustained by her faith. Had even one of these women not answered her call and fulfilled her destiny, the world's history would most certainly be different in ways we cannot even conceive.

Would there have been a savior born in Bethlehem? Would there even be a City of David? Would an entire nation of Jews in exile have been saved?

"A nation is not conquered until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong their weapons."

~ Cheyenne Proverb

As the world has become more perilous and dangerous, it's more necessary than ever before for the balance brought by the feminine way of being and thinking to make its presence known.

Women Of The Bible

***"Open the Bible at random and you will notice something...
striking female characters abound.***

And it's not simply a lot of women, it's a lot of strong women.

***These women are not passive, demure, timid, and submissive,
but active, bold, fearless, and assertive."***

Gary Rendsburg
Professor, Rutgers University



Tamar

Woman of Honor, Resilience, Faith, Wisdom, and Courage

The Story of Tamar

Genesis 38:1-11

About this time Judah left home and moved to Adullam, where he visited a man named Hirah. There he met a Canaanite woman, the daughter of Shua, and he married her. She became pregnant and had a son, and Judah named the boy Er. Then Judah's wife had another son, and she named him Onan. And then she had a third son, she named him Shelah. When the oldest son, Er, grew up, Judah arranged his marriage to a young woman named Tamar.

But Er was a wicked man in the Lord's sight, so the Lord took his life. Then Judah said to Er's brother Onan, "You must marry Tamar, as our law (Levirate Marriage Law) requires of the brother of a man who has died. Her first son from you will be your brother's heir." But Onan was not willing to have a child who would not be his own heir. So whenever he lay with Tamar, he spilled his seed on the ground to keep her from having an heir who would belong to his brother.

But the Lord considered it a wicked thing for Onan to deny a child to his dead brother. So the Lord took Onan's life too. Then Judah told Tamar, his daughter-in-law, not to marry again at that time, but to return to her parent's home. She was to remain a widow until his youngest son Shelah, was old enough to marry her. But Judah didn't really intend to do this because he was afraid Shelah would also die, like his two brothers. So Tamar went home to her parents.

Genesis 38:12-19

In the course of time Judah's wife died. After the time of mourning was over, Judah and his friend Hirah the Adullamite went to Timnah to supervise the shearing of his sheep. Someone told Tamar that her father-in-law had left for the sheep shearing at Timnah. Tamar was aware that Shelah had grown up, but they had not called her to come and marry him.

So she changed out of the widow's clothing and covered herself with a veil to disguise herself. Then she sat beside the road at the entrance to the village of Enaim, which is on the way to Timnah. Judah noticed her as he went by and thought she was a prostitute, since her face was veiled. So he stopped and propositioned her to sleep with him, not realizing that she was his own daughter-in-law.

"How much will you pay me?" Tamar asked. "I'll send you a young goat from my flock." Judah promised. "What pledge will you give me so I can be sure you will send it?" she asked. "Well, what do you want?" he inquired. She replied, "I want your identification seal, your cord, and the walking stick you are carrying."

So Judah gave these items to her. She then let him sleep with her, and she became pregnant. Afterwards she went home, took off her veil, and put on her widow's clothing as usual.

Genesis 38:27-30

About three months later, word reached Judah that Tamar, his daughter-in-law, was pregnant as a result of prostitution. "Bring her out and burn her!" Judah shouted. But as they were taking her out to kill her, she sent this message to her father-in-law. "The man who owns this identification seal and walking stick is the father of my child. Do you recognize them?" Judah admitted that they were his and said, "She is more in the righteous than I, because I didn't keep my promise to let her marry my son Shelah." But Judah never slept with Tamar again.

In due season the time of Tamar's delivery arrived, and she had twin sons. As they were born, one of them reached out his hand, and the midwife tied a scarlet thread around the wrist of the child who appeared first saying, "This one came out first." But then he drew back his hand, and the other baby was actually the first to be born. "What!" the midwife exclaimed. "How did you break out first?" And ever after, he was called Perez. Then the baby with the scarlet thread on his wrist was born, and his name was Zerah.

Ruth 4:12

Many years later... And may the Lord give you descendants by this young woman who will be like those of our ancestor Perez, the son of Tamar and Judah.

Study Guide

Read the story of Tamar, and discuss the following questions. Keep in mind there is more to the story of this woman than what is presented in the few short verses.

1. What incident led Judah to leave his own land and marry a Canaanite woman?

- The guilt and pain he had inflicted on his father, Jacob, by selling his favorite son, Joseph, to merchants on the road.

2. Were his sons honorable and following the laws of Judah's faith?

- Er was described as a wicked man that God killed.
- Onan was also wicked, and was also killed by God.
- Shelah, as the next oldest, was not chosen to be an ancestor of Jesus, but was passed over for a more honorable son, Perez.

3. As a young Canaanite woman did Tamar have any say in who she would marry and when?

- Her father would have made the arrangements, and benefited from them. Tamar had to do as he said and not dishonor him by refusing to go.

4. What prompted Judah to turn a blind eye on the treatment Tamar received from his family and to not intercede on her behalf?

- Judah was burdened with guilt and grief over what he had done to Joseph and to his father Jacob. His wife was a Canaanite and he had allowed her to raise her sons to be Canaanites as well. His sons were vile and wicked and his wife was unpleasant as well. He was not happy, and may have spent much time alone. If he ignored Tamar, he didn't have to feel guilty about how she was treated.

5. When Judah lost his sons Er and Onan, who had both married Tamar, he sent her back to her parents instead of allowing her to marry his one remaining son, Shelah. How would this reflect on Tamar, how her family viewed her, and consequently how they would treat her?

- To be sent home, childless, would be an insult to her parents. She would be considered a failure and a burden. They would see her return as something she did wrong that made Judah want to get rid of her. As an unwanted, disgraced woman, she would have a position closer to that of a slave than a daughter.

- 6. When Tamar saw Shelah was a grown man of marrying age and yet Judah had not called her back to marry him, she knew he was not going to keep his promise to her. She had a hard choice to make; one that would change her life or end her life. How did she go about implementing her choice?**
- She found out Judah would be traveling along a certain road on the way to the sheep shearing. She dressed herself up in a prostitute's costume with a veil so he would not recognize her and waited for him to pass by. When he saw her, he propositioned her to have sex with him, resulting in her becoming pregnant.
- 7. Under what circumstances would Tamar find an outfit with a veil in her parents' home that would identify her as a prostitute?**
- Because her parents were pagans and idol worshipers, they may have given one of her sisters to the local temple as a temple prostitute. The mother would have made a temple costume for her daughter each year. The veil was so no one could see their face when they had sex on the alter during fertility rituals.
- 8. When her family learned she was pregnant and had further disgraced them, they wanted her killed. As her father-in-law, it was left to Judah to decide her fate. Did he agree that she had broken the law and should be killed?**
- Despite hiding his own sins, he did agree that she should be killed.
- 9. What saved Tamar from death?**
- Tamar sent word to Judah that the father of her baby was the man who owned the seal, cord, and walking stick that she had in her possession.
- 10. How was Tamar rewarded by God for her faith and courage?**
- She had wished for a son and was given two sons, whom she brought up to be men of faith, not like the other sons of Judah. Her son Perez is a direct ancestor of Jesus.
- 11. If Tamar had not fulfilled her destiny, how might God's plan for the line of Abraham and Judah been different?**
- It very likely would have ended with Judah as his other son, Shelah, was no better than his brothers, Er and Onan.
- 12. As you complete this study guide, do you feel the abuse suffered at the hands of her husbands, Er and Onan, her father-in-law, and family are similar to what you or someone you know may be going through? What can you learn from Tamar's faith and courage?**
- If we keep our faith in God, he can change our life. Though Tamar endured much abuse, she kept her faith in her destiny and God provided her a way to fulfill it. It meant risking her life, but she had enough faith to take the chance. Her actions benefited her, but also had far-reaching benefit to Judah. According to the law at that time, Judah was breaking the law by not taking her in. She put him in a position to remedy his lack of commitment to her, but it also caused him to repent and resume living in faith. He most likely never would have without the action Tamar took.

13. Often, in the stories from the Bible, the simplest of people are instrumental in God's bigger plan. Each of us also has a destiny to follow, usually with some type of risk involved. If you lack the courage, faith and conviction to follow what your heart is telling you to do, how will the bigger plan you are to play a part in change?

- No one is insignificant in God's eyes. If you don't follow your destiny and do what you came here to do, then whatever you do instead will never be as satisfying or fulfilling because a part of you will always wonder "What if?". We must remember that each of us touches many other lives, and some of those other lives are waiting for us to show up so they can fulfill their destiny.

What If...

When Judah began to seek a wife for his oldest son Er, a beautiful young woman named Tamar caught his eye. Tamar was Canaanite and probably just of child-bearing age, 12 to 14 years old. Despite knowing his son Er to be a vile and wicked man, he arranged for the sweet and innocent Tamar to be his wife in the hope that Er would be a better man with her as his wife. Er would not have treated Tamar with love, respect or gentleness. Though Tamar was obviously abused, Judah, her father-in-law, did nothing to intercede on her behalf. So God took Er. Judah told his son Onan, "You must marry Tamar and give her an heir for your dead brother to secure his inheritance." Onan married Tamar, sexually abused her, and denied her a child. Because of his wickedness, God also took Onan. Judah was afraid to give Tamar to his only remaining son Shelah as he was afraid he may also die. Using the excuse Shelah was too young to marry, he sent Tamar back to her father's home where she was to wait for him to reach marrying age.

To be the mother of many children brought a woman honor, love, and security. Inability to have children was a stigma of the worst kind. Tamar would be returning home a disgrace to her family, where she would be despised. At that point, what kind of future did Tamar have to look forward to? Tamar was treated cruelly by Er, abused by Onan, and rejected and dishonored by Judah. After Judah's wife died, Tamar took control of her own destiny and the destiny of Judah's line.

Tamar dressed herself like a temple prostitute and sat by the side of the road where she knew Judah would travel on his way to the sheep shearing. Judah approached her and asked how much she would charge to have sex with her. Tamar was clever, courageous, and wise, allowing Judah to name the price; one young goat. Judah agreed to have the goat sent to her. She asked for his seal and cord along with his walking stick to guarantee payment. He agreed and gave them to Tamar. After their encounter, Tamar found that she was pregnant. About three months later when it was apparent to all, her family and Judah ordered her to be killed for being a whore. Her quick thinking to have secured Judah's seal, cord, and walking stick saved her when she sent a note to Judah stating the father of her child was the man to whom the items belonged.

Tamar took a huge risk by taking matters into her own hands to see justice done and to protect her family rights. Despite Judah allowing his sons to do whatever they wanted to Tamar and then sending her home as damaged goods, Tamar's courageous actions caused Judah to confess and return to living as a man of faith. Judah was reconciled with his brother, Joseph, and his father, Jacob, who on his deathbed blessed him with the promise "your descendants will always rule."

Tamar had twin boys, Perez and Zerah. Perez is the ancestor of David, Israel's greatest king, and the ancestor of Jesus the Messiah.

Notes

[illegible]



application

Aromatic • Bath • Topical

safety group #4

ingredients

Abies balsamea (Balsam Fir), Laurus nobilis (Bay Laurel), Gautheria fragrantissima (Wintergreen), Picea mariana (Black Spruce), Daucus carota (Carrot Seed), Cupressus sempervirens (Cypress), Boswellia carteri (Frankincense), Pogostemon cablin (Patchouli), Rosmarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Aniba rosaeodora (Rosewood), Salvia officinalis (Sage), Santalum album (Sandalwood), Melissa officinalis (Melissa), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

product summary

Tamar was the daughter-in-law of Judah (twice), as well as the mother of two of his children. She endured much abuse but kept her faith in her destiny, and God provided her a way to fulfill it. That meant risking her life, but she had enough faith to take the chance.*

Tamar blend can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.*

Tamar blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny. Tamar teaches us to take opportunities and use them to our advantage, always mindful of our destiny. Use Tamar blend whenever you feel the need for strength and personal power.*

tamar's history

- Canaanite
- Wife to Er and then to Onan
- Daughter-in-law to Judah
- Mother of Perez and Zerah
- Ancestor to Jesus the Messiah

scripture readings

- Genesis 37:25-28
- Genesis 38
- Genesis 49:8-12
- Ruth 4:7-22
- Matthew 1:1-6

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ingredient highlights

- Balsam Fir has an uplifting yet soothing effect, and is widely used for its ability to balance emotions. It's also an excellent oil for tired muscles and joints after a long day or an intense workout.*
- Bay Laurel is frequently used for uplifting the senses, and its aroma can promote confidence and courage. Good for everyday aches and pains, it is also known to be a natural antiseptic.*
- Patchouli became popular in USA the 1960's, but has been used for centuries in Asia. Its distinctive aroma can help alleviate nervous tension and worry, particularly when diffused before sleep. Patchouli is also an excellent addition to skin lotions.*
- Melissa has great value as a therapeutic oil, and has been scientifically confirmed to have powerful antiviral properties. Emotionally it is said to bring acceptance and understanding; to calm anxiety and uplift the mood.*

uses

Aromatic

In Tamar's time, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Can be used throughout your home or workplace to create a feeling of courage, strength, resilience, and personal power. May also be shared with a friend or family member in need of Tamar's courage and strength. Shake well before each use.*

Bath

One of the ways essential oils were most often used in the time of Tamar.

- Add 10 drops of Tamar blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. If you have past or present abuse issues keeping you from your destiny, while soaking, say a prayer or affirmation to overcome those situations. The Tamar bath will detox past abuse imprints, allowing forgiveness to take place. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot bath, add 5-8 drops of Tamar blend to ½ cup of bath salts, and soak feet 10-20 minutes.*

Topical

Applying to the head and feet was an important way to use essential oils in Tamar's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.*
- Apply 1-2 drops neat (undiluted) to pulse points.*
- Apply 1-2 drops to the groin area, our center of personal survival.*
- Apply 1-2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.*
- Apply 1-2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.*



Rahab

Woman of Faith, Truth, Courage, and Belief

The Story of Rahab

Joshua 2:8-14

About this time Judah left home and moved to Adullam, where he visited a man named Then Joshua secretly sent out spies from the Israelite camp at Acacia. He instructed them, "Spy out the land on the other side of the Jordan River, especially around Jericho. " So the two men set out and came to the house of a prostitute named Rahab and stayed there that night.

But someone told the king of Jericho, "Some Israelites have come here tonight to spy out the land." So the king of Jericho sent orders to Rahab: "Bring out the men who have come into your house. They are spies sent here to discover the best way to attack us." Rahab, who had hidden the two men, replied, "The men were here earlier, but I didn't know where they were from. They left the city at dusk, as the city gates were about to close. I don't know where they went. If you hurry, you can probably catch up with them." But she had taken them up to the roof and hidden them beneath piles of flax.

So the king's men went looking for the spies along the road leading to the shallow crossing places of the Jordan River. And as soon as the king's men had left, the city gate was shut. Before the spies went to sleep that night, Rahab went up on the roof to talk with them. "I know the Lord has given you this land," she told them. "We are all afraid of you. Everyone is living in terror. For we have heard how the Lord made a dry path for you through the Red Sea when you left Egypt."

Joshua 2:8-14

"And we know what you did to Sihon and Og, the two Amorite kings east of the Jordan River. No wonder our hearts have melted in fear! No one has the courage to fight after hearing such things. For the Lord your God is the supreme God of the heavens above and the earth below. Now swear to me by the Lord that you will be kind to me and my family since I have helped you. Give me some guarantee that when Jericho is conquered, you will let me live, along with my father and mother, my brothers and sisters, and all their families."

"We offer our own lives as a guarantee for your safety," the men agreed. "If you don't betray us, we will keep our promise when the Lord gives us the land."

Joshua 2:15-24

Then since Rahab's house was built into the city wall, she let them down by a rope through the window. "Escape to the hill country," she told them. "Hide there for three days until the men who are searching for you have returned; then go on your way."

Before they left, the men told her, "We can guarantee your safety only if you leave this scarlet rope hanging from the window. And all your family members – your father and mother, brothers, and all your relatives – must be inside this house. If they go out into the street, they will be killed, and we cannot be held to our oath. But we swear that no one inside this house will be killed – not a hand will be laid on any of them. If you betray us, however, we are not bound by this oath in any way."

"I accept your terms," she replied. She sent them on their way, leaving the scarlet rope hanging from the window.

The spies went up into the hill country and stayed there for three days. The men who were chasing them had searched everywhere along the road, but they finally returned to the city without success. Then the two spies came down from the hill country, crossed the Jordan River, and reported to Joshua all that had happened to them. "The Lord will certainly give us the whole land," they said, "for all the people in the land are terrified of us."

Joshua 6:1-14

Now the gates of Jericho were tightly shut because the people were afraid of the Israelites. No one was allowed to go in or out. But the Lord said to Joshua, "I have given you Jericho, its king, and all its mighty warriors. Your entire army is to march around the city once a day for six days. Seven priests will walk ahead of the Ark, each carrying a ram's horn. On the seventh day you are to march around the city seven times, with the priests blowing the horns. When you hear the priests give one long blast on the horns, have all the people give a mighty shout. Then the walls of the city will collapse, and the people can charge straight into the city."

So Joshua called together the priests and said, "Take up the Ark of the Covenant, and assign seven priests to walk in front of it, each carrying a ram's horn." Then he gave orders to the people: "March around the city, and the armed men will lead the way in front of the Ark of the Lord."

After Joshua spoke to the people, the seven priests with the ram's horns started marching in the presence of the Lord, blowing the horns as they marched. And the priests carrying the Ark of the Lord's Covenant followed behind them. Armed guards marched both in front of the priests and behind the Ark, with the priests continually blowing the horns. "Do not shout; do not even talk," Joshua commanded. "Not a single word from any of you until I tell you to shout. Then shout!"

So the Ark of the Lord was carried around the city once a day, and then everyone returned to spend the night in the camp. Joshua got up early the next morning, and the priests again carried the Ark of the Lord. The seven priests with the ram's horns marched in front of the Ark of Lord blowing their horns.

Armed guards marched both in front of the priests with the horns and behind the Ark of the Lord. All this time the priests were sounding the horns. On the second day they marched around the city once and returned to the camp. They followed this pattern for six days.

Joshua 6:15-25

On the seventh day the Israelites got up at dawn and marched around the city as they had done before. But this time they went around the city seven times. The seventh time around, as the priests sounded the long blast on their horns, Joshua commanded the people, "Shout! For the Lord has given you the city! The city and everything in it must be completely destroyed as an offering to the Lord. Only Rahab the prostitute and the others in her house will be spared, for she protected our spies. Do not take any of the things set apart for destruction, or you yourselves will be completely destroyed, and you will bring trouble on all Israel. Everything made from silver, gold, bronze, or iron is sacred to the Lord and must be brought into his treasury."

When the people heard the sound of the horns, they shouted as loud as they could. Suddenly, the walls of Jericho collapsed, and the Israelites charged straight into the city from every side and captured it. They completely destroyed everything in it – men and women, young and old, cattle, sheep, donkeys – everything.

Then Joshua said to the two spies, "Keep your promise. Go to the prostitute's house and bring her out, along with all her family." The young men went in and brought out Rahab, her father and mother, brothers, and all the other relations who were with her. They moved her whole family to a safe place near the camp of Israelites.

Then the Israelites burned the city and everything in it. Only the things made from silver, gold, bronze, or iron were kept for the treasury of the Lord's house. So Joshua spared Rahab the prostitute and her relatives who were in her house, because she had hidden the spies Joshua sent to Jericho. And she lives among the Israelites to this day.

Hebrews 11:1,31

Rahab married an Israelite named Salmon and bore him a son. Rahab is considered a woman of great faith, and she is held in high esteem in the Bible. The following passage about Rahab was written centuries after her death.

What is faith? It is the confident assurance that what we hope for is going to happen. It is the evidence of things we cannot yet see... It is by faith that Rahab the prostitute did not die in her city with all the others who refused to obey God. For she had given a friendly welcome to the spies.

And finally, the outcome of Rahab's story is the honor given to her in the first chapter of the Gospel of Matthew, where she is listed in the lineage of Jesus Christ. Rahab hated her life, and was forced to live in shame. Yet, she had faith in God. She was filled with the terror of death, but filled even more with a desire to be a part of what was to come. She wanted to belong to the God who was coming. Looking out at the soldiers marching around the city, her heart spoke "I want to be one of Your People, for you alone are a true God."

Study Guide

Read the story of Rahab, and discuss the following questions. Keep an open mind for there is more to the story of this woman, who was a known prostitute, than what her occupation would lead you to believe.

Rahab was a prostitute in the city of Jericho. As a prostitute, she lived on the edge of society, one stop short of rejection. Her house was built into the city wall and provided both lodging and favors to travelers.

1. Rahab was a prostitute in service to the king and held his favor. How might she have come to this position?

- In keeping with the customs of the times, her father may have sold her into prostitution to the king to secure his own position and favorable marriages for any other daughters he may have had.
- The king may have noticed beautiful Rahab and demanded her from the father who was too afraid of being killed if he refused and knew she would be taken from him regardless.

2. Was Rahab like the other people of Jericho who had faith that their idol gods would save them?

- Rahab was forced to live in shame.
- Rahab knew in her heart that the Israelite God was the true God.
- She believed God protected his people. She longed to be one of them.

3. Why would the spies stop at the house of Rahab, a prostitute?

- It was a good place to gather information and an ideal location for a quick escape because it was built into the wall.
- God directed the spies to Rahab's house because he knew her heart was open to him and that she would be instrumental in the Israelite victory over Jericho. God often uses people with simple faith to accomplish his great purposes; no matter their past, or how insignificant they seem to be.

4. Was Rahab justified in lying to save the lives of the spies?

- God forgave Rahab's lie because of her faith; Rahab was simply deceiving the enemy, a normal and acceptable practice in warfare.
- There may have been another way to save the lives of the Israelite spies, but under the pressure of the moment, Rahab had to make a choice. Most of us will face dilemmas at one time or another. Fortunately, God does not demand that our judgment be perfect in all situations. He simply asks us to put our trust in him and to do the best we know how. Rahab did that and was commended for her faith.

5. Once Rahab made the choice to protect the spies, she put everything she had at risk for a God she barely knew. If she had been caught harboring the Israelites, she could have been killed. Why do you believe she chose to protect them?

- She took the risk because she sensed that the Israelites relied on a God worth trusting.

6. Would you assume that Rahab – a pagan, a Canaanite, and a prostitute – would ever be interested in God?

- God works through people, like Rahab, who we are inclined to reject. God remembered her faith, not her profession.

7. Do you judge others' interest in, or value to, God based on background, lifestyle, or appearance?

- Consider Mother Teresa, who picked up lepers and dying people from the gutters of the street and loved them and nursed them until they died. Would you see these homeless people as worthy of saving?

8. When Rahab asked the two spies to save herself and her family, they gave her their promise and gave her specific instructions to follow, what were they?

- To gather her family into her home, and to leave the red cord hanging from the window.

9. What was Joshua's reaction when the spies returned and told him that they had spent the night in a prostitute's house and that they had promised to save her and her family?

- He told them to fulfill their promise to Rahab and sent them to rescue her and her family as they had promised.

10. When the city of Jericho fell and Rahab and her family were saved and taken out of the city to a camp close to the Israelite camp, did Rahab leave with her family and go back to their old way of life?

- No, she was allowed to stay and became the wife of Salmon, one of the spies that she had hidden in her home.
- She got her wish that she became one of God's people, and a new life as a wife who was loved.

11. How was Rahab's life blessed for her faith in God?

- She was saved from certain death and became one of God's people.
- She no longer was forced to live in shame.
- She became a wife who was loved and had a son who was known as a great man.

12. Do you have times that you feel like a failure or have shame in how your life has progressed? How can the story of Rahab help you see the possibility of change for your life?

- If God can change the life of a prostitute in a condemned city, he can change your life if your heart, like Rahab's, is open to him.

13. How is Rahab remembered in the Bible?

- She is one of only two women listed in the Hall of Faith in Hebrew 11:31.

What If...

Rahab is included as one of the four most beautiful women in the Bible. In her time beauty was not always a guarantee of happiness and a family. In a patriarchal society where men were accustomed to taking what they wanted including a beautiful woman, life could be very hard. This is how it was for Rahab, who was placed into prostitution when she would have been no more than a girl. Although she found favor with the king, was given many gifts and luxuries, she still was not accepted as part of society and had to live her life in shame. Yet she did not let the circumstances of her life keep her from dreaming of a different life of respect, love, and family.

When God presented Rahab with a way out of her life of shame and degradation and a chance to be part of his people, she took it. When she saved the two spies Joshua sent to check out the city, she proclaimed, "The Lord your God is God in heaven above, and here on Earth. I know that the Lord has given you this land." She then proposed a deal that she would help them to escape the city and would keep their secret if they would agree to spare her and her family when they took the city, for Rahab truly believed they would be victorious. The spies agreed and promised to save her and her family if they were all inside her house when the city was taken over; and if she left the scarlet rope hanging from her window on the wall so they could identify her house. Divine intervention was surely at work in Rahab's life. It was not chance that she was living in the city that God was giving back to his people.

When the king found out that the spies were at Rahab's house and she was sheltering them, he sent men to arrest them. When the men came, Rahab lied and told them two men she didn't know had come, but left the city as it was getting dark; and if they hurried they might catch up with them. This lie was a courageous act by Rahab. If it hadn't worked and they had found the spies hidden on her roof, she surely would have been killed.

As Joshua's soldiers began to march around the city, the noise and vibration of thousands of people marching must have been completely terrifying to everyone inside the city, yet Rahab kept her faith in the Hebrew God. The anticipation of the coming destruction surely increased the fear of the people in the city with each passing day. By the time of the actual fall of the city, the people, for the most part, were already defeated.

One of the spies, Salmon, was taken by Rahab's beauty, courage, and faith in God. After the battle was over and Rahab was safely camped outside of the city, he took her for his wife. She had a son, Boaz, who became a great and honorable man. Because of her faith in the face of almost certain death, and her courage to act on that faith, we see her honored in Matthew, Hebrews, and James. And yet she is still referred to as Rahab, the prostitute.



application

Aromatic • Bath • Topical

safety group #3

ingredients

Picea mariana (Black Spruce), Copaifera langsdorffii (Balsam Copaiba), Cistus ladanifer (Cistus), Salvia sclarea (Clary Sage), Canarium luzonicum (Elemi), Citrus paradisi (Pink Grapefruit), Inula helenium (Inula), Lavandula angustifolia (Lavender Vera), Origanum majorana (Sweet Marjoram), Plumeria rubra (Plumeria), Pogostemon cablin (Patchouli), Salvia officinalis (Sage), Nardostachys jatamansi (Spikenard), Tanacetum annuum (Tanacetum), Pelargonium graveolens (Rose Geranium), Citrus reticulata (Tangerine), Abies balsamea (Balsam Fir), Cananga odorata (Ylang Ylang Complete), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

product summary

One of the most amazing and thought provoking women of the Old Testament, Rahab, a prostitute, earned unique praise for her faith and a place in the lineage of Jesus the Messiah.*

Rahab did not let her circumstances keep her from dreaming of a different life; a life of respect, love and family. When God presented Rahab with a way out of her life of shame and degradation and the chance to be part of his people, she took it.*

Rahab blend is formulated to increase your faith and connection to God, and knowledge that your life can change and what you most desire can be fulfilled. It doesn't matter what label the world gives you, it matters what's in your heart and who you and God know you to be. Rahab blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be.*

rahab's history

- Canaanite
- King's prostitute in the city of Jericho
- Wife to Salmon (Joshua's spy)
- Mother of Boaz (husband to Ruth)
- Ancestor to Jesus the Messiah

scripture readings

- Joshua 2: 8-14, 15-24
- Joshua 6: 1-14, 15-25
- Hebrews 11: 1,31

RAHAB

peace & harmony

*HB*Naturals
PRODUCT INFORMATION PAGE

ingredient highlights

- Cistus has been used since ancient times for both its medicinal and energetic properties. It is believed that Cistus can help alleviate shock from traumatic events and soothe the heart after a crisis.*
- Plumeria has been highly regarded for centuries for its healing abilities. It is useful in relaxing muscles and calming nerves. Due to its seductive aroma, it has also been widely used as an aphrodisiac.*
- Patchouli became popular in USA the 1960's, but has been used for centuries in Asia. Its distinctive aroma can help alleviate nervous tension and worry, particularly when diffused before sleep. Patchouli is also an excellent addition to skin lotions.*
- Clary Sage can help alleviate stress by inducing a sense of well-being. One study done on women undergoing a stressful medical test indicated that when inhaled, Clary Sage essential oil elicited feelings of relaxation and helped to reduce blood pressure.*

uses

Aromatic

In Rahab's time, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, whenever your faith in God or yourself is in question, or when fearful and in need of the courage to change your life. Can be used throughout your home or workplace to create a feeling of courage, faith, strength, and personal power. May also be shared with a friend or family member in need of Rahab's faith and courage to follow their destiny. Shake well before each use.*

Bath

One of the ways essential oils were most often used in the time of Rahab.

- Add 10 drops of Rahab blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. Soaking in the Rahab bath can help to increase your faith and connection to God and knowing that your life can change. The Rahab bath will detox past shame or disappointment in yourself and your life allowing forgiveness to take place. It will nurture and heal the spiritual self allowing you to keep the faith. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot bath, add 5-8 drops of Rahab blend to ½ cup of bath salts, and soak feet 10-20 minutes.*

Topical

Applying to the head and feet was an important way to use essential oils in Rahab's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be.*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.*
- Apply 1-2 drops neat (undiluted) to pulse points.*
- Apply 1-2 drops to the throat area, our center of personal honor, integrity & ability to speak the truth.*
- Apply 1-2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.*
- Apply 1-2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.*



Ruth

Woman of Loyalty, Humility, Love, Strength, and Faith

The Story of Ruth

Ruth 1:1-18

In the days when the judges ruled Israel, a man from Bethlehem in Judah left the country because of a severe famine. He took his wife and two sons and went to live in the country of Moab. The man's name was Elimelech, and his wife was Naomi. Their two sons were Mahlan and Kilion. They were Ephrathites from Bethlehem in the land of Judah.

During their stay in Moab, Elimelech died and Naomi was left with her two sons. The two sons married Moabite women. One married a woman named Orpah, and the other a woman named Ruth.

But about ten years later, both Mahlon and Kilion died. This left Naomi alone, without her husband or sons. Then Naomi heard in Moab that the Lord had blessed his people in Judah by giving them good crops again. So Naomi and her daughters-in-law got ready to leave Moab to return to her homeland.

With her two daughters-in-law she set out from the place where she had been living. They took the road that would lead them back to Judah. But on the way, Naomi said to her two daughters-in-law, "Go back to your mothers' homes instead of coming with me. And may the Lord reward you for your kindness to your husbands and to me. May the Lord bless you with the security of another marriage." Then she kissed them good-bye, and they all broke down and wept. "No," they said. "We want to go with you to your people."

But Naomi replied, "Why should you go on with me? Can I still give birth to other sons who could grow up to be your husbands? No, my daughters, return to your parents' homes, for I am too old to marry again. And even if it were possible and I were to get married tonight and bear sons, then what? Would you wait for them to grow up and refuse to marry someone else? No, of course not, my daughters! Things are far more bitter for me than for you, because the Lord himself has caused me to suffer."

And again they wept together, and Orpah kissed her mother-in-law good-bye. But Ruth insisted on staying with Naomi. "See," Naomi said to her, "your sister-in-law has gone back to her people and her gods. You should do the same." But Ruth replied, "Don't ask me to leave you and turn back. I will go where you go and live where you live. Your people will be my people, and your God will be my God. I will die where you die and will be buried there. May the Lord punish me severely if I allow anything but death to separate us!" So when Naomi saw that Ruth had made up her mind to go with her, she stopped urging her.

Ruth 1:19-22

So the two of them continued on their journey. When they came to Bethlehem, the entire town was stirred by their arrival. "Is it really Naomi?" the women asked. "Don't call me Naomi," she told them. "Instead, call me Mara, for the Almighty has made life very bitter for me. I went away full, but the Lord has brought me home empty. Why should you call me Naomi when the Lord has caused me to suffer and the Almighty has sent such tragedy?"

So Naomi returned from Moab, accompanied by her daughter-in-law Ruth, the young Moabite woman. They arrived in Bethlehem at the beginning of the barley harvest.

Ruth 2:1-7

Now there was a wealthy and influential man in Bethlehem named Boaz, who was a relative of Naomi's husband, Elimelek. And Ruth the Moabite said to Naomi. "Let me go to the fields and pick up the leftover grain behind anyone in whose eyes I find favor." Naomi said to her, "Go ahead, my daughter." So she went out, entered a field and began to glean from the clan of Elimelek.

Just then Boaz arrived from Bethlehem and greeted the harvesters. "The Lord be with you!" "The Lord bless you!" they answered. Boaz asked the overseer of his harvesters, "Who does that young woman belong to?" The overseer replied, "She is the Moabite who came back from Moab with Naomi." "She said, 'Please let me glean and gather among the sheaves behind the harvesters.' She came into the field and has remained here from morning until now, except for a short rest in the shelter."

Ruth 2:8-13

Boaz went over and said to Ruth, "Listen, my daughter. Stay right here with us when you gather grain; don't go to any other fields. See which part of the field they are harvesting, and then follow them. I have warned the young men not to bother you. And when you are thirsty, help yourself to the water they have drawn from the well."

Ruth fell at his feet and thanked him warmly. "Why are you so kind to me?" she asked. "I am only a foreigner." "Yes, I know," Boaz replied. "But I also know about the love and kindness you have shown your mother-in-law since the death of your husband. I have heard how you left your father and mother and your own land to live here among complete strangers. May the Lord, the God of Israel, under whose wings you have come to take refuge, reward you fully."

"I hope I continue to please you, sir," she replied. "You have comforted me by speaking so kindly to me, even though I am not as worthy as your workers."

Ruth 2:14-21

At lunchtime Boaz called to her, "Come over here and help yourself to some of our food. You can dip your bread in the wine if you like." So she sat with his harvesters, and Boaz gave her food; more than she could eat. When Ruth went back to work again, Boaz ordered his young men, "Let her gather grain right among the sheaves without stopping her. And pull out some heads of barley from the bundles and drop them on purpose for her. Let her pick them up, and don't give her a hard time!"

So Ruth gathered barley there all day, and when she beat out the grain that evening, it came to about half a bushel. She carried it back into town and showed it to her mother-in-law. Ruth also gave her the food that was left over from her lunch. "So much!" Naomi exclaimed. "Where did you gather all this grain today? Where did you work? May the Lord bless the one who helped you!"

So Ruth told her mother-in-law about the man in whose field she had worked, and she said, "The man I worked with today is named Boaz." "May the Lord bless him!" Naomi told her daughter-in-law. "He is showing his kindness to us as well as to your dead husband. That man is one of our closest relatives, one of our family redeemers." Then Ruth said, "What's more, Boaz even told me to come back and stay with his harvesters until the entire harvest is completed."

Ruth 3:1-18

One day Naomi said to Ruth, "My daughter, it's time that I found a permanent home for you, so that you will be provided for. Boaz is a close relative of ours, and he's been very kind by letting you gather grain with his workers. Tonight he will be winnowing barley at the threshing floor. Now do as I tell you – take a bath and put on perfume and dress in your nicest clothes. Then go to the threshing floor, but don't let Boaz see you until he has finished his meal. Be sure to notice where he lies down; then go and uncover his feet and lie down there. He will tell you what to do."

"I will do everything you say," Ruth replied. So she went down to the threshing floor that night and followed the instructions of her mother-in-law. After Boaz had finished his meal and was in good spirits, he lay down beside the heap of grain and went to sleep. Then Ruth came quietly, uncovered his feet, and lay down.

Around midnight, Boaz suddenly woke up and turned over. He was surprised to find a woman lying at his feet! "Who are you?" he demanded. "I am your servant Ruth," she replied. "Spread the corner of your covering over me, for you are my family redeemer."

"The Lord bless you, my daughter!" Boaz exclaimed. "You are showing more family loyalty now than ever by not running after a younger man, whether rich or poor. Now don't worry about a thing, my daughter. I will do what is necessary, for everyone in town knows you are an honorable woman. But there is one problem. While it is true that I am one of your family redeemers, there is another man who is more closely related to you than I am. Stay here tonight, and in the morning I will talk to him. If he is willing to redeem you, then let him marry you. But if he is not willing, then as surely as the Lord lives, I will marry you! Now lie down here until morning."

So Ruth lay at Boaz's feet until morning, but she got up before it was light enough for people to recognize each other. For Boaz said, "No one must know that a woman was here at the threshing floor." Boaz also said to her, "Bring your cloak and spread it out." He measured six scoops of barley into the cloak and helped her put it on her back. Then Boaz returned to town.

When Ruth went back to her mother-in-law, Naomi asked, "What happened, my daughter?" Ruth told Naomi everything Boaz had done for her, and she added, "He gave me these six scoops of barley and said, 'Don't go back to your mother-in-law empty-handed.'" Then Naomi said to her, "Just be patient, my daughter, until we hear what happens. The man won't rest until he has followed through on this. He will settle it today."

Ruth 4:1-15, 17

So Boaz went to the town gate and took a seat there. When the family redeemer he had mentioned came by, Boaz called out to him, "Come over here friend. I want to talk to you." So they sat down together. Then Boaz called ten leaders from the town and asked them to sit as witnesses. And Boaz said to the family redeemer, "You know Naomi, who came back from Moab. She is selling the land that belonged to our relative Elimilech. I felt that I should speak to you about it so that you can redeem it if you wish. If you want the land, then buy it here in the presence of these witnesses. But if you don't want it, let me know right away, because I am next in line to redeem it after you." The man replied, "All right, I'll redeem it."

Then Boaz told him, "Of course, your purchase of the land from Naomi also requires that you marry Ruth, the Moabite widow. That way, she can have children who will carry on her husband's name and keep the land in the family."

"Then I can't redeem it," the family redeemer replied, "because this might endanger my own estate. You redeem the land; I cannot do it."

Now In those days it was the custom in Israel for anyone transferring a right of purchase to remove his sandal and hand it to the other party. This publicly validated the transaction. So the other family redeemer drew off his sandal as he said to Boaz, "You buy the land." Then Boaz said to the leaders and to the crowd standing around, "You are witnesses that today I have bought from Naomi all the property of Elimelech, Kilion, and Mahlon. And with the land I have acquired Ruth, the Moabite widow of Mahlon, to be my wife. This way she can have a son to carry on the family name of her dead husband and to inherit the family property here in his hometown. You are all witnesses today."

Then the leaders and all the people standing there replied, "We are witnesses! May the Lord make the woman who is now coming into your home like Rachel and Leah, from whom all the nation of Israel descend! May you be great in Ephrathah and famous in Bethlehem. And may the Lord give you descendants by this young woman who will be like those of our ancestor Perez, the son of Tamar and Judah."

So Boaz married Ruth and took her home to live with him. When he slept with her, the Lord enabled her to become pregnant, and she gave birth to a son. And the women of the town said to Naomi, "Praise the Lord who has given you a family redeemer today! May he be famous in Israel. May this child restore your youth and care for you in your old age. For he is the son of your daughter-in-law who loves you so much and who has been better to you than seven sons!"

The neighbor woman said, "Now at last Naomi has a son again!" And they call him Obed. He became the father of Jesse and the grandfather of King David.

Study Guide

Read the story of Ruth, and discuss the following questions. Keep in mind there is more to the story of this woman than what is presented in the few short verses.

During the time of the judges, the people of Israel were in a dark place where they suffered greatly. This was because they had chosen to become their own authority and determine for themselves what was right or wrong and to disregard God's law if it meant satisfying their own selfish desires. However, there were still a few who trusted God and followed him. The book of Ruth gives us a glimpse into the lives of two such women who became a shining light in the midst of the darkness.

1. The story of Ruth is above all a story of commitment and love. When Naomi decided to return to Bethlehem after her husband and her two sons died, she told both her daughters-in-law to return to their families and to remarry. As an older woman traveling alone, what do you think she was sacrificing to let them go?

- Very possibly her life, as it was a hard road back to Bethlehem. Having loved her daughters-in-law like her own daughters, she would be losing the only family she had left.

2. What was Ruth sacrificing when she refused to leave Naomi and said she would go to Bethlehem and stay with her there until parted by death?

- As a Moabite woman, she would not be readily accepted in Bethlehem.
- She would never see her mother, father, or other family again.
- Although Naomi had made the trip once when she was younger, Ruth had no idea what they would have to face, two women traveling alone.

- 3. Since the trip to Bethlehem required walking through the mountains and around the north end of the Dead Sea, a distance that appears to be about 40-50 miles, do you think Naomi would have been able to make the trip with only what she could carry with her and arrive safely?**
- Being an older woman alone, she would be a target for robbers.
 - Naomi alone would not have been able to carry enough water and food for the entire trip without some help.
 - As an older woman, she would need to go slower and stop more often and this would have prevented her from traveling with a caravan or other travelers she may have met on the road.
- 4. Although Ruth and Naomi were from different cultures, with different family backgrounds, and their ages were very different, they were bound to each other. They shared great sorrow, great affection for each other, and shared a commitment to the God of Israel. In their relationship they each tried to do what was best for the other person. When you are asked for help by those you hold dear, do you only help them if it is not going to inconvenience you financially or time-wise?**
- Do you help your children or grandchildren if you see them struggling financially?
 - If you have elderly family members who need help doing things, do you help or do you put them somewhere where someone else can help them?
 - If you have no children, do you help others you have relationships with?
 - When you see people collecting for charity at the entrance to a store, do you take another exit so you won't have to give because you only have 5 dollars on you and you want to get a coffee on your way home?
- 5. Ruth told Naomi, "Let me go out into the harvest fields to pick up the stalks of grain left behind by anyone who is kind enough to let me do it." The grain could be collected by the poor and made into food. Ruth knew that she would most likely be turned away for being a Moabite, but she also knew this is what she would have to do if they were going to survive. Because she was willing to labor to take care of Naomi, how was she blessed for her loyalty and her labor?**
- She ended up in the field of Boaz, who was a relative of her dead husband.
 - She was shown kindness and compassion and given safe working conditions.
 - She was given enough food to share with Naomi when they had their lunch breaks.
 - Boaz made sure that there was extra grain left behind, enough to get them through comfortably until the next harvest.
 - Boaz had an opportunity to see for himself what kind of a person Ruth was.
- 6. Divine intervention took place throughout Ruth's life. Ruth and Naomi's return to Bethlehem was certainly not a coincidence, as it led to the fulfillment of God's plan; that King David would be born there as predicted by the prophet Micah (Micah 5: 2), and that Jesus Christ the Messiah would also be born there. This move was so much more than a move of convenience for Naomi. What destiny did Ruth have that brought her to Bethlehem?**
- To meet Boaz, have her son, Obed, and be the great-grandmother of King David.

7. ***Boaz appears to us as a heroic person. He shows great compassion and concern for his workers and relatives, and is dedicated to his community. As we praise him for his kindness, generosity, and willingness to do the right thing, keep in mind his mother is Rahab, the prostitute from Jericho who allowed God to change her life and to raise a son with such a kind heart. Do you judge yourself or others because of who their parents are, where they live, or what they do for work? Who alone has the right to know and judge another's worth?***
 - God alone has the right to judge the worth of another being. We cannot know what is in another's heart if we have already judged them by how they look, where they came from, what they do for a living, or what their religious faith is.
8. ***When Naomi sent Ruth to the threshing shed, Ruth did as she was instructed. What did going to the threshing shed and lying at the feet of Boaz mean to him?***
 - She was asking him to be her family redeemer, to take her under his protection by extending his cloak to cover her, and that she would be willing to marry him and to have his child.
9. ***What did going to the threshing shed mean for Ruth?***
 - It meant that she would accept him as her family redeemer and that she would be willing to marry him.
10. ***When Boaz said he would talk to the closer relative right away, Naomi told Ruth to have faith that Boaz would take care of it right away. What does this say about Boaz?***
 - Boaz had a reputation as a generous and honorable man who helped other people in his town. He was a man who would keep his word.
11. ***Boaz cleverly presented the offer to buy Naomi's land and marry Ruth to provide an heir for her dead husband to the closer relative in a manner that would cause him to decline. What does this tell us about how Boaz must have felt about Ruth?***
 - Along with the whole town, he had seen Ruth's love and commitment to Naomi, and that she was a very honorable woman. Observing her in his field, he was aware of her humility and moral character; that she was beautiful inside and out. He was surprised she would choose him over the younger workers. His admiration and love for her, and hers for him, allowed them to raise a worthy son who became the grandfather of King David.
12. ***Out of the great tragedy suffered by Naomi, God brought great blessings upon her. During the hard times in your life, do you trust God to be with you, or do you blame God when something bad happens?***
 - Do you find yourself saying, "How can God allow this to happen to me?" Remember, Naomi, through her daughter-in-law Ruth, was only three generations away from King David.
13. ***The story of Ruth may seem like a nice story of a girl who was very fortunate. But we must remember that the story of Ruth is about the preparations for the birth of King David and of Jesus. Ruth may not have been aware of the great purpose of her life. You may not be aware of the larger purpose in your life, but you can be assured that you are important to God's plan. How can you live Ruth's example in your life today?***
 - Substitute your family, your spouse, or your faith for Naomi, and show the same commitment, love, and trust for them Ruth demonstrated. By not getting sidetracked with pleasures of the moment, you can know that the reward for your sacrifices is far greater than any passing pleasure.

What If...

Although not as notorious as some of our honored women, Ruth was just as courageous, strong, and committed to God as they. Even though she was not an Israelite but a Moabite, God chose her to demonstrate what it meant to be one of his people.

The story of Ruth takes place at the time of the judges. These were dark times when people became their own authority and acted on their own opinions of right and wrong, which brought terrible trouble to the Israelite people. Ruth stands out as a light in the darkness of the times.

Her story is a story of love and loyalty, commitment and faith, and above all, it's a story about relationships; her relationship to Naomi as her daughter-in-law, her relationship to the God of Israel, and her relationship to Boaz, her second husband. Ruth could have returned home to her parents, which would have been the easy thing to do, but she chose to stay with Naomi and spoke one of the most quoted verses of the Bible:

"I will go where you go and live where you live. Your people will be my people and your God will be my God. I will die where you die and will be buried there. May the Lord punish me severely if I allow anything but death to separate us!" (Ruth 1:16-17)

Naomi and Ruth returned to Bethlehem as poor widows with no resources and only each other to count on. Ruth humbled herself and asked for work gleaning in the fields for food so that she and Naomi would be able to eat. Gleaning was hard, hot, back-breaking work, yet Ruth's attitude was one of extreme gratitude for such an opportunity to be given to a foreigner and a Moabite. Ruth showed a high work ethic in that she was grateful for the work. How many people today are complaining about their work, their pay, their bosses, and have little gratitude for the wealth and opportunity that surrounds them?

We need to remember Ruth and her faith in God which brought her to the field of Boaz who changed her life. Everyone who knew Naomi or who had the opportunity to meet Ruth knew of her dedication and love for Naomi and all the sacrifices she had made to come with her to a foreign land, and they came to love and admire her for it.

Boaz came to first admire Ruth for the humble and selfless woman she was and then came to love and care for her as his wife. Because she followed her heart and stayed with Naomi, she was blessed by God with a husband and a son, and a second chance at a happy life.

When Ruth became wife to Naomi's son Mahlon, she left her old life behind and came to know the one true God. When Naomi suggested she should go home to her parents, not only could she not leave Naomi whom she loved, but she could no longer worship the idols of her family after coming to know God. Once she chose to be one of his people, she could worship no other. Because her heart was more open to him than many of the Israelites of the time, she was blessed with a son and to be the great-grandmother of one of the greatest kings of Israel, King David.

Ruth was a part of God's plan as in this town David would be born (1 Samuel 16:1) as predicted by the prophet Micah. (Micah 5:2)

RUTH

fatigue & stress

HBNaturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

ingredients

Citrus aurantium bergamia (Bergamot), Picea mariana (Black Spruce), Pelargonium graveolens (Rose Geranium), Jasminum grandiflorum (Jasmine), Angelica archangelica (Angelica), Lavandula angustifolia (Lavender Vera), Citrus aurantifolia (Lime), Citrus reticulata var deliciosa (Green Mandarin), Commiphora myrrha (Myrrh), Pinus pinaster (Ocean Pine), Cymbopogon martinii (Palmarosa), Rosa damascena (Rose), Aniba rosaeodora (Rosewood), Abies sibirica (Siberian Fir), Cananga odorata (Ylang Ylang Complete), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

product summary

Ruth was a Moabite woman who married into an Israelite family and eventually converted to Judaism. She is the great-grandmother of King David, and hence an ancestor of Jesus the Messiah.*

Ruth blend can help you to remember your personal relationship with God and with your family and friends, and instill those relationships with peace beyond all understanding. Ruth blend reminds us to be grateful for all the support and love these relationships provide.*

Ruth blend is a powerful way to instill the faith and commitment needed to move forward and do whatever is necessary to make your life what you know it could be.*

ruth's history

- Moabite
- Daughter-in-law to Naomi
- Widow to Naomi's son Mahlon, then wife to Boaz
- Mother of Obed
- Great-grandmother to King David
- Ancestor to Jesus the Messiah

scripture readings

- Ruth 1:1-22
- Ruth 2:1-21
- Ruth 3:1-18
- Ruth 4:1-15, 17

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RUTH

fatigue & stress

ingredient highlights

- Bergamot's capacity for restoring emotional balance and, in the process, enhancing the efficacy of treatments for depression and anxiety disorders has been verified by scientific research.*
- Rose Geranium helps to reconnect us with our life feeling, to our emotional sensitivity, relaxed spontaneity, and a healthy thirst for pleasure and enjoyment. It is indicated for chronic anxiety, infertility, and symptoms associated with menopause.*
- Angelica has been used for thousands of years for a variety of medicinal and emotional uses. It is very helpful for times of high anxiety, fear, depression, and instability. May also assist with menstruation, menopause, and circulation issues.*
- Jasmine influences the emotional part of us. No other essential oil is quite as capable of changing our mood so intensely. It helps solve unresolved emotional blocks, psychological tension, coldness, fear, and paranoia.*

uses

Aromatic

In Ruth's time, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, whenever feeling insecure, fearful, and in need of courage to change your life. Think of Ruth who kept her faith and commitment to Naomi and took action when God gave her the opportunity to fulfill her destiny. Can be used throughout your home or workplace to create a feeling of courage, love, gratitude, and hope. May also be shared with a friend or family member in need of Ruth's courage and devotion to family. Shake well before each use.*

Bath

One of the ways essential oils were most often used in the time of Ruth.

- Add 10 drops of Ruth blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. If you are feeling alone and in fear, Ruth blend will help you to remember your personal relationship with God and your family and friends and instill those relationships with peace beyond all understanding. While soaking say a prayer or affirmation of gratitude for all the support and love these relationships provide. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot bath, add 5-8 drops of Ruth blend to ½ cup of bath salts, and soak feet 10-20 minutes.*

Topical

Applying to the head and feet was an important way to use essential oils in Ruth's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.*
- Apply 1-2 drops neat (undiluted) to pulse points.*
- Apply 1-2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.*
- Apply 1-2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.*



Bathsheba

Woman of Love, Guilt, Shame, Grief, and Forgiveness

The Story of Bathsheba

Samuel 11:1-5

The following spring, the time of year when kings go to war, David sent Joab and the Israelite army to destroy the Ammonites. In the process they laid siege to the city of Rahhah. But David stayed behind in Jerusalem.

Late one afternoon David got out of bed after taking a nap and went for a stroll on the roof of the palace. As he looked out over the city, he noticed a woman of unusual beauty taking a bath. He sent someone to find out who she was and he was told, "She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite."

Then David sent for her, and when she came to the palace, he slept with her. (She had just completed the purification rites after having her menstrual period.) Then she returned home. Later, when Bathsheba discovered she was pregnant, she sent a message to inform David.

2 Samuel 11: 6-27

So David sent word to Joab, "Send me Uriah the Hittite." When Uriah arrived, David asked him how Joab and the army were getting along and how the war was progressing. Then he told Uriah, "Go on home and relax." David even sent a gift to Uriah after he had left the palace.

But Uriah wouldn't go home. He stayed that night at the palace entrance with some of the King's other servants. When David heard what Uriah had done, he summoned him and asked, "What's the matter with you? Why didn't you go home last night after being away for so long?"

Uriah replied, "The Ark and the armies of Israel and Judah are living in tents and Joab and his officers are camping in the open fields." "How could I go home to wine and dine and sleep with my wife? I swear that I will never be guilty of that." "Well, stay here tonight," David told him, "and tomorrow you may return to the army."

So Uriah stayed in Jerusalem that day and the next. Then David invited him to dinner and got him drunk. But even then he couldn't get Uriah to go home to his wife. Again he slept at the palace entrance. So the next morning David wrote a letter to Joab and gave it to Uriah to deliver.

The letter instructed Joab, "Station Uriah on the front lines where the battle is fiercest. Then pull back so that he will be killed." So Joab assigned Uriah to a spot close to the city wall where he knew the enemies strongest men were fighting. And Uriah was killed along with several other Israelite soldiers. Then Joab sent a battle report to David. He told his messenger, "Report all the news of the battle to the king. But he might get angry and ask, 'Why did the troops go so close to the city? Didn't they know they would be shooting from the walls? Wasn't Gideon's son, Abimelech, killed at Thebez by a woman who threw a millstone down on him?'"

"Then tell him, 'Uriah the Hittite was killed, too.'" So the messenger went to Jerusalem and gave a complete report to David. "The enemy came out against us," he said. "And as we chased them back to the city gates, the archers on the wall shot arrows at us." "Some of the men were killed, including Uriah the Hittite."

"Well, tell Joab not to be discouraged," David said. "The sword kills one as well as another! Fight harder next time and conquer the city!" When Bathsheba heard her husband was dead, she mourned for him. When the period of mourning was over, David sent for her and brought her to the palace and she became one of his wives. Then she gave birth to a son. But the Lord was very displeased with what David had done.

2 Samuel 12: 1-13A

So the Lord sent Nathan the prophet to tell David this story: "There were two men in a certain town. One was rich, and one was poor. The rich man owned many sheep and cattle. The poor man owned nothing but a little lamb he had worked hard to buy. He raised that little lamb, and it grew up with his children. It ate from the man's own plate and drank from his cup. He cuddled it in his arms like a baby daughter. One day a guest arrived at the home of the rich man. But instead of killing a lamb from his own flocks for food, he took the poor man's lamb and killed it and served it to his guest." David was furious. "As surely as the Lord lives," he vowed, "any man who would do such a thing deserves to die! He must repay four lambs to the poor man for the one he stole and for having no pity."

Then Nathan said to David, "You are that man! The Lord, the God of Israel, says, 'I anointed you king of Israel and saved you from the power of Saul. I gave you his house and his wives and the kingdoms of Israel and Judah. And if that had not been enough, I would have given you much, much more. Why, then, have you despised the word of the Lord and done this horrible deed? For you have murdered Uriah and stolen his wife. From this time on, the sword will be a constant threat to your family, but you have despised me by taking Uriah's wife to be your own. Because of what you have done, I, the Lord, will cause your own household to rebel against you. I will give your wives to another man, and he will go to bed with them in public view. You did it secretly, but I will do this to you openly in the sight of all Israel.'" Then David confessed to Nathan, "I have sinned against the Lord."

2 Samuel 12: 13-23

Nathan replied, "Yes, but the Lord has forgiven you, and you won't die for this sin. But you have given the enemies of the Lord great opportunity to despise and blaspheme him, so your child will die." After Nathan returned to his home, the Lord made Bathsheba's baby deathly ill. King David begged God to spare the child. He went without food and lay all night on the bare ground. The leaders of the nation pleaded with him to get up and eat with them, but he refused.

Then on the seventh day, the baby died. David's advisers were afraid to tell him. "He was so broken up about the baby being sick," they said. "What will he do to himself when we tell him the child is dead?" But when David saw them whispering, he realized what had happened. "Is the baby dead?", he asked.

"Yes," they replied. Then David got up from the ground, washed himself, put on lotions, and changed his clothes. Then he went to the Tabernacle and worshiped the Lord. After that, he returned to the palace and ate. His advisers were amazed. "We don't understand you," they told him. "While the baby was still alive, you wept and refused to eat. But now that the baby is dead, you have stopped your mourning and are eating again."

David replied, "I fasted and wept while the child was alive, for I said, 'Perhaps the Lord will be gracious to me and let the child live.' But why should I fast when he is dead? Can I bring him back again? I will go to him one day, but he cannot return to me."

2 Samuel 12: 24-25

Then David comforted Bathsheba, his wife, and slept with her. She became pregnant and gave birth to a son, and they named him Solomon. The Lord loved the child and sent word through Nathan the prophet that his name should be Jedidiah – “*beloved of the Lord*” – because the Lord loved him.

1 Chronicles 3: 4B-5

Traditionally, Bathsheba is remembered for her adulterous affair with King David and is referred to as “the wife of Uriah”. But let’s recount how God remembers her.

Then David moved the capital to Jerusalem, where he reigned another thirty-three years. The sons born to King David in Jerusalem included Shimea, Shobab, Nathan, and Solomon. Bathsheba, the daughter of Ammid (Eliam), was the mother of these sons.

1 Kings 1: 11-14

Then Nathan the prophet went to Bathsheba, Solomon’s mother, and asked her, “Did you realize that Haggith’s son, Adonijah, has made himself king and that our Lord David doesn’t even know about it? If you want to save your own life and the life of your son, Solomon, follow my counsel. Go at once to King David and say to him, ‘My Lord, didn’t you promise me that my son Solomon would be the next king and would sit upon your throne? Then why has Adonijah become king?’ And while you are still talking to him, I will come and confirm everything you have said.”

1 Kings 1: 1: 28-31

“Call Bathsheba,” David said. So she came back in and stood before the king. And the king vowed, “As surely as the Lord lives, who has rescued me for every danger, today I decree that your son Solomon will be the next king and will sit on my throne, just as I swore to you before the Lord, the God of Israel.” Then Bathsheba bowed low before him again and exclaimed, “May my lord King David live forever!”

1 Kings 1: 47-48

All the royal officials went to King David and congratulated him, saying, “May your God make Solomon’s fame even greater than yours!” Then the king bowed his head to worship as he lay in his bed, and he spoke these words, “Blessed be the Lord, the God of Israel, who today has chosen someone to sit on my throne while I am still alive to see it.”

Song of Solomon 3: 11

Young women: “Go out to look upon King Solomon, O young women of Jerusalem. See the crown with which his mother crowned him on his wedding day, the day of his gladness.”

Matthew 1: 6, 16

Jesse was the father of King David. David was the father of Solomon (his mother was Bathsheba, the widow of Uriah) ... Jacob was the father of Joseph, the husband of Mary. Mary was the mother of Jesus, who is called the Messiah.

Study Guide

Read the Story of Bathsheba, and discuss the following questions. Keep in mind there is more to the story of this woman than what is presented in the few short verses.

1. Did Bathsheba plan to seduce King David by bathing in her private courtyard?

- She was occupied with the ritual bathing required after her menstrual cycle.
- She believed her courtyard with its light fabric canopy was private from onlookers.
- He surprised and startled her, so she was evidently not expecting him to be on the roof.

2. When King David sent his guards to bring her to him, do you think she could refuse a command of the king?

- In Bathsheba's time, women had very few rights to refuse any command from a man who had authority over them whether father, husband, or king. Subjects of the king, man or woman, would not refuse guards sent to summon them to the palace.
- Once there, she was taken by a king who was used to taking any woman he wanted.
- Bathsheba knew it was wrong to commit adultery, but to refuse a king's request could mean punishment or death.

3. Bathsheba was never summoned by David after that night. When she found out she was pregnant, what did she do?

- Since Bathsheba had just completed the purification rites following menstruation, she knew she could not have already been pregnant by her husband when David slept with her. She knew she would be judged an adulteress and would surely be killed. Fearing for her life and the life of her child, she sent her maid to deliver a note to David stating that she was pregnant.
- Bathsheba also knew that when people found out the child was David's, she would be the one who would be blamed and punished. David was a beloved king and would not have to share the blame.

4. What was David's reaction to the news of Bathsheba's pregnancy?

- David's first thought was how to cover up what he and Bathsheba had done by bringing Uriah home from the war so he could sleep with Bathsheba and he could pass Uriah off as the father of her child.

5. Did David's plan succeed?

- No, Uriah refused all of David's offers to go home and be comfortable while his men were sleeping on the battlefield.

6. What did David do next?

- Rather than take responsibility for his mistakes and ask God for forgiveness, he compounded the mistakes by calling for Uriah to be killed in battle.
- David allowed himself to fall deeper and deeper into sin. He then became responsible for the murder of Uriah.
- When you make mistakes, do you take responsibility, or like King David, do you try to cover them up?

7. When Bathsheba found out her husband Uriah had been killed, what was her reaction?

- When Uriah's wife heard that her husband was dead, she mourned for him. (2 Samuel 11: 26) Her mourning showed she loved him.
- She did not show relief that she would not have to reveal her adultery to him.
- Until David confessed to Nathan what he had done to Uriah, Bathsheba most likely would not have known David had him murdered.

8. David's choices brought the sword to his family and there was never harmony or peace between his wives and children. Although David's sins were forgiven by God, the consequences of them were far reaching. What can we learn from him?

- Do you often make choices you condemn others for making?
- To look past the moment and see what long-term consequences our actions will have on others.
- When we try to cover up our mistakes instead of taking responsibility for them, we are going to compound both the mistakes and the consequences.

9. When Nathan came to confront David about his sin, what did David do?

- David was truly sorry for his adultery with Bathsheba and for murdering her husband Uriah to cover up his adultery. He knew that his actions had hurt many people. But because David repented of those sins, God mercifully forgave him.

10. What do we know about forgiveness from God by God's forgiveness of David?

- No sin is too big to be forgiven if you are truly sorry! Do you carry guilt and shame in your heart and feel that you could never come close to God because you have done something terrible? God has shown he can and will forgive you of any sin.

11. David did not continue to dwell on his mistakes. He returned to God and God forgave him, opening the way to begin life anew. What does this mean for us?

- When we return to God, accept his forgiveness and change our ways, he gives us a fresh start.

12. The choices David made brought much suffering on Bathsheba. She lost her husband to murder, and perhaps, the most bitter suffering of all was losing her first born son. Solomon was the fourth son of David and Bathsheba. Therefore several years had passed between the death of their first born son and Solomon's birth. Bathsheba would most certainly have been still grieving the child's death. Since David committed the sin, why was his life not taken as was the law of the time?

- There were still parts of God's plan that David needed to fulfill. Frequently when we make mistakes, it is the innocent who end up suffering. Which is why we must remember, forgiveness does not cancel the consequences we set in motion.

13. What part did Bathsheba play in King Solomon's reign?

- She became influential in the palace alongside her son Solomon.
- Young women: "Go out to look upon King Solomon, O young women of Jerusalem. See the crown with which his mother crowned him on his wedding day, the day of his gladness." (Song of Solomon 3: 11)

What If...

As David looked down from the roof of the palace, he saw a beautiful woman bathing and he was filled with lust. David should have left the roof and fled the temptation. Instead, he entertained the temptation by inquiring about Bathsheba. The results were devastating.

Bathsheba's story is of a woman who suffers painful losses; first her husband, then her first born son. She is dishonored as an adulteress and taken into the palace as one of King David's many wives. Because of his love for her, Bathsheba is not accepted by the other wives who are jealous of his preference for Bathsheba. Once in the palace, Bathsheba is befriended and mentored by the prophet Nathan and has her sons educated by him in the ways of faith. She makes sure that her sons are better men than David's other sons and that they follow the laws of God.

When Solomon was born, the prophet Nathan told Bathsheba and David that the Lord loved the child and that his name should be Jedidiah – “beloved of the Lord” – because the Lord loved him. (2 Samuel 12: 25)

David promised Bathsheba that he would sit on his throne and be the next king of Israel. Sometimes providence works in mysterious ways. Had David not gone walking on the palace roof that afternoon, or if Bathsheba had not been bathing in her courtyard at that moment, would there have been a King Solomon? Remember King Solomon is an ancestor of Jesus.

The prophecies that King David would be born in Bethlehem and that Jesus the Messiah would also be born in Bethlehem are a culmination of a much bigger plan than any one person's individual story. David and Bathsheba are but one chapter, one very important chapter, in the greatest story ever told. But like every good story, every chapter leads us closer to the finale, the birth of Jesus Christ. The story of Bathsheba is a story of love, loss, and forgiveness. Caught up in circumstances beyond her control, she suffered shame, grief, and ultimately found her way as the mother of one of Israel's greatest Kings, Solomon.

Although she is regarded as an adulteress, we see in God's eyes she is an important part of his bigger plan. As wife to Israel's greatest king, David, and Queen Mother to Israel's wisest king, Solomon, Bathsheba was a pivotal character in the story of the ancestral line of Jesus.

.....

Smart Molecules, Stupid Molecules

What has happened to the population that they can take an over-the-counter drug (e.g. a bladder control product advertised on television) with a huge list of contraindications and side effects and willingly and freely ingest them? Where has our ability to discern, our common sense, gone that we would choose to damage ourselves in such a manner?

It seems that with the modernization of western medicine we have become numb to this type of warning and accept without question or thought that we must endure these things to achieve the desired benefits. And, if we develop side effects we can just let the doctor give us another potent drug to take the relieve the symptoms, but it may bring with it a new set of side effects and complications. All of these assault the body and cause damage and leave residue to further overload and overwhelm the body's immune system and natural body intelligence. Our body has a natural intelligence that knows how to restore our body to health and it has a problem with stupid drugs. If aromatic molecules are called “smart” molecules, then drug molecules are “stupid” molecules for sure.

~ Alexandria Brighton

Notes

[illegible]



application

Aromatic • Bath • Topical

safety group #3

ingredients

Cedrus atlantica (Cedarwood Atlas), Magnolia champaca (Champaca), Cupressus sempervirens (Cypress), Canarium luzonicum (Elemi), Boswellia carteri (Frankincense), Citrus paradisi (Pink Grapefruit), Jasminum grandiflorum (Jasmine), Aniba rosaeodora (Rosewood), Santalum album (Sandalwood), Nardostachys jatamansi (Spikenard), Cananga odorata (Ylang Ylang Complete), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

product summary

According to the Hebrew Bible, Bathsheba was the wife of Uriah the Hittite, and later of David, king of the United Kingdom of Israel and Judah. Traditionally, Bathsheba is remembered for her adulterous affair with King David while married to Uriah.*

If you have committed acts in the past or present that you feel are hurtful to others and unforgivable, and these acts are keeping you from your destiny, Bathsheba blend can help bring forgiveness and the knowledge that like Bathsheba, you can begin a new life.*

Bathsheba blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be.*

bathsheba's history

- Israelite
- Jerusalem
- Queen and Queen Mother to King Solomon
- Wife to Uriah and King David
- Mother to Shimea, Shobab, Nathan, and Solomon

scripture readings

- Samuel 11:1-5
- 2 Samuel 11: 6-27, 12:1-23, 12:24-25
- 1 Chronicles 3: 48-5
- 1 Kings 1: 11-14, 28-31, 47-48
- Song of Solomon 3: 11
- Matthew 1: 6, 16

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ingredient highlights

- Cedarwood Atlas is said to be an aphrodisiac with an aroma that could be described as masculine, but it appeals to both men and women. It may assist with encouraging confidence and calming restlessness.*
- Champaca is extracted by steam distillation of the young, fragrant flowers of a tree regarded as one of the most sacred trees of India and tropical Asia. It is used as an anti-depressant and is said to soothe and relax the body and strengthen the mind.*
- Ylang Ylang Complete can be helpful to promote relaxation, kill bacteria, lower high blood pressure, and increase sexual desire.*
- Jasmine influences the emotional part of us. No other essential oil is quite as capable of changing our mood so intensely. It helps solve unresolved emotional blocks, psychological tension, coldness, fear, and paranoia.*

uses

Aromatic

In Bathsheba's time, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, when feeling guilt, shame, fearful, and in need of courage to change your life. Think of Bathsheba, whose faith gave her forgiveness and a chance to raise her sons as men of faith and to be Queen Mother to King Solomon, Israel's wisest king. Can be used throughout your environment to create a frequency of courage, strength, faith, and forgiveness. May also be shared with a friend or family member in need of Bathsheba's faith and strength. Shake well before each use.*

Bath

One of the ways essential oils were most often used in the time of Bathsheba.

- Add 10 drops of Bathsheba blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. Soaking in the Bathsheba bath can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. If you have committed acts in the past or present that you feel are hurtful to others and unforgivable, and these acts are keeping you from your destiny, while soaking say a prayer or affirmation for forgiveness and know that like Bathsheba, you can begin a new life. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot bath, add 5-8 drops of Bathsheba blend to ½ cup of bath salts, and soak feet 10-20 minutes.*

Topical

Applying to the head and feet was an important way to use essential oils in Bathsheba's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be.*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.*
- Apply 1-2 drops neat (undiluted) to pulse points.*
- Apply 1-2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.*
- Apply 1-2 drops to the lower abdomen, which has an affinity to instill peace and joy.*
- Apply 1-2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.*



Mary

Woman of Faith, Purity, Courage, Trust, Worthiness

The Story of Mary

Luke 1: 26-38

God sent the angel Gabriel to Nazareth, a village in Galilee, to a virgin named Mary. She was engaged to be married to a man named Joseph, a descendant of King David. Gabriel appeared to her and said, "Greeting, favored woman! The Lord is with you!" Confused and disturbed, Mary tried to think what the angel could mean.

"Don't be frightened, Mary," the angel told her, "for God has decided to bless you! You will become pregnant and have a son, and you are to name him Jesus. He will be very great and will be called the Son of the Most High. And the Lord God will give him the throne of his ancestor David. And he will reign over Israel forever; his kingdom will never end!"

Mary asked the angel, "But how can I have a baby? I am a virgin." The angel replied, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby born to you will be holy, and he will be called the Son of God." Mary responded, "I am the Lord's servant, and I am willing to accept whatever he wants. May whatever you have said come true." And the angel left.

Matthew 2:1-12

At that time the Roman emperor, Augustus, decreed that a census should be taken throughout the Roman Empire. All returned to their own towns to register for this census. And because Joseph was a descendant of King David, he had to go to Bethlehem in Judea, David's ancient home. He traveled there from the village of Nazareth in Galilee.

He took with him Mary, his fiancée, who was obviously pregnant by this time. And while they were there, the time came for her baby to be born. She gave birth to her first child, a son. She wrapped him snugly in strips of cloth and laid him in a manger, because there was no room for them in the village inn.

That night some shepherds were in the fields outside the village, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them.

They were terribly frightened, but the angel reassured them. "Don't be afraid!" he said. "I bring you good news of great joy for everyone! The Savior – yes, the Messiah, the Lord – has been born tonight in Bethlehem, the city of David! And this is how you will recognize him: You will find a baby lying in a manger wrapped snugly in strips of cloth!"

Suddenly the angel was joined by a vast host of others – the armies of heaven – praising God:

"Glory to God in the highest heaven, and peace on earth to all whom God favors."

When the angels had returned to heaven, the shepherds said to each other, "Come on, let's go to Bethlehem! Let's see this wonderful thing that has happened, which the Lord has told us about."

They ran to the village and found Mary and Joseph. And there was the baby, lying in the manger. Then the shepherds told everyone what had happened and what the angel had said to them about the child.

All who heard the shepherd's story were astonished, but Mary quietly treasured these things in her heart and thought about them often. The shepherds went back to their fields and flocks, glorifying and praising God for what the angels had told them, and because they had seen the child, just as the angel had said.

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him." When King Herod heard this, he was disturbed and all Jerusalem with him.

When he had called together all the people's chief priests and teachers of the law, he asked them where the Messiah was to be born. "In Bethlehem in Judea," they replied, "for this is what the prophet has written. But you, Bethlehem, in the land of Judea, are by no means least among the rulers of Judea, for out of you will come a ruler who will shepherd my people of Israel."

Then Herod called the Magi secretly and found out from them the exact time the star had appeared. He sent them to Bethlehem and said, "Go and make a careful search for the child. As soon as you find him, report to me, so that I too may go and worship him."

After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. When they saw the star, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense, and myrrh. And having been warned in a dream not to go back to Herod, they returned to their country by another route.

Matthew 2:19-23

When they had gone, an angel of the Lord appeared to Joseph in a dream. "Get up," he said, "take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child and kill him." So he got up, took the child and his mother during the night and left for Egypt, where he stayed until the death of Herod. And so was fulfilled what the Lord had said through the prophet: "Out of Egypt I called my son."

When Herod realized that he had been outwitted by the Magi, he was furious, and he gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi. After Herod died, an angel of the Lord appeared in a dream to Joseph in Egypt and said, "Get up, take the child and his mother and go to the land of Israel, for those who were trying to take the child's life are dead." So he got up, took the child and his mother and went to the land of Israel.

But when he heard that Archelaus was reigning in Judea in place of his father Herod, he was afraid to go there. Having been warned in a dream, he withdrew to the district of Galilee, and he went and lived in a town called Nazareth. So was fulfilled what was said through the prophets: "He will be called the Nazarene."

Luke 2:41-51

Every year Jesus' parents went to Jerusalem for the Passover festival. When Jesus was twelve years old, they attended the festival as usual. After the celebration was over, they started home to Nazareth, but Jesus stayed behind in Jerusalem. His parents didn't miss him at first, because they assumed he was with friends among the other travelers.

But when he didn't show up that evening, they started to look for him among their relatives and friends. When they couldn't find him, they went back to Jerusalem to search for him there. Three days later they finally discovered him. He was in the temple sitting among the religious teachers, discussing deep questions with them.

And all who heard him were amazed at his understanding and his answers. His parents didn't know what to think. "Son!" his mother said to him. "Why have you done this to us? Your father and I have been frantic, searching for you everywhere." "But why did you need to search?" he asked. "You should have known that I would be in my Father's house." But they didn't understand what he meant. Then he returned to Nazareth with them and was obedient; and his mother stored all these things in her heart.

John 2:1-11

On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him. "They have no more wine."

"Woman, why do you involve me?" Jesus replied. "My hour has not yet come." His mother said to the servants. "Do whatever he tells you." Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. Jesus said to the servants, "Fill the jars with water." So they filled them to the brim. Then he told them, "Now draw some out and take it to the master of the banquet."

They did so, and the master of the banquet tasted the water that had been turned to wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now." What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples put their faith in him.

Luke 8:19-21

Once Jesus' mother and brothers came to see him, they couldn't get to him because of the crowd. Someone told him, "Your mother and brothers are standing outside, wanting to see you." He replied, "My mother and brothers are those who hear God's word and put it into practice."

John 19: 25-27

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.

John 19: 38-40

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly, because he feared the Jewish leaders. 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 seventy-five 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.

Study Guide

Read the Story of Mary, and discuss the following questions. Mary was young, poor, and female; all of which in her time among her people would have made her a poor candidate to be chosen by God to fulfill any task, let alone to become the mother of the Messiah. But as we have seen, the humble, devoted, and open-hearted are in fact the very ones God favors. Let's examine the life of this extraordinary young woman as there is always more to the story than one might expect.

1. When Mary was born, her father was hoping for a son and already had an older daughter named Mary. Why do you think he named his younger daughter Mary too?

- When she was born, she had a sweetness about her that he could not resist even though she was not the son he hoped for.
- He may have had a 'feeling' about her as her name means one who suffers, as only a mother who watches her child die can suffer.

2. When the angel Gabriel appeared to Mary and announced that she had been chosen of all women by God to be the mother of the Messiah, it must have been a terrifying experience for a young peasant girl; yet she agreed and for her obedience to God she was blessed. However, this blessing came accompanied by great pain. What happened when she told others she was to give birth to the Messiah?

- She was ridiculed by her peers and Joseph, her fiancé, almost left her.

3. Before their marriage, she told Joseph she was pregnant, but still a virgin. Joseph had a hard time accepting this. Joseph was a good man and did not want to disgrace her publicly, so he decided to break the engagement quietly. His only other option was to have her stoned. What stopped Joseph from leaving her?

- As he considered this, an angel of the Lord appeared and explained that he need not be afraid to take Mary as his wife for she was pregnant by the Holy Spirit and would give birth to the Messiah and he was to name him Jesus.

4. What attributes did Joseph have that qualified him to become Jesus' earthly father?

- He was a man of great integrity, open to guidance from God, and ready to do God's will.
- Joseph took his family every year to the Passover in Jerusalem, providing good spiritual guidance for Jesus.

5. Roman emperor Augustus declared that everyone must return to the home of their ancestors and register for the census. Mary was noticeably pregnant by this time and if she stayed in Nazareth, would have had the support of her mother to help with the delivery of her first child. What would her experience be now that she could not stay with her mother?

- First, being noticeably pregnant, she had to ride a donkey from Nazareth to Bethlehem. For anyone who has ever been pregnant, you would know that was not an easy task.
- She must have had some instruction and guidance from her mother on what to expect and a few supplies for the delivery.
- When the time came for Jesus to be born and there was no room available in the inn for them, they had to bed down with the animals in a stable, which in that time may have been a cave. Since men of the time did not participate in delivery of babies, Mary very well may have delivered her baby alone.

6. What conditions would you expect the Son of God to be born in?

- Most anticipated that the Son of God would be born in royal surroundings. Instead, he was born in a humble and unsanitary stable and laid into a manger used to feed animals.

7. What is the significance of the Star the wise men followed?

- The wise men were astrologers and the star foretold of the coming of the Messiah.

8. Why did they bring Frankincense, Myrrh, and Gold as the gifts for Jesus?

- Frankincense was used for spiritual worship and was one of the most precious possessions a person could own.
- Myrrh was the most costly incense resin in antiquity and was worth more than jewels and gold. Mary would have used Myrrh to disinfect the naval when the cord detached, and to keep herself and the infant Jesus from developing infection from the unsanitary conditions.
- Gold was the least valuable of all the gifts, but still had significant worth.
- All together, the three gifts represented a considerable wealth.

9. What did the wise men do that alerted Herod of the birth of the Messiah?

- Upon arrival in Jerusalem they went to Herod and asked where they might find the baby who was the Messiah foretold in prophecy as they wanted to worship him and bestow upon him the gifts they had brought. Herod told them to return and tell him where they found the newborn Messiah so he could worship him too.

10. When Herod ordered all the boys two years old and under living in and around Bethlehem to be killed, how did Joseph save Jesus?

- Joseph was visited by an angel of the Lord and told to flee to Egypt that very night as Jesus' life was in danger and he would be killed.

11. When Jesus was twelve, he went with his family to Jerusalem for the annual Passover festival and when it was over and they started home, he was accidentally left behind. Where did they find him and what did he say to them and what did that mean to Mary?

- He was not concerned about staying behind. After three days of searching, they finally found him at a temple, sitting among the religious teachers listening and asking questions. He told them not to worry; he was in his father's house.
- Mary must have known a day would come when he would be less her son and more the Son of God. Although she had other sons, Jesus would have been special to Mary and hard to let go of. It can be very difficult to let go of those we have nurtured.

12. Mary, Jesus and his disciples were attending a wedding in Cana when the host ran out of wine. Mary asked Jesus to help find some wine, but Jesus said, "It is not yet my time." Mary then told the servants to do as Jesus told them. This resulted in Jesus' first public miracle. What was it, and what can we learn about God from it?

- Jesus told the servants to bring the empty water jars used for ritual cleansing to the table and fill them with fresh water. Then he told them to fill the wine glasses.
- The resulting wine was declared to be the best of the entire party. If we allow God to give us what he wants instead of what we want, it is always better than what we asked for.

13. Mary was a good and loving mother to Jesus and remained obedient to God throughout her life. She was the only person present at Jesus' birth that was also present at his death. She had to watch her son be rejected and made to suffer on the cross by the very people he had come to save. His crucifixion and death must have been horrifying and heartbreaking to Mary. What can we learn from Jesus' crucifixion and resurrection?

- That life is eternal. Although we may shed our physical body, the spiritual body is eternal.

What If...

Mary, the mother of Jesus, is the most famous woman of the bible and one who is known around the world. She has had more sightings around the world than Jesus has over the last 2000 years.

She has been given credit for the healing at Fatima and other religious sites, while modern day people have reported her appearing before them while praying when they were in great need.

While in prayer to Mary, some have experienced the fragrance of roses in the air which is not surprising since it is reported to be the flower with the highest frequency.

A woman loved today as much as when she walked the holy land over 2000 years ago. She is not a woman who can be claimed by only one religion or theology as she truly belongs to all of us. She is sought by many because she is sympathetic and compassionate.

The blend dedicated to her represents these attributes and her Divine Mother presence.

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Aromas & Your Emotions...

How often has the aroma of a freshly baked pizza instantly lifted your spirits? Think back to the last time you inhaled the aroma of cookies in the oven. If you pay close attention you'll notice your body instantly start to relax.

Does the smell of a hospital or the aroma in a doctor's office set your heart racing or your palms sweating?

Another great example of aromatic emotions would be the agitation and grief we feel when we smell lilies. Without you knowing it, your limbic system has stored and connected the aroma of lilies to attendance at a funeral; thus the emotion of grief or agitation.

This is part of the reason why not everyone likes the same smells. The aromatic emotions stored in each of our brains are as different from each other as the experiences we had when we first inhaled the aroma.

When you think about the good times and, yes, the bad times too, you will realize that they each have an aroma attached to them. Our memories don't decide to keep only the good things that occur in our lives.

Our body, specifically the limbic system in our brain, stores all of our memories, and with them, the aromas that were present at that time.

Notes

[illegible]

MARY

relax & reflect

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

ingredients

Rosa damascena (Rose), Cananga odorata (Ylang Ylang Complete), Pelargonium graveolens (Geranium Rose), Simmondsia chinensis (Jojoba), Santalum album (Sandalwood), Polianthes tuberosa (Pink Tuberose), Citrus paradisi (Pink Grapefruit), Commiphora myrrha (Myrrh), Nardostachys jatamansi (Spikenard), Lavandula angustifolia (Lavender Vera), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

product summary

According to the Bible, Mary was an Israelite Jewish woman of Nazareth in Galilee and the mother of Jesus. Among her many other names and titles are Saint Mary, Blessed Virgin Mary, Mother of God, and Virgin Mary in Western churches. She is identified in the New Testament as the mother of Jesus through divine intervention.*

Mary blend can help to re-establish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. It will nurture and heal the spiritual self.*

Mary blend is a powerful way to instill the strength and faith needed to move forward and do whatever is necessary to fulfill your destiny. Mary teaches us to listen to our inner guiding voice, always mindful of our destiny. Use Mary blend whenever you feel the need for strength and divine guidance.*

mary's history

- Daughter of Joachim and Anne
- Devout Jew
- Galilee
- Cousin to Elizabeth, mother of John The Baptist
- Mother of Jesus the Messiah

scripture readings

- Luke 1:26-38,
- Luke 2:41-51
- Luke 8:19-21
- Matthew 2:1-12, 19-23
- John 2:1-11
- John 19:25-27, 38-40

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

ingredient highlights

- Rose brings harmony between the spirit and the mental, emotional, and physical. Essential Oil of Rose is a miracle of nature; it is truly exceptional. Rose expands our awareness and leads to faith.*
- Pink Tuberose is love and desired around the world for its stress-relieving and aphrodisiac properties. It is believed to be calming to the nervous system and can promote creativity, sensuality, and a positive outlook on life.*
- Ylang Ylang Complete can be helpful to promote relaxation, kill bacteria, lower high blood pressure, and increase sexual desire.*
- Sandalwood is used in many different ways in the spiritual traditions of the East, and is an iconic fragrance for calming and focusing the mind. It can help to help balance emotions, ground the mind, and lessen mental tensions.*

uses

Aromatic

In Mary's time, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Think of Mary who kept her faith in God and accepted the opportunity to be the mother of Jesus. Can be used throughout your home or workplace to create a feeling of courage, purity, strength, and absolute faith. May also be shared with a friend or family member in need of guidance, courage, and strength to follow their destiny. Shake well before each use.*

Bath

One of the ways essential oils were most often used in the time of Mary.

- Add 10 drops of Mary blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. If you are feeling lost and alone without a sense of connection to inner guidance and are unsure of where your destiny lies, while soaking say a prayer or affirmation to connect to the source and be open for divine guidance. The Mary bath will detox past separation imprints, allowing awareness of God's love and guidance to take place. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot bath, add 5-8 drops of Mary blend to ½ cup of bath salts, and soak feet 10-20 minutes.*

Topical

Applying to the head and feet was an important way to use essential oils in Mary's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.*
- Apply 1-2 drops neat (undiluted) to pulse points.*
- Apply 1-2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.*
- Apply 1-2 drops to the groin area, our center of personal survival.*
- Apply 1-2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.*



Queen Esther

Woman of Obedience, Intelligence, Humility, & Courage

The Story of Queen Esther

Esther 1: 1-6

Queen Vashti Deposed

This is what happened during the time of Xerxes, the Xerxes who ruled over 127 provinces stretching from India to Cush. At that time King Xerxes reigned from his royal throne in the citadel of Susa, and in the third year of his reign, he gave a banquet for all his nobles and officials. The military leaders of Persia and Media, the princes, and the nobles of the provinces were present.

For a full 180 days he displayed the vast wealth of his kingdom and the splendor and glory of his majesty. When these days were over, the king gave a banquet, lasting seven days, in the enclosed garden of the king's palace, for all the people from the least to the greatest who were in the citadel of Susa.

Esther 1:10-22

On the seventieth day, when King Xerxes was in high spirits from the wine, he commanded the seven eunuchs who served him to bring before him Queen Vashti, wearing her royal crown, in order to display her beauty to the people and nobles, for she was lovely to look at. But when the attendants delivered the King's command, Queen Vashti refused to come. Then the king became furious and burned with anger.

Since it was customary for the king to consult experts in matters of law and justice, he spoke with the wise men who understood the times and were closest to the king – Karshena, Shethar, Admantha, Tarshish, Meres, Marsina and Memukan, the seven nobles of Persia and Media who had special access to the king and were highest in the kingdom. "According to law, what must be done to Queen Vashti?" he asked. "She has not obeyed the command of King Xerxes that the eunuchs have taken to her."

Then Memukan replied in the presence of the king and the nobles, "Queen Vashti has done wrong, not only against the king, but also against all the nobles and the peoples of all the provinces of King Xerxes. For the queen's conduct will become known to all the women, and so they will despise their husbands and say, 'King Xerxes commanded Queen Vashti to be brought before him, but she would not come. This very day the Persian and Median women of the nobility who have heard about the queen's conduct will respond to all the king's nobles in the same way. There will be no end of disrespect and discord.'"

"Therefore, if it pleases the king, let him issue a royal decree and let it be written in the laws of Persia and Media, which cannot be repealed, that Vashti is never again to enter the presence of King Xerxes. Also let the king give her royal position to someone else who is better than she. Then when the king's edict is proclaimed throughout all his vast realm, all the women will respect their husbands from the least to the greatest."

The king and his nobles were pleased with this advice, so the king did as Memukan proposed. He sent dispatches to all parts of the kingdom, to each province in its own script and to each people in their own language, proclaiming that every man should be ruler over his own household, using his native tongue.

Esther 2:1-18

Esther Made Queen

Later when King Xerxes' fury had subsided, he remembered Vashti and what she had done and what he had decreed about her. Then the king's personal attendants proposed, "Let a search be made for beautiful young virgins for the king. Let the king appoint commissioners in every province of his realm to bring all these beautiful young women into the harem of the citadel of Susa. Let them be placed under the care of Hegai, the king's eunuch, who is in charge of the women; and let beauty treatments be given to them. Then let the young woman who pleases the king be queen instead of Vashti." The advice appealed to the king and he followed it.

Now there was in the citadel of Susa a Jew of the tribe of Benjamin, named Mordecai son of Jair, the son of Shimei, the son of Kish, who had been carried into exile from Jerusalem by Nebuchadnezzar king of Babylon, among those taken captive with Jehoiachin king of Judah. Mordecai had a cousin named Hadassah, who he had brought up because she had neither father nor mother. This young woman, who was also known as Esther, had a lovely figure and was beautiful. Mordecai had taken her as his own daughter when her father and mother died.

When the king's order and edict had been proclaimed, many young women were brought to the citadel of Susa and put under the care of Hegai. Esther also was taken to the king's palace and entrusted to Hegai, who had charge of the harem. She pleased him and won his favor. Immediately he provided her with her beauty treatments and special food. He assigned to her seven female attendants selected from the king's palace and moved her and her attendants into the best place in the harem. Esther had not revealed her nationality and family background, because Mordecai had forbidden her to do so. Every day he walked back and forth near the courtyard of the harem to find out how Esther was and what was happening to her.

Before a young woman's turn came to go in to King Xerxes, she had to complete twelve months of beauty treatments prescribed for the women, six months with oil of myrrh and six with perfumes and cosmetics. And this is how she would go to the king. Anything she wanted was given to her to take with her from the harem to the king's palace. In the evening she would go there and in the morning return to another part of the harem to the care of Shaashgaz, the king's eunuch who was in charge of the concubines. She would not return to the king unless he was pleased with her and summoned her by name.

When the turn came for Esther (the young woman Mordecai had adopted, the daughter of his uncle Abihail) to go to the king, she asked for nothing other than what Hegai, the king's eunuch, who was in charge of the harem, suggested. And Esther won the favor of everyone who saw her. She was taken to King Xerxes in the royal residence in the tenth month, the month of Tebeth, in the seventh year of his reign. Now the king was attracted to Esther more than to any of the other women, and she won his favor and approval more than any of the other virgins. So he set a royal crown on her head and made her queen instead of Vashti. And the king gave a great banquet, Esther's banquet, for all his nobles and officials. He proclaimed a holiday throughout the provinces and distributed gifts with royal liberality.

Mordecai Uncovers a Conspiracy

When the virgins were assembled again, Mordecai was sitting at the king's gate. But Esther had kept secret her family background and nationality just as Mordecai had told her to do, for she continued to follow Mordecai's instructions as she had done when he was bringing her up. During the time Mordecai was sitting at the king's gate, Bigthana and Teresh, two of the king's officers who guarded the doorway, became angry and conspired to assassinate King Xerxes.

But Mordecai found out about the plot and told Queen Esther, who in turn reported it to the king, giving credit to Mordecai. And when the report was investigated and found to be true, the two officials were impaled on poles. All this was recorded in the book of the annals in the presence of the king.

Esther 3:1-15

Haman's Plot to Destroy the Jews

After these events, King Xerxes honored Haman, son of Hammedatha the Agagite, elevating him and giving him a seat of honor higher than that of all the other nobles. All the royal officials at the king's gate knelt down and paid honor to Haman, for the king had commanded this concerning him. But Mordecai would not kneel down or pay him honor.

Then the royal officials at the king's gate asked Mordecai, "Why do you disobey the king's command?" Day after day they spoke to him, but he refused to comply. Therefore they told Haman about it to see whether Mordecai's behavior would be tolerated, for he had told them he was a Jew. When Haman saw that Mordecai would not kneel down or pay him honor, he was enraged. Yet having learned who Mordecai's people were, he scorned the idea of killing only Mordecai. Instead Haman looked for a way to destroy all Mordecai's people, the Jews, throughout the whole kingdom of Xerxes.

In the twelfth year of King Xerxes, in the first month, the month of Nisan, the pur (that is, the lot) was cast in the presence of Haman to select a day and month. And the lot fell on the twelfth month, the month of Adar. Then Haman said to King Xerxes, "There is a certain people dispersed among the peoples in all the provinces of your kingdom who keep themselves separate. Their customs are different from those of all other people, and they do not obey the king's laws; it is not in the king's best interest to tolerate them. If it pleases the king, let a decree be issued to destroy them, and I will give ten thousand talents of silver to the king's administrators for the royal treasury."

So the king took his signet ring from his finger and gave it to Haman, son of Hannedatha the Agagite, the enemy of the Jews. "Keep the money," the king said to Haman, "and do with the people as you please." Then on the thirteenth day of the first month the royal secretaries were summoned. They wrote out in the script of each province and in the language of each people all Haman's orders to the king's satraps, the governors of the various provinces and the nobles of the various peoples. These were written in the name of King Xerxes himself and sealed with his own ring. Dispatches were sent by couriers to all the king's provinces with the order to destroy, kill, and annihilate all the Jews – young and old, women and children – on a single day, the thirteenth day of the twelfth month, the month of Adar, and to plunder their goods. A copy of the text of the edict was to be issued as law in every province and made known to the people of every nationality so they would be ready for that day. The couriers went out, spurred on by the king's command, and the edict was issued in the citadel of Susa. The king and Haman sat down to drink, but the city of Susa was bewildered.

Esther 4:1-17

Mordecai Persuades Esther to Help

When Mordecai learned of all that had been done, he tore his clothes, put on sackcloth and ashes, and went out into the city, wailing loudly and bitterly. But he went only as far as the king's gate because no one clothed in sackcloth was allowed to enter it. In every province to which the edict and order of the king came, there was great mourning among the Jews, with fasting, weeping, and wailing. Many lay in sackcloth and ashes.

When Esther's eunuchs and female attendants came and told her about Mordecai, she was in great distress. She sent clothes for him to put on instead of his sackcloth, but he would not accept them. Then Esther summoned Hathak, one of the king's eunuchs assigned to attend her, and ordered him to find out what was troubling Mordecai and why. So Hathak went out to Mordecai in the open square of the city in front of the king's gate.

Mordecai told him everything that had happened to him, including the exact amount of money Haman had promised to pay into the royal treasury for the destruction of the Jews. He also gave him a copy of the test of the edict for their annihilation, which had been published in Susa, to show to Esther and explain it to her, and he told him to instruct her to go into the king's presence to beg for mercy and plead with him for her people.

Hathak went back and reported to Esther what Mordecai had said. Then she instructed him to say to Mordecai, "All the king's officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned the king has but one law; that they be put to death unless the king extends the gold scepter to them and spares their lives. But thirty days have passed since I was called to go to the king."

When Esther's words were reported to Mordecai, he sent back this answer: "Do not think that because you are in the king's house you alone of all the Jews will escape. For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to royal position for such a time as this?" Then Esther sent this reply to Mordecai: "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." So Mordecai went away and carried out all of Esther's instructions.

Esther 5:1-8

On the third day Esther put on her royal robes and stood in the inner court of the palace, in front of the king's hall. The king was sitting on his royal throne in the hall, facing the entrance. When he saw Queen Esther standing in the court, he was pleased with her and held out to her the gold scepter that was in his hand. So Esther approached and touched the tip of the scepter. Then the king asked, "What is it, Queen Esther? What is your request? Even up to half the kingdom, it will be given to you."

"If it pleases the king," replied Esther, "let the king, together with Haman, come today to a banquet I have prepared for him." "Bring Haman at once," the king said, "so that we may do what Esther asks." So the king and Haman went to the banquet Esther had prepared. As they were drinking wine, the king again asked Esther, "Now what is your petition? It will be given you. And what is your request? Even up to half the kingdom, it will be granted." Esther replied, "My petition and my request is this... If the king regards me with favor and if it pleases the king to grant my petition and fulfill my request, let the king and Haman come tomorrow to the banquet I will prepare for them. Then I will answer the king's question."

Esther 5:9-14

Haman went out that day happy and in high spirits. But when he saw Mordecai at the king's gate and observed that he neither rose nor showed fear in his presence, he was filled with rage against Mordecai. Nevertheless, Haman restrained himself and went home. Calling together his friends and Zeresh, his wife, Haman boasted to them about his vast wealth, his many sons, and all the ways the king had honored him and how he had elevated him above the other nobles and officials.

"And that's not all," Haman added. "I'm the only person Queen Esther invited to accompany the king to the banquet she gave. And she has invited me along with the king tomorrow. But all this gives me no satisfaction as long as I see that Jew Mordecai sitting at the king's gate. His wife Zeresh and all his friends said to him, "Have a pole set up, reaching to a height of fifty cubits, and ask the king in the morning to have Mordecai impaled on it. Then go with the king to the banquet and enjoy yourself." This suggestion delighted Haman, and he had the pole set up.

Esther 6:1-14

Mordecai Honored

That night the king could not sleep; so he ordered the book of chronicles, the record of his reign, to be brought in and read to him. It was found recorded there that Mordecai had exposed Bigthana and Teresh, two of the king's officers who guarded the doorway, who had conspired to assassinate King Xerxes.

"What honor and recognition has Mordecai received for this?" the king asked. "Nothing has been done for him," his attendants answered. The king said, "Who is in the court?" Now Haman had just entered the outer court of the palace to speak to the king about impaling Mordecai on the pole he had set up for him. His attendants answered, "Haman is standing in the court." "Bring him in," the king ordered. When Haman entered, the king asked him, "What should be done for the man the king delights to honor?"

Now Haman thought to himself, "Who is there that the king would rather honor than me?" So he answered the king, "For the man the king delights to honor, have them bring a royal robe the king has worn and a horse the king has ridden, one with a royal crest placed on its head. Then let the robe and horse be entrusted to one of the king's most noble princes. Let them robe the man the king delights to honor, and lead him on the horse through the city streets, proclaiming before him, 'This is what is done for the man the king delights to honor!'"

"Go at once," the king commanded Haman. "Get the robe and the horse and do just as you have suggested for Mordecai the Jew, who sits at the king's gate. Do not neglect anything you have recommended." So Haman got the robe and the horse. He robed Mordecai, and led him on horseback through the city streets, proclaiming before him, "This is what is done for the man the king delights to honor!"

Afterward Mordecai returned to the king's gate. But Haman rushed home, with his head covered in grief, and told Zeresh his wife and all his friends everything that had happened to him. His advisers and his wife Zeresh said to him, "Since Mordecai, before whom your downfall has started, is of Jewish origin, you cannot stand against him – you will surely come to ruin!" While they were still talking with him, the king's eunuchs arrived and hurried Haman away to the banquet Esther had prepared.

Esther 7:1-10

Haman Impaled

So the king and Haman went to Queen Esther's banquet, and as they were drinking wine on the second day, the king again asked, "Queen Esther, what is your petition? It will be given you. What is your request? Even up to half the kingdom, it will be granted."

Then Queen Esther answered, "If I have found favor with you, Your Majesty, and if it pleases you, grant me my life - this is my petition. And spare my people - this is my request."

"For I and my people have been sold to be destroyed, killed, and annihilated. If we had merely been sold as male and female slaves, I would have kept quiet, because no such distress would justify disturbing the king." King Xerxes asked Queen Esther, "Who is he? Where is he - the man who has dared to do such a thing?" Esther said, "An adversary and enemy! This vile Haman!"

Then Haman was terrified before the king and queen. The king got up in a rage, left his wine, and went out into the palace garden. But Haman, realizing that the king had already decided his fate, stayed behind to beg Queen Esther for his life. Just as the king returned from the palace garden to the banquet hall, Haman was falling on the couch where Esther was reclining. The king exclaimed, "Will he even molest the queen while she is with me in the house!"

As soon as the word left the king's mouth, they covered Haman's face. Then Harbona, one of the eunuchs attending the king, said, "A pole reaching to a height of fifty cubits stands by Haman's house. He had it set up for Mordecai, who spoke up to help the king." The king said, "Impale him on it!" So they impaled Haman on the pole he had set up for Mordecai. Then the king's fury subsided.

Esther 8:1-14

The King's Edict on Behalf of the Jews

That same day king Xerxes gave Queen Esther the estate of Haman, the enemy of the Jews. And Mordecai came into the presence of the king, for Esther had told how he was related to her. The king took off his signet ring, which he had reclaimed from Haman, and presented it to Mordecai. And Esther appointed him over Haman's estate.

Esther again pleaded with the king, falling at his feet and weeping. She begged him to put an end to the evil plan of Haman the Agagite, which he had devised against the Jews. Then the king extended the gold scepter to Esther and she arose and stood before him. "If it pleases the king, and if he regards me with favor and thinks it is the right thing to do, and if he is pleased with me, let an order be written overruling the dispatches that Haman son of Hammedatha, the Agagite, devised and wrote to destroy the Jews in all the king's provinces. For how can I bear to see disaster fall on my people? How can I bear to see the destruction of my family?", she said.

King Xerxes replied to Queen Esther and to Mordecai the Jew, "Because Haman attacked the Jews, I have given his estate to Esther, and they have impaled him on the pole he set up. Now write another decree in the king's name in behalf of the Jews as seems best to you, and seal it with the king's signet ring - for no document written in the king's name and sealed with his ring can be revoked."

At once the royal secretaries were summoned - on the twenty-third day of the third month, the month of Sivan. They wrote out all Mordecai's orders to the Jews, and to the satraps, governors, and nobles of the 127 provinces stretching from India to Cush. These orders were written in the script of each province and the language of each people and also to the Jews in their own script and language.

Mordecai wrote in the name of King Xerxes, sealed the dispatches with the king's signet ring, and sent them by mounted couriers, who rode fast horses especially bred for the king. The king's edict granted the Jews in every city the right to assemble and protect themselves, to destroy, kill, and annihilate the armed men of any nationality or province who might attack them and their women and children, and to plunder the property of their enemies. The couriers went out, spurred on by the king's command, and the edict was issued in the citadel of Susa.

Esther 8:15, 9:1-15

When Mordecai left the court, he was wearing royal garments of blue and white, a large crown of gold, and a purple robe of fine linen. And the city of Susa held a joyous celebration. For the Jews it was a time of happiness and joy, gladness and honor. In every province and in every city in which the edict of the king came, there was joy and gladness among the Jews, with feasting and celebrating. And many people of other nationalities became Jews because fear of the Jews had seized them.

On the thirteenth day of the twelfth month, the month of Adar, the edict commanded by the king was to be carried out. On this day the enemies of the Jews had hoped to overpower them, but now the tables were turned and the Jews got the upper hand over those who hated them. The Jews assembled in their cities in all the provinces of King Xerxes to attack those seeking their destruction. No one could stand against them, because the people of all the other nationalities were afraid of them. And all the nobles of the provinces, the satraps, the governors and the king's administrators helped the Jews, because fear of Mordecai had seized them.

Mordecai was prominent in the palace; his reputation spread throughout the provinces, and he became more and more powerful. The Jews struck down all their enemies with the sword, killing and destroying them, and they did what they pleased to those who hated them.

Study Guide

The Book of Esther tells of an incredible woman who comes into her own power when she realizes the fate of her people lie in her hands. She reveals her intelligence, becomes a savvy strategist, a calculated risk taker, and a powerful and commanding leader. Risking her own life, she finds the courage to use the gifts God gave her to save her people. Like all the women, there is much more to her story than you may have thought. Read the story of Queen Esther, and discuss the following questions.

1. What happened to Queen Vashti that left the position of queen open?

- When she was called by the king to come and perform for his friends and show off her body and her beauty, she refused. Fearing an uprising of the other men's wives if she got away with such behavior, the king's advisors told him to take away her position as queen and give it to someone more deserving.

2. What kind of a king was King Xerxes?

- Xerxes was more a party planner than a commanding king. He was wishy-washy and let his advisors talk him into making major decisions without taking the time to investigate the facts or the repercussions.

3. Since Mordecai had dealings with the king, Esther may have dreamed of being a queen when she was a young girl living in the shadow of the palace. Once she was selected to go to the palace with the other potential candidates that dream had the potential to become real. When she was taken into the harem what did she do?

- Unlike the others who asked for special beauty products, clothing, or special foods, Esther asked for nothing additional. Because of her beauty and humble nature, she was befriended by Hegai, the head eunuch in charge of the harem. Hegai was impressed with Esther and treated her kindly. He ordered special menus for her and provided her with beauty treatments. He also assigned seven maids specially chosen from the king's palace, and he moved her and her maids into the best place in the harem.

4. Before each young woman was taken to the king's chambers, she was given the prescribed twelve month of beauty treatments. What did this consist of?

- The first six months consisted of bathing and massaging with oil of Myrrh. The second six months consisted of bathing and massaging with special perfume oils and ointments. Only then would the woman be considered ready for a night with the king.

5. What advantage did Esther have through her friendship with Hegai?

- Hegai knew the king's likes and dislikes and he prepared her to please the king. Hegai mentored her and she did as he instructed when it was her turn to go to the king. While other women asked for extra jewelry, perfumes or clothing, Esther asked for nothing, using only what Hegai suggested. Esther's beauty and character won Xerxes heart, and he made her his queen.

6. When Esther was in the harem, Mordecai came by often to check on her and see how she was doing. What did he tell her not to do and why?

- He told her not to reveal to anyone that she was a Jew. He understood that even though Jews were allowed freedom to run businesses and even, for some, to participate in the government, they were still exiles in a land where some were descendants of their mortal enemies. It was important for the king to get to know and love Esther before he knew her as a Jew.

7. What act did Mordecai perform that would later save his life?

- While at the city gate one day, Mordecai overheard two guards plotting to assassinate the king. He told Esther and asked her to pass on the information and to make sure the king knew it came from him. The king had it checked out and found it true and had the two guards impaled. The act of Mordecai preventing the king from being assassinated was recorded in the book of chronicles that would later be read and the king, who had not rewarded him, would do so at the exact moment when Haman was going to ask the king to have Mordecai impaled. Once the king showed Mordecai favor, Haman could not ask for him to be killed.

8. When the king appointed Haman as prime minister, everyone was ordered to bow down to him as a sign of respect. Haman was an egotistical and evil man who reveled in having people bow down to him as if he were a god. Mordecai refused to bow before him and revealed that he was a Jew and he would bow before God alone. This refusal to bow before him filled Haman with rage and hate for Mordecai. Over time his hatred of Mordecai spilled into hatred for all Jews. What did Haman plan to do to Mordecai and the rest of the Jews?

- He planned to have Mordecai impaled upon a pole he had built and to have all the Jews eliminated by convincing the king that they were not loyal to him and that they were a threat to his kingdom. He asked the king for the finances and armies to eliminate the Jews and the king agreed to Haman's plans.

9. Again, what does this say about what kind of a king Xerxes was?

- Without investigating Haman's claims, or giving much thought or consideration to what he was asking, Xerxes agreed to allow the extermination of an entire nation of people. He was easily swayed by his advisors and high ranking officials, and did not make his own decisions or consider the repercussions of those decisions.

10. When Mordecai happened upon the plot Haman had planned for the Jews' extermination, he went to Esther and asked her to go to the king and plead for the lives of her people. What was Esther's reaction to his request?

- At first she was afraid and told Mordecai that to seek entrance to the king's inner court without being summoned was punishable by death, and she had not been called to him for a month. Mordecai told her that since the edict was to kill all Jews in Persia that would mean her also if she did not ask the king for mercy. Finally she agreed to intercede on behalf of her people.

11. Once she committed to helping save her people, she became the commanding leader she was destined to be. How did she implement her plan?

- She dressed in her finest royal robes and requested to approach the king in his royal chambers. Because she had learned first from Mordecai and then from Hegai how the politics of the palace functioned, she did not ask the king to save her people right away, but asked him to attend a luncheon with Haman in her chambers. When they arrived and ate and drank, the king asked what she desired and said she could have anything up to one half of his kingdom. She again asked only that they attend another lunch the next day and she would then give him her request. Only after much preparation and anticipation did she reveal her request by revealing that she was a Jew and was to be exterminated along with all the other Jews in Persia. When asked who would dare to threaten his most beloved queen, Esther pointed to Haman. The king was so enraged he went out onto the patio while Haman stayed behind to beg the queen to intercede on his behalf. Haman threw himself upon the queen just as the king came back inside. This act sealed his fate and he was impaled on the very pole he had built for Mordecai.

12. Was the king able to cancel the edict he had sent out to have all the Jews eradicated?

- Once issued, an edict of the king could not be canceled, even by the king himself.

13. How were the Jews saved?

- The king appointed Mordecai to replace Haman as Prime Minister and had him draft a new edict that would allow the Jews to defend themselves which saved them from elimination. Queen Esther is beloved by the Jews still today for her courage, faith, and devotion that saved her people. She is honored in the Purim celebration set up by Mordecai to remember that event and her as their savior.

What If...

The story of Queen Esther begins with a young girl living in exile, orphaned at a very early age and being brought up by her older cousin Mordecai. She is known to be very beautiful and obedient to Mordecai. When the king removes Vashti as Queen, an edict goes out to collect all the beautiful and young women in the kingdom and bring them into the harem. Esther's transformation from orphan girl to a true queen and leader is incredible and awe inspiring and has been written about by many biblical authors.

Not only is her story about what happened in her time, it is also about the legacy she left behind. As you read the Book of Esther, you may think she appears passive and assimilated into the culture of palace life, but you would be wrong. The Book of Esther is written from a man's point of view, and though it gives credit to Esther for saving a whole race of people, it focuses more on subterfuge and politics and less on what is actually happening within Esther as she grows into her position as queen and savior. Although the Book of Esther never mentions God by name, we can see his hand as her destiny unfolds and she becomes the central character of his divine plan.

QUEEN ESTHER

courage & destiny

*HBN*aturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

ingredients

Picea mariana (Black Spruce), Lavandula angustifolia (Lavender Vera), Canarium luzonicum (Elemi), Salvia officinalis (Sage), Copaifera langsdorffii (Balsam Copaiba), Artemisia pallens (Davana), Rosmarinus officinalis ct cineole (Rosemary ct. 1,8 cineole), Piper nigrum (Black Pepper), Salvia sclarea (Clary Sage), Nepeta cataria (Catnip), Rosa damascena (Rose), Nardostachys jatamansi (Spikenard), Citrus aurantium bergamia (Bergamot), Santalum album (Sandalwood), Cedrus atlantica (Cedarwood Atlas), Boswellia carteri (Frankincense), Cupressus sempervirens (Cypress), Cocos nucifera (Fractionated Coconut Oil)

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

"The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

product summary

Queen Esther was a Jew from the tribe of Benjamin who grew up as an exile in Persia. The name Esther means 'star' and is a derivation of the root name of the goddess Ishtar. Hadassah, which means 'Myrtle', is a branch that signifies peace and thanksgiving; two things Queen Esther brought to her people."

Queen Esther's transformation from orphan girl to a true queen and leader is incredible and awe inspiring. Her story is about what happened in her time as well as the legacy she left for the women of today. Esther was an incredible woman who came into her own power when she realized the fate of her people lay in her hands. She revealed her intelligence, became a savvy strategist, a calculated risk taker, and a powerful and commanding leader. Risking her own life, she found the courage to use the gifts God gave her to save her people."

queen esther's history

- Jew in exile in Persia
- Living in Susa
- Cousin to Mordecai
- Wife to King Xerxes
- Queen of Persia
- Savior of her people

scripture readings

- Esther 1:1-6, 10-22
- Esther 2:1-18, 19-23
- Esther 3:1-15
- Esther 4:1-17
- Esther 5:1-8, 9-14
- Esther 6:1-14
- Esther 7:1-10
- Esther 8:1-14, 15
- Esther 9:1-5

QUEEN ESTHER

courage & destiny



ingredient highlights

- Black Spruce can free and calm the mind while elevating the spirit. Emotionally grounding, yet at the same time stimulating, it is an excellent refresher for physical or mental exhaustion, stress, and anxiety.*
- Davana has been used for centuries in Indian cultures due to its wide range of benefits and uses. It is traditionally used in Ayurveda to balance the mind, body, and spirit. Davana can encourage a joyful mood and strengthen mental focus.*
- Lavender Vera is an increasingly rare and valuable essential oil. It has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.*
- Sandalwood is used in many different ways in the spiritual traditions of the East, and is an iconic fragrance for calming and focusing the mind. It can help to help balance emotions, ground the mind, and lessen mental tensions.*

uses

Aromatic

In Queen Esther's time, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Think of Queen Esther who kept her faith in her right action and saved a nation of people when God gave her the opportunity. Can be used throughout your home or workplace to create a feeling of courage, purity, strength, and personal power. May also be shared with a friend or family member in need of Queen Esther's courage and strength to follow their destiny. Shake well before each use.*

Bath

One of the ways essential oils were most often used in the time of Queen Esther.

- Add 10 drops of Queen Esther blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. If your fear issues are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find courage to do what needs to be done. The Queen Esther bath will detox past fear imprints allowing courageous action to take place. . For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot bath, add 5-8 drops of Queen Esther blend to ½ cup of bath salts, and soak feet 10-20 minutes.*

Topical

Applying to the head and feet was an important way to use essential oils in Queen Esther's time. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.*
- Apply 1-2 drops neat (undiluted) to pulse points.*
- Apply 1-2 drops to the heart area and know you are not insignificant to God; you are loved & cared for.*
- Apply 1-2 drops to the groin area, our center of personal survival.*
- Apply 1-2 drops to the top of your head, our personal connection point to the divine guidance and protection that we receive from God.*



Eve's Daughter

Women The World Over

Who Is Eve's Daughter?

She is all of us; daughters, mothers, grandmothers the world over. Eve's very name meant 'Mother of all who have life.' Therefore, every woman today can be Eve's Daughter.

How did God regard woman?

Keep in mind Eve was the last living thing called into existence. Unlike Adam who was made from the dust of the earth, Eve was made of flesh and bone by the very hand of God. We are told she was to be Adam's partner to complete him, and in God's final act of creation – Eve – his creation was complete. Eve was God's final gift to the world and that gift passed on to us in the form of the gift of co-creation of life.

After thousands of years of masculine dominance, it's time for the restoration of the feminine/masculine balance as was the plan for Adam and Eve from the time of creation. Both masculine and feminine need the energy of the other in order for the fullness of God's creation to come into existence. Each of us, man and woman, has a part to play in this restoration.

As we learned from the six extraordinary women we have studied, God shows up in unexpected places, to move in unexpected ways, through those who were open to their destiny. We can expect him to do the same through us.

As one person put it, we are not accidents going somewhere waiting for life to happen, we are blessings going somewhere with intent, making things happen!

Indigenous cultures the world over recognize the value of their women; it is time we in the modern, developed world do the same. We would do well to understand this Cheyenne proverb: *"A nation is not conquered until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong their weapons."*

We are a part of the bigger plan and we each have a destiny to fulfill if this plan is to come to fruition. Our planet is on the brink of ecological destruction; countries are on the brink of war; and men, women, and children worldwide are starving and ravaged by war.

Eve's Daughters, each of us, have the ability to make a difference, to restore balance. Not by force or politics, but by being who we are and by how we choose to live our lives. The world today needs women of all ages, of all races, and all religions to unite in service.

Physician Rachel Naomi Remen, a midlife woman who is medical director of the Commonwealth Cancer Help Program in Bolinas, California, and author of *Kitchen Table Wisdom*, writes about the difference between service as a form of connection with life, and service that is a veiled form of judgment; a statement that someone is broken and needs fixing.

"In fixing there is an inequality of expertise that can easily become a moral distance. We cannot serve at a distance. We can only serve that to which we are profoundly connected; that which we are willing to touch. This is Mother Teresa's basic message. We serve life not because it is broken but because it is holy."

The opportunities to serve are all around us constantly. We can serve every day by the hundreds of small choices we make, by finding a higher ground when dealing with conflict, to care a little more, to give a little more, and to do what we do best, talking with and relating to other women. Every interaction is an opportunity to serve, to share love and goodwill. Sharing love and goodwill is not a one-way street, what we give away comes back to us.

In terms of health, the gift of giving results in a stronger immune system, fewer illnesses, and a longer life. As a health strategy alone, service to others makes sense. Every act of kindness and compassion towards others is multiplied when they, in turn, pass it on. One by one, the world becomes a better place. Service is indeed the gift that keeps on giving.

The Women of the Bible are the perfect companions to give encouragement, inspiration, and hope on our journey of service. They have led the way, now we must follow. The self-esteem generated by service to other keeps hopelessness from taking root. From a spiritual perspective, service is a good working definition of spirituality in action.

Without others, we wouldn't have the opportunity to become better human beings.

Study Guide

As Eve's Daughters (and Sons) we need to ask ourselves, "How are we exemplifying the teachings we have learned during the study of Women of the Bible?". Here are some important questions to consider.

1. What if you worked at being a better friend?

- Over time we know any friendship can suffer from differences of opinion, hurt feelings, and neglect. Think what you can do to improve your friendships. Strive to repair friendships as soon as possible while there is still the love for each other. Many friendships grow stronger from shared adversity and pain. Choose to focus on the love, not the hurt.

2. What if you truly learned to forgive?

- Lack of forgiveness creates a dark place within the heart that prevents you from experiencing the perfect state of happiness that is your birthright.
- To be unforgiving is like taking poison and expecting the other person to die. *"Be kind and merciful, and forgive others, just as God forgave you because of Christ."* (Ephesians 4: 32).

3. What if you actively strive to love others as you love yourself?

- When you truly love another as yourself, you will actively seek what is best for them.
- How you see and treat others has a lot to say about your state of integrity. We see this demonstrated often in the workplace. Do you love your employer as yourself or is it okay to "borrow" a few things from work that no one will miss?

4. What if you did your very best to live at peace with everyone?

- Imagine a day without second-guessing someone's actions. No back-stabbing gossip, no shifting blame to someone else, and especially letting go of the need to be a "pot-stirrer" when you know of ongoing conflicts involving someone you are talking to.
- When upset, do not throw the first stone. You have no way of knowing what lies in another's heart. Attacking another puts them in a defensive, and thus adversarial, position in which peace is not an option.

5. What if you learned to recognize the power in the words you speak to create good or evil?

- You create evil when you lash out in anger. Let a little time pass so you can cool down before you speak to someone who has angered you. You create evil when you talk about someone behind their back. Sending negative thoughts to someone is the same as talking about them. You create evil when you use passive-aggressive tactics like sarcasm, inappropriate teasing, and jokes at someone's expense as a way to verbally attack them.
- You create good, when you apologize and ask for forgiveness when needed. You create good when you offer heartfelt compliments and sincere best wishes to friends, family, acquaintances, and strangers alike. You create even more good for yourself when you sincerely, with the highest and best intention, wish good for your enemies.
- Keep in mind, one way or another, your words will impact others for better or worse, your choice. By putting a bit into the mouth of a horse, we can turn the horse in different directions. It takes a strong wind to move a large sailing boat, but the captain uses a small rudder to make it go in any direction.

Our tongues are small too, and yet they brag about big things. It takes only a spark to start a forest fire! The tongue is like a spark. It is an evil power that dirties the rest of the body and sets a person's entire life on fire with flames that come from hell itself. All kinds of animals, birds, reptiles, and sea creatures can be tamed and have been tamed. But our tongues get out of control. They are restless and evil, and always spreading poison.

My dear friends, with our tongues we speak both praise and curses. We praise the Lord and Father, and we curse people who were created to be like God, and this isn't right.

(James 3:3–10)

6. What if you learned to let go of the need to judge others?

- Whenever you feel the need to judge someone or point out their flaws, you need to remember to first look at your own flaws and weaknesses. You need to keep in mind that judgment is not your job, and God doesn't need your help in this matter. Don't condemn others, and God won't condemn you. God will be as hard on you as you are on others! He will treat you exactly as you treat them. You can see the speck in your friend's eye, but you don't notice the log in your own eye. How can you say, "My friend, let me take the speck out of your eye." When you don't see the log in your own eye?

You're nothing but show-offs! First, take the log out of your own eye; then you can see how to take the speck out of your friend's eye. (Matthew 7:1–5)

7. What if... (choose your own principle from the stories of the Women of The Bible)?

- We invite you to join the Women Of The Bible in meditation, in prayer, and in action, to be part of the change.

EVE'S DAUGHTER

forgive & understand

HBN Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

safety group #3

ingredients

Pelargonium graveolens (Geranium Rose), Citrus paradisi (Pink Grapefruit), Jasminum grandiflorum (Jasmine), Lavandula angustifolia (Lavender Vera), Citrus reticulata var deliciosa (Green Mandarin), Nelumbo nucifera Gaertn (Pink Lotus), Commiphora myrrha (Myrrh), Citrus sinensis (Blood Orange), Cocos nucifera (Fractionated Coconut Oil), Tamar, Rahab, Bathsheba, Ruth, Mary, Queen Esther

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

product summary

Eve's Daughter is all of us; daughters, mothers, and grandmothers the world over. Eve's very name meant 'Mother of all who have life'. Therefore, every woman today can be Eve's Daughter. Eve's Daughter supports us as we make a difference in the world. Not by force or politics, but by being who we are and by how we choose to live our lives.*

Use this supportive, uplifting blend any time you need the strength and faith to change your life and the lives of those around you.*

ingredient highlights

- Jasmine influences the emotional part of us. No other essential oil is quite as capable of changing our mood so intensely. It helps solve unresolved emotional blocks, psychological tension, coldness, fear, and paranoia.*
- Pink Lotus has historically been connected with the concepts of spirituality and relaxation. Its calming aroma is believed to promote heightened kindness, understanding, forgiveness, and spiritual growth.*
- Lavender Vera is an increasingly rare and valuable essential oil. It has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.*
- Pink Grapefruit is a very refreshing oil helpful in combating depression and fatigue. It promotes balance while aiding in sharp mental function. Diffusing Pink Grapefruit oil can encourage a joyful, uplifted mood.*

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

EVE'S DAUGHTER

forgive & understand

*HB*Naturals
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USES

Aromatic

In Biblical times, Essential Oils and resins were burnt as incense for prayer and offerings. Today, we can send the oils into the air without the smoke.

- Diffuse 10-15 drops in a cool mist essential oil diffuser.*
- Mix 6-8 drops in a 2-ounce spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Think of what it means to be Eve's Daughter; have faith in your ability to take right action when God gives you the opportunity. Can be used throughout your home or workplace to create a feeling of courage, strength, and personal power. May also be shared with a friend or family member in need of guidance, courage, and strength to follow their destiny. Shake well before each use.*

Bath

One of the ways essential oils were most often used in Biblical times.

- Add 10 drops of Eve's Daughter blend to ½ cup of bath salts, and add to your bath. Soak 10-20 minutes for best results. If your fear issues or feelings of uncertainty are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find the courage to do what needs to be done. The Eve's Daughter bath will detox past fear and uncertainty imprints, allowing you to feel connected to God's bigger plan for your life. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- For a foot bath, add 5-8 drops of Eve's Daughter blend to ½ cup of bath salts, and soak feet 10-20 minutes.*

Topical

Applying to the head and feet was an important way to use essential oils in Biblical times. Women were also known to apply essential oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.*
- Add 8-10 drops to your favorite unscented lotion or a carrier oil and use after your bath to nourish and moisturize the skin.*
- Apply 1-2 drops neat (undiluted) to pulse points.*
- Apply 1-2 drops to the groin area, our center of personal survival.*
- Apply 1 to 2 drops on the lower abdomen, our center of joy and feeling, and connect to Bathsheba, who suffered, was forgiven, and was rewarded as the mother of King Solomon.*
- Apply 1 to 2 drops to the upper abdomen, our center of planning and strategy, and connect with Queen Esther, who used her intelligence to save a nation of people.*
- Apply 1 to 2 drops to the heart area and know that you are not insignificant to God, that you are loved and cared for. Connect with Ruth, who so loved Naomi, that she put her needs above her own and, as a result, found love and a child of her own.*
- Apply 1 to 2 drops to the throat area, our center for truth and honor, and connect with Rahab, who spoke the truth of God to the spies sent to Jericho.*
- Apply 1 to 2 drops to the forehead, our center of service and intuition. Remember, you are Eve's Daughter and have a destiny only you can fulfill.*
- Apply 1 to 2 drops to the top of the head, our personal connection point to the divine guidance and protection that we receive from God. Connect with Mary, who was given God's greatest gift by remaining open to his Divine guidance.*