

Introduction to Emotional Release – Part 2

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By Joseph F. Dumond

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Essential Oils Introduction by Holger Grimme Host: Joseph Dumond

SHALOM ESSENTIAL OILERS

Lesson 8: INTRODUCTION TO EMOTIONAL RELEASE (II of II)

But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall. Maleachi 4:2

We did a training last week to facilitate training people who were willing and able to follow the teachings and, upon completion, be able to teach others. We follow this scriptural principle that is found in 2 Timothy 2:2.

And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also.

The steps leading there require admiration of the Creator of the heavens and earth, Yeshua, the teachings of Scriptures, the indwelling of the Ruach haKodesh and to love Yahweh above all, and to love your neighbour as you love yourself. A lifestyle of observing the Word of Yahweh and to be able to speak to Him “Abba”, like expressed in Romans 8:

For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. 16 The Spirit itself beareth witness with our spirit, that we are the children of God: 17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

Another requirement is love for the work to facilitate healing, learning and applying the learned to others in love and ordered manner. Those who have no active relationship with Yeshua according to His teachings, should not try this, it would not work.

Emotional release is a facilitating work for the Creator and no voodoo or esoteric stuff. People who think they can heal have not grasped anything. They cannot, for all true healing comes from Yahweh. And that's biblical emotional release: Become a vessel that will facilitate what is needed to apply oils to people for releasing deep seated trauma. It is easy. Required is listening to what Abba wants you to do. It requires basic knowledge of the power of essential oils, their functions on cellular level. You have to be informed how the chemistry of essential oils is structured and how this will relate to the chemistry of the human body. You need to know what oils to use first, which last, and why. If you apply Oregano first to the soles of the feet and the back first to a client, followed by the other six oils, is that right? Why?

Because Oregano is high in phenylpropanes, the group of chemicals in essential oils that clean the cell receptors. Those are often not receptive due to cell waste and other substances and therefore not able to function properly; causing that the necessary other groups of constituents

cannot enter the cell. That is like a house where one has the right key to the front door where the lock is corroded or malfunctioning. You cannot get in properly.

So one has to know this to let the oils work properly, instead of applying the wrong order where the oils that work specifically inside the cell, correcting corrupted DNA cannot get into the cell because of garbled receptors.

Also, peppermint essential oil, should be applied after the other oils have been used, as one of the peppermint properties is to enhance the oils that have been applied before. If you use peppermint for this purpose first, this property is waste, as there have been no other oils applied before.

I could write a whole book on these little bits and pieces, and still, there will be many more open questions. One of the most important lackings of communicating essential oils and their use is that in electronic scripts, scents are never able to be transmitted, nor are they on paper.

The scent is very important in transmitting the oil's functions to your nose and brain.

Unconsciously you will "know" what oils are currently good for you and which are not. It is quite easy to learn by doing. Yet, it is a community thing where people get together and do this learning together in the form of a course. Everyone is different, has different gifting and will be able to contribute to the overall outcome. Every individual has different likings, conditions, gifting, level of understanding, experience, etc. In Yeshua we are one. With a defined goal (2 Tim 2:2) and a structured course content we can have interactive learning by doing. "All theory is grey, "Germans use to say; meaning: it is nice to study, yet we will come only to full understanding and appreciation, if we practice what we have learned. Learning to drive a car – quite simple for most experienced drivers – is a terrible hard thing for those who never drove but have a PhD in automobile construction. The latter one should not go unprepared on a race course; the chances that they will have a crash are almost 100%.

The other day, I met with essential oils professionals in Frankfurt. Participants came from America, England, Germany, and some even from Siberia. Dr. Hill from America stressed the utter importance of purity and quality of the oils. He showed pictures of red blood cells he videoed under a microscope. The red blood cells were clouded and looked not very healthy. He put one drop (!) of essential oil on the foot of the person whose blood was reviewed. After 30 seconds, he took another sample and filmed it under the microscope. The red blood cells were all healthy looking, flowing gently separately in order. 30 seconds are enough to cure the disorder to perfect order with one drop of externally applied high quality essential oil.

Next he showed us blood cells of another person who had health problems. That person had taken some essential oils for a week. There was complete disorder and clogged cells – it looked very unhealthy. He did the same to this person by applying one drop of pure and high quality essential oils to the sole of their foot. The same result: Within 30 seconds the red blood cells had a healthy flow and there was no sign any more about the disorder.

The essential oils are extremely powerful and capable to cure almost instantly disorders. Some maladies require a bit longer. There are very different qualities in essential oils. I advise you to only take the best quality oils; otherwise you will be sorely disappointed. Even with a good nose and smelling sense it can take years to distinguish the good from the bad. (Or: the working from those that do not work).

This is only a comparison on the level for body treatment. Quality is of importance.

Otherwise you have fake oil that produces no results in the best case. Faked oils can also cause troubling problems. If you do emotional release, you will have to be even more cautious for the quality of essential oils. There is good biblical reason for first quality oils:

Ex 30:25 And thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary: it shall be an holy anointing oil.

Ex 30:35 And thou shalt make it a perfume, a confection after the art of the apothecary, tempered together, pure and holy:

Ex 37:29 And he made the holy anointing oil, and the pure incense of sweet spices, according to the work of the apothecary.

Ec 10:1 Dead flies cause the ointment of the apothecary to send forth a stinking savour: so doth a little folly him that is in reputation for wisdom and honour.

The Hebrew word for apothecary is raqach or raw'kakh'. That can be translated also as the professional who makes the anointing oil, giving the impression that only skilled people should do that work.

About the quality of essential oil, scripture says: Pure or best Myrrh. Remember: pure or best.

The anointing oil quality has to have pure or best quality. I think that needs no further explanation.

Ex 30:23 Take thou also unto thee principal spices, of pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels,

If one rather wants to smear something inexpensive or diluted on the skin, that may be some experience for people, yet that is something else than biblical anointing.

With biblical anointing, quality is demanded. The presentation of Dr. Hill has clearly shown this with the blood cells of his patients. Only pure quality will show desired results. That is something different from our greedy world that loves to sell us substitutes, diluted food, artificial stuff and even attributes that as "advanced", "rectified", "improved". We don't need that. Creation is perfect, or was perfect, until man came and had the idea for evil reasons to "improve" the perfect creation of Elohim. And that is the problem we face today worldwide – not only with the oils.

The results are known: Decreased state of health, corrupted minds, darkness and being far from the Creator with almost completely screwed up minds that even think of being good. The

same is true for many people inside. There is a lot of poisonous garbage in folks and they carry it for reason of fear. Many carry all those never released suppressed emotions to the grave, even though they must not do so. Yet, their pride forbids them to get release. They are afraid, have fear and think they cannot overcome and will be laughed at once others will know about their dirty baggage. So they swallow and carry that acid, poison, and are willing to listen to other lies to bury those emotions even deeper in themselves. Fear is the source of premature death and much unpleasant experience on the way to the grave. It also influences other people: The spouse, the kids, the parents, the friends. Yet there is no reason for fear.

1Jo 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

Ro 8:15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

Abba has given us this opportunity to come out of depression, fear and all the rest of those bad attributes that result from feelings buried alive. These corrupt our soul, our mind and finally, kill our flesh. In spite of fearing God we fear release of our buried emotions; we listen to voices that are not from Abba and continue to load emotion after emotion, fear after fear in the DNA of our body cells – hide and protect them by not releasing them.

Many so called “experts” have no idea how they can set us free as they boast in pride or suffer from their own helplessness. They simply add new fears or strengthen our bondage by putting the concrete of human made teachings on top of our fears and firmly add new chains onto the existing ones. Some make fortunes by “assisting” us, “releasing” us and do not set us free.

They cash in on our fears. Some evil people even use our fears to dominate us. Who is their father? Whom do they serve? You know it by their deeds. You also know that true deliverance has only one source: Yahweh.

For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

All healing comes from Yahweh and can only be received when we are open to His power.

Faith, love and forgiveness for others, as well as for ourselves, are the spiritual prerequisites that provide us with the receptivity to receive God’s grace and are, thus, the basis of all true healing; physical, spiritual, mental, social and emotional.

The root cause of all types of suffering is fear (the opposite of faith, love and forgiveness).

When Jesus healed He often added “Thy Faith hath made thee whole.”

(See Matthew 9:22, 29; Mark 5:34, 10:52; or Luke 7:50, 8:48, 18:42)

The opposite of fear is love (and vice versa). (See I John 4:18)

The Receiver may pray silently or aloud during the session as they are replacing incorrect perceptions with truths.

Example of a prayer given by the facilitator:

Abba, You are the only Source of all healing in all areas of our lives. Bless this session with Your presence: Bless all present here; Bless these essential oils that they may facilitate Your healing.

Bless the facilitator that they may be an instrument of Your will. Bless the receiver that they may be open and receptive to Your grace. Lead us to the origin of our feelings or thoughts. Give us courage and understanding to face those feelings or thoughts in ways that will resolve them perfectly with Thy truth. Heal every incident in our lives that was based on these feelings or thoughts from the first to the present, according to Your will. Bless us that every physical, mental, emotional and spiritual problem and inappropriate behaviour based on old feelings discovered in this session quickly and permanently disappear from our lives. We love you and thank you for coming to our aid in helping us attain the full measure of our creation. AMEN

TO FULLY UNDERSTAND EMOTIONAL HEALING, I STRONGLY RECOMMEND A BIBLE BASED TRAINING COURSE. YOU CAN PREPARE FOR

A COURSE BY READING ONE OR MORE OF THE FOLLOWING BOOKS.

BOOK LIST TO FOR BETTER UNDERSTANDING EMOTIONAL RELEASE

Feelings Buried Alive Never Die, by Karol K. Truman, 295 pages. In depth discussion and specific tools for releasing emotional patterns. (Many of the concepts and techniques given here are based on this book, including the "Script." The client is encouraged to purchase this book and apply it to their lives in a long-term and ongoing fashion.)

Releasing Emotional Patterns with Essential Oils, by Carolyn L. Mein, D.C., 107 pages. Well organized, excellent practical reference for facilitators and individuals seeking specific ways to address specific problems of a psychosomatic nature.

Molecules of Emotion: The Science Behind Mind, Body Medicine, by Candice Pert, PhD, 368 pp. Gives scientific basis for emotional release and cellular memory. Excellent resource for Professionals is yet easily readable by those without a background in biology or chemistry.

Heal Your Body, by Louise Hay, 82 pages. An excellent quick reference for identifying specific emotions with specific diseases or conditions, including positive affirmations for each.

Includes a unique spinal chart identifying specific maladies for specific vertebra.

Next week, I will conclude this introductory course with recommendation of pure essential oils sources and some hints and tips how you can receive blessings by essential oils treatments, and training courses offered.

Good News: Tikiri in Sri Lanka will get her oils coming weekend. A couple from the US is willing to take them along as they are going over for the feast to teach a congregation there.

Jamie, a lady who also receives this newsletter was so kind to supply some of her own essential oils that she ordered here is willing to ship them over to the couple.

From here the time of shipping would have been far too long. Praise be to Abba and may the oils do their good in the congregation of Tikiri.

Connie in Tiberias, Israel also received the oils and resonators to treat a brother named Eric there who suffers from prostate cancer. Andreas of Switzerland took them over. Please pray that Eric may be healed. And pray for Connie who serves here and has recently been plagued by several difficulties.

A male corgi, Buster has injured his leg/back again. This happened before Sukkot two years ago.

Our creator also loves this pet. Please pray what the reason of his malady is. Thank you. All glory to Abba.

The anticipated peak outbreak of the swine flu is 2nd half of October until end of November. You may be interested to get the Immune/King James oils to boost your immunity. To order them go here: http://libanonlife.com/html/order_oils.html

Shalom, Holger