

Oils of Ancient Scripture

Post 1: Welcome

- Welcome them to the class and introduce yourself.
- Briefly go over what you'll be covering in the class.

Post 2: The Significance of Oils in Ancient Times and Scripture

- The way that you approach this class will be up to you, as you can look at it from the way these oils were used back in ancient times, or you can look at how they were used in spiritual practices and scripture, or even combine both! Make it what you want it to be, based on what you know or what you can learn.
- Whether they were in oil form or in their botanical form, the oils in the Oils of Ancient Scripture collection were used in spiritual practices and everyday uses. Discuss how they can have both spiritual significance and be used practically in today's world in many different ways.

Post 3: Royal Hawaiian Sandalwood - Aloes

- In the Bible, this was given as a gift to Jesus from Nicodemus.
- You could connect different uses of Sandalwood - like skin care - to different symbolism or stories in the Bible. You could also look up how this was used in ancient times and talk about the differences and similarities to how we use it today.
- Discuss the different benefits and uses of Royal Hawaiian Sandalwood - it will have similar benefits to Sacred Sandalwood if you're more familiar with that.

Post 4: Cassia

- Used in incense in the temple, Cassia has a rich history of usage. What can you find out about how it was used in ancient times?
- What Young Living blends is Cassia in? What do you know about its benefits and how they can use it today?
- Even though Young Living doesn't sell this as a single, the Essential Oils Desk and Pocket References both have information on how this oil can be used. Check your favorite resources and give them some information about this oil that they likely have no idea how to use!

Post 5: Cedarwood

- In Biblical times, the wood of Lebanon cedars were used to build Solomon's temple. They were considered some of the strongest wood.
- In practical uses, Cedarwood essential oil helps promote a good night's sleep, but it does more than that. What else can Cedarwood be used for? Give some details on why this is such a great oil to have in your home outside of just sweet sleep.
- Have you ever looked up why Cedarwood promotes sleep? Check it out and see if it's something you want to share.

Post 6: Cypress

- Cypress trees are very durable and were used to make the doors of St. Peter's Basilica in Rome and they show no sign of decay after over 1200 years. Cypress essential oil comes from these trees.
- Cypress has a number of practical uses in today's world. Discuss the benefits you can get from using Cypress and how they can use it.
- Do you have any DIY recipes (rollers, diffuser blends, etc) that include Cypress? Share them here.

Post 7: Frankincense

- Frankincense is referenced in the Bible 22 times - it's one of the gifts given to Jesus by the Wise Men - and has high spiritual significance. Explore the different ways it was used and mentioned in the Bible.
- Being part of the Premium Starter Kit, some of the people will be familiar with how to use it, but reinforce all the different ways you can use Frankincense and what it's good for.
- Either here or later, share a recipe that includes Frankincense and at least one other oil from this collection. Give them some options and show them the value in having all these oils together.

Post 8: Hyssop

- Referenced in the Bible as a plant used to cleanse and purify, which actually ties in well with its practical uses as well.
- Many people will not be familiar with Hyssop and its uses, so find as much as you can out about it and share different ways that it can be incorporated into our modern times.
- Have you used Hyssop before? If not, maybe you should try it or find someone in your upline or downline who has and get their thoughts. Passing along experiences helps show the practicality of oils that people are unfamiliar with.

Post 9: Myrrh

- Myrrh was another gift from the Wise Men for Jesus, but it was also used in Moses's anointing oil, and was regarded highly by David and Solomon.
- Discuss the benefits that we can get from Myrrh using it topically or aromatically. Do you have any favorite uses?
- Myrrh is a thicker oil, so share some tips on how to get the oil out easily and keep it from being a hassle. They may not be familiar with viscous oils and how to use and maintain them.

Post 10: Myrtle

- Myrtle branches were included in the Feast of Tabernacles. Do a little digging and see if Myrtle was used for anything else during ancient times.
- What can they use Myrtle for now? Do you have any diffuser recipes or roller recipes that include Myrtle? Share them here!
- Share some of the blends that Myrtle is in. People will naturally associate some uses for it as well as become more comfortable with the oil knowing what blends it's used in.

Post 11: Onycha

- Onycha was an ingredient in the "pure and holy" incense or perfume Moses was commanded to make.
- This is not an oil that's sold separately, so check your favorite resources for more information on what this oil is, what it pairs well with, and how to use it.
- What oil might Onycha be similar to? Connecting it with other oils can help in both explaining its significance and also showing how they can use it.

Post 12: Cistus - Rose of Sharon

- Cistus is often referenced in the Bible as the Rose of Sharon.
- It has a calming scent, which explains its use in ancient times, but also translates well to using it in modern times.
- What uses can you share with them for Cistus? Does it pair well with any other oils in this collection? Give them some practical information on how they can use it to go along with the difference references to it in scripture.

Post 13: Incorporating Ancient Oils in Today's World

- With the variety of different oils in this collection, there are many uses you could highlight for using them in today's world.
- Share a couple diffuser recipes and a couple roller recipes that incorporate or combine these oils.
- Do you have any favorite oils from this collection? Share how you use them!

Post 14: Recap

- Depending on what angle you came from in sharing this collection, highlight the oils from it with the narrative you used in mind.
- Open it up for questions.

Post 15: Thank You

- Thank them for joining you.
- Let them know that you will help them discover all the amazing ways to use these oils once they receive their collection.
- There will be plenty who haven't purchased this collection that are in this class - doing a giveaway of one whole collection, or giving away each oil individually, could be a great idea!