

## **Egyptian Alchemy and Modern Day Aromatherapy**

by Angela Monique Gibson

In Ancient Egypt, resides the sacred Temple of Denderah, renowned as a sanctuary for rituals, alchemy and more specifically as an aromatic temple, where the sacred science of essential oils was demonstrated, applied and passed down through the ages. (<http://www.touregypt.net/featurestories/dendera.htm>) Egyptian culture, being a mecca for perfumery, medicine, philosophy, art, and science grasped the alchemical and therapeutic benefits of incorporating treasured botanical gems into their daily rituals, embalming techniques and religious ceremonies.

People would journey from all over to experience the magical healing powers practiced by priests and priestesses in this dwelling. Dedicated to the Goddess Hathor, goddess of joy, love, fertility, music, birth and mainly healing, there housed a secret chamber where initiations and activations took place, a Sanatorium, in which the sick would rest, awaiting cures effected by the priests/priestesses, bathe in sacred holy waters, to relieve physical, mental and emotional distress and stay over night to have a healing dream of the Goddess. (<http://www.touregypt.net/featurestories/dendera.htm>)

Being one of the best preserved, most elaborately decorated temples of its period, and one of the most important sites in Egypt, inscribed on the ceilings and walls are sacred recipes used in healing and aromatic rituals by alchemists, priests, priestesses and magic workers. Some of these extremely treasured essential oils, used in the healing practices to cure the ill; among them, frankincense, myrrh, spikenard, galbanum, rose and Egyptian blue lotus; all guarded as fiercely as gold. Initiates were anointed with these oils: to

experience prophetic dreams as well as to cleanse and raise their vibrational frequencies. The ancient Egyptians possessed among their multi-faceted scientific and philosophical wisdom, the knowledge of the very powerful and potent healing properties of essential oils, having dedicated an entire temple to their rituals of embalming and application of the oils.

(<http://www.touregypt.net/featurestories/dendera.htm>)

The essential oils so highly revered by the ancient Egyptians possess what is classified as the chemical constituent of sesquiterpenes. It wasn't until a few years ago that extensive research has proven these tiny molecules are miraculous, in their ability to not only penetrate the blood brain barrier that filters unwanted toxins from permeating our brains, but erase, deprogram and reprogram our cells freeing us from disease, illness and injury. These isoprene units disable the growth of cancerous cells, oxygenating our brains, while preventing and reversing the effects of neurodegenerative diseases such as Alzheimer's, Lou Gehrig's, multiple sclerosis and Parkinson's disease. (<http://www.rnoel.50megs.com/pdf/theblood.htm>).

This Combination of oils possess what chemists call "PMS" (Phenylpropanoids, Monoterpenes, and Sesquiterpenes). "These three classes of chemical components are why essential oils can sometimes affect a healing that is nearly instant and also permanent. What they simply do is to restore the body back to its natural state of balance and health. While a specific oil may have one or two of these three classes of compounds as its predominant chemistry, all the Biblical oils contain some of all of them." (<http://www.rnoel.50megs.com/pdf/theblood.htm>)

In some of my most recent experiences in Aromatherapy, the applications of specific essential oils, I have observed a few cases applying to essential oil blends of

frankincense, myrrh, galbanum, vetiver, sandalwood and patchouli. My case studies revealed a significant increase in cognitive memory function, recall of previously forgotten long term and short term memory in addition to an overall increase of mental clarity.

This was documented in clients ranging from ages 32 to 67 years.

The ancient Egyptians didn't have the tools to discover such scientific components contained within these powerful oils, however they did possess what is recorded, in the oldest preserved medical document in history, *Ebers Papyrus*, remedies, clues and findings revealing some of the first deep seated, alchemical, accurate knowledge of the anatomy and physiology of the human body, surgical procedures, ailments and cures for disease. ([http://en.wikipedia.org/wiki/Ebers\\_Papyrus](http://en.wikipedia.org/wiki/Ebers_Papyrus)) Altogether, eight hundred and eleven remedies are revealed in the papyrus in the form of salves, poultices, inhalations, gargles and many other methods similar to the application of Aromatherapy today.

([http://oilib.uchicago.edu/books/bryan\\_the\\_papyrus\\_ebers\\_1930.pdf](http://oilib.uchicago.edu/books/bryan_the_papyrus_ebers_1930.pdf) p. 15) Remedies were easily categorized under three headings: mineral, plant and animal.

([http://oilib.uchicago.edu/books/bryan\\_the\\_papyrus\\_ebers\\_1930.pdf](http://oilib.uchicago.edu/books/bryan_the_papyrus_ebers_1930.pdf) p.18) Among these more unusual and arcane remedies were: scrapings from a statue, an old book cooked in oil, stone from the shore, dampness of film that is found on wooden ships.

([http://oilib.uchicago.edu/books/bryan\\_the\\_papyrus\\_ebers\\_1930.pdf](http://oilib.uchicago.edu/books/bryan_the_papyrus_ebers_1930.pdf) p. 22-23) Some of the most familiar cures resonate with modern day healing, such as mineral salt, clay, castor oil, dried myrrh, fresh wild honey, resin from the Acanthus tree, Aloes, Balsam, Cypress from the North, and fat of the cedar tree are just a few examples.

([http://oilib.uchicago.edu/books/bryan\\_the\\_papyrus\\_ebers\\_1930.pdf](http://oilib.uchicago.edu/books/bryan_the_papyrus_ebers_1930.pdf) p. 26-27)

The potent oils utilized in ancient Egyptian embalming rituals responsible for longevity of

preservation, ceremonies, healing, initiations and rites of passage, in addition to the collective knowledge recorded in the Ebers Papyrus, reflect the parallels that exist between Eastern cultures utilizing aromatics for healing and modern day aromatherapy revealing a certain esoteric feeling and coexisting nature between healing, alchemy and chemistry today. The line is blurred. Aromatherapy is an art and a science, but the distinction between chemistry or alchemy as it applies to aromatics of ancient eras and present day is minimal.

#### SOURCES

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