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# Sacred Alchemy

## *The Path of the Myrrhophore*

### Foundation Class, Section One

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## Introduction

Welcome to the foundation class for **Sacred Oil Alchemy, *The Path of the Myrrhophore!***

The myrrhophore tradition is an ancient tradition and healing modality using essential oils. A big part of this tradition is working with the dying and helping them to transition peacefully. The oils help the dying individual to resolve issues, and free their hearts as they prepare to leave this world. The myrrhophore's intention is to help the individual return to wholeness and clear the path for their next life while resolving their past.

In this training, you will learn this tradition as it pertains to the living. We are standing on the threshold to creating a new world —heaven on earth —a time that mystics have talked about throughout the ages. The myrrhophore work has an important role during this time. **We are assisting humanity in letting go, surrendering, healing and aligning with the field of energy of heaven and earth referred to as the Golden Age.**

This foundation class gives you a solid understanding of working with essential oils on both the physical and emotional level and is a required class if you wish to become a certified practitioner in the Sacred Oil Myrrhophore traditions.



### History

The Egyptians and the Babylonians were the first known people to work with essential oils. They were the primary healing modality back in ancient times. They used them to heal wounds and disease as well as for anointing purposes. Priests and priestesses in the temples used the oils to help them to reach levels of heightened spiritual awareness and enlightenment. However, the Egyptians were best known for their use of oils in their embalming process where they believed the oils helped a person pass on into the next world and/or next life free of karma and in a state of wholeness.

Traditionally, over the past few hundred years, England has primarily used essential oils topically in skin care products. France through inhalation, and Germany through internal methods - although international authorities overseeing the uses and production of essential oils are now recommending everyone stop using essential oils by ingestion.



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Today essential oils have returned to our consciousness as more and more people are discovering their healing benefits.

### **What is an Essential Oil?**

As Kurt Schnaubelt, Ph.D describes in his book, *The Healing Intelligence of Essential Oils*, “to understand essential oils, it’s helpful to understand what the word essence means. It can be traced back to the medieval word, *quintessence*.” To Plato, this word represented what the cosmos are made of. To the people of this age, it meant the 5th element —beyond the earthly elements of water, fire, earth and air. It is easy to imagine, that the distillate(one who distills the oils), viewed the pure drop of a plant’s essence as otherworldly —a rare capture of Divine essence.

Despite our advances in a scientific understanding of essential oils, I feel it’s important that the myrrhophore connects with the oils as an extension of the Divine, both as a field of intelligence as well as their own Divine essence. This relationship serves as the gateway for profound healing where the myrrhophore becomes the vessel. The self-emptying that this path requires is what’s further explored in the Magdalene Temple, the Emerald Temple and the White Rose Temple.

It’s also helpful to have a scientific understanding of oils as well. When we understand how the oils work and travel through the body systems, it anchors our inner vision while working to return balance. Some of this understanding you’ll explore in a later lesson regarding trauma, and even more so when you take the second part of this course and specifically the work of the myrrhophore.

### **How to Take This Class**

You will receive all the lessons for this class at once. However, I suggest you set-up your own schedule for this class. Choose one day for each lesson where you sit down, listen to the video and the audio, take notes, read the PDF and prepare to make the essential oil “medicine” pertaining to the lesson. It’s not required that you work in this manner, but it is a great format and you’ll complete this course feeling as though you really know what you’re doing.

**Please note:** *because this is a foundation course for the Level I Sacred Oil practitioner certification course, you are not required to complete the exercises for making products. Your work will come in Section II of this course where your concentration will be on making sacred oils.*

**Most of all, ENJOY this class and have fun working with the oils.**

**Blessings on your journey! *Trista***



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# Sacred Oil Alchemy Lessons

Lesson One - Essential Oil Basics

Lesson Two - Carrier Oils, Safety and European Method of Blending

Lesson Three - Your Skin & Lymphatic System

Lesson Four - Circulatory System

Lesson Five - Respiratory System

Lesson Six - Digestive System

Lesson Seven - Reproductive System

Lesson Eight - Urinary System

Lesson Nine - Olfactory System

Lesson Ten - Inflammation, Anxiety and Depression

Lesson Eleven - Connecting Essential Oils to the Elements

Lesson Twelve - Morphology

Consultation Questions & Exercise

Exam(if requesting certification)

