

A TRULY REMARKABLE STORY ON THE CEDAR AND ITS ENTIRE HISTORY

The Cedar: Grandeur in Each Crown

From time immemorial, people have spoken of the Tree of the World, whose roots fasten the earth and are washed by the holy waters of the world beyond the grave, whose trunk is encircled by the snake, the symbol of the helical movement of energy, and whose crown extends into the Cosmos.... For the Sumerians, the oldest of the civilizations we presently know, this was the cedar.

...the Earth Mother said to the Creator: "The sparks of the Fire of Your Spirit can offer salvation, but who will be the one to collect them and keep them safe until needed?" The Creator answered: "The trees and the grass will preserve my sparks, but when the sparks fall, then let the Cedar and his sisters preserve their receivers of Fire for the entire year...."

A Mysterious History

The cedar was considered to be the Holy Tree of Life among that most ancient civilization, the Sumerians, a mysterious civilization now lost to the ages that gave life to the entire modern world. The bearers of the secret, sacred Knowledge of Sumer believed that the cedar, a symbol of power, greatness, and immortality, was created by God as the storage chest of the energy of the Cosmos on earth. And for that reason it was given the holy right to have its own names depending on its place of growth and its purpose-religious, medicinal, for construction, and even as a standard, a measure of exchange much more valuable than gold. All this is confirmed by clay tablets seven thousand years old found in archeological excavations of the ancient kingdom of Sumer.

The head of the Sumerian pantheon, the god Ea, who symbolizes cleansing water, was considered to be the patron of the cedar. Ea was the source of unattainable, hidden wisdom and secret knowledge that he could grant to a worthy person. And the most important thing he gave to people was Life. All precious metals belonged to him, he was considered to be the patron of blacksmiths, trades, culture, art, and science. The Cedar is much the same-together with Ea it personifies beauty (water in the conception of the Sumerians was something majestically beautiful), stability, immortality (some ancient cedars reach an age of 2000 years), health (that is, life), strength, prosperity (the development of culture, the arts, and science), divine pride and grandeur. Demand for the cedar in the Ancient World was so great that the most ancient Epic of Gilgamesh mentions a monster who protected a cedar grove from incursions by outsiders. The tradition of the divine cedar of Sumer was subsequently assimilated by other nations as well.

The wooden details of the sarcophagus of the Egyptian pharaoh Tutankhamen (1356-1350 BC) as well as numerous religious articles from his tomb were made of cedar. And although the age of these finds exceeds three thousand years, they are in remarkably wonderful condition, not only has the structure of the wood been preserved, but also its subtle, tender odor. In Ancient Egypt, cedar resin was one of the main components of the balsams used for mummification. Thanks to cedar essential oil, priceless papyrus of the Egyptians have been preserved to the present day.

The Phoenicians built galleys of cedar, cedar was in great demand among the Assyrians as well. A fleet of cedar was also built by the legendary biblical King Solomon, who constructed, also entirely from cedar, the Temple at Jerusalem and his enormous imperial court, giving away twenty cities in exchange for this precious material. Gopher wood, from which Noah built his ark, was a cedar that grows on the Bahrain Islands.

An indispensable component for the coronation of the kings of the ancient Iranian kingdom, Khorasan, was a cup of cedar resin. Among the druids, the mysterious forest priests of the Celts, a cup of cedar resin was called the Cup of Life.

The most important and influential Greek and Roman gods, as well as ancestors were immortalized in busts made precisely of cedar. And Roman emperors, in an effort to preserve cedar groves for their own most august needs, placed signs in these locations with the inscription, "Property of the Senate and People of Rome." In modern Lebanon, the cedar majestically adorns the state flag.

Amazing Present

Trees may justly be called special reservoirs of energy. The result of photosynthesis in the green portions of plants is the formation of carbohydrates, rich in energy, and the release of oxygen. Plants trap the energy of the sun and cosmos, transform it, and thereby provide for life on the planet.

Modern biologists have confirmed the ancient idea: the cedar has a soul. This amazing tree has the same biological rhythms as people. The cedar displays its activity not at precisely defined times, as do other trees, but depending on external circumstances. For example, on overcast days in the summer, it "wakes up" at 10:00 a.m., while on bright days it awakens with the dawn; there is a pause in its activity from 3:00 to 4:00 p.m. In the evening, the cedar is "active" until 11:00 p.m., and then "falls asleep" for the night. In the winter its life cycles are not suspended, as with other trees, it remains awake, but only "sleeps" much longer.

Medicinal Properties of the Cedar

The curative properties of cedars have been known to medicine from the earliest times. Even the Sumerians used extracts, broths of cedar needles, as compresses and poultices. Modern scientific medicine, just as many more ancient teachings regarding health-Eastern, Tibetan, Vedic-confirm the great medicinal properties of the cedar. Literally everything in it-from its green needles to pieces of bark-is of benefit to people and the entire environment. Berries and all plants growing in cedar forests are richer in vitamins and provitamins than those growing in other forests. This can be explained by the fact that the bactericides and fungicides of the cedar actively contribute to the formation in plants and fruits of vitamins and other biologically active substances. Bactericides and fungicides have a beneficial effect on people as well, first and foremost on the nervous and cardiovascular systems, and respiratory organs.

The bactericidal and fungicidal properties of the cedar are amazing: the air in a cedar forest is practically free of pathogenic microbes. Over a twenty-four hour period, a hectare of these coniferous giants emits more than 30 kg of airborne organic substances, which have an immense bactericidal strength. In the opinion of researchers, this quantity of bactericides and fungicides is sufficient to render all the pathogenic microbes in a large city harmless. In the interaction of the cedar's bactericides and fungicides with ozone (O₃), the ozone molecules are activated, and their energy increases threefold in comparison with a normal molecule of oxygen. Thus, ozonides (O₃-), which possess great bactericidal and medicinal properties, are continually formed in the air of cedar forests. In addition, the cedar's bactericides and fungicides increase the air's content of light negative ions, exerting a regulating influence on living cells and tissues, and making harmonious connections with all processes occurring both in the human organism as a whole, as well as each individual cell. Even among ancient medical practices (Eastern, Tibetan, Vedic), natural Siberian cedar essential oil was known as an effective remedy in bronchitis and infections of the urogenital system.

In modern aroma therapy, natural cedar tree essential oil is also used in infectious diseases of the respiratory tract, and has a successful anti-inflammatory, alleviating, and expectorant effect on the respiratory organs; it eliminates bronchospasms (including asthmatic bronchospasms), eliminates coughing fits, reduces edema of the mucous nasopharynx. It is a powerful substance for strengthening immunity: for a cold it is used effectively in mixtures for massages, baths, and inhalations. Because of its great bactericidal properties with respect to microorganisms, fungi, and viruses, natural cedar tree essential oil is widely and successfully used in infectious inflammatory diseases of the bladder and ureters, and also in the treatment of gynecological diseases.

Natural cedar tree essential oil is an excellent substance for maintaining the tonicity of the vessels and strengthening their walls: it increases blood exchange, has a stimulating effect on the cardiovascular system as a whole, especially in physical loads, it improves the conductivity processes in the myocardium, eliminates functional disturbances of cardiac rhythm. It is helpful in disorders such as varicose veins, cowperitis, and hemorrhoids.

In dentistry, cedar tree essential oil is used effectively in toothaches, paradontosis, and other diseases of the oral cavity.

In rheumatism, osteochondrosis, and arthritis, it eliminates pain and inflammation of the joints. It is successfully used in neuralgia and muscles strains.

The warm, woody resinous aroma of the cedar tree increases the adaptational capabilities of people to changes in the environment-it is recommended to inhale the aroma of the cedar in cases of weather affective disorders,

change of climate or time zones.

Also very highly valued is the regulating influence of natural cedar tree essential oil on the central and autonomic nervous system: in insomnia and neuroses it is calming, in fatigue and a lack of energy it tones, it increases mental and physical activity, it eliminates psychological discomfort, restores a feeling of self-confidence. This property of cedar oil can be especially felt after taking a hot (38°C) bath while adding 20 to 30 drops of essential oil: in 15 to 20 minutes a feeling of lightness and youthfulness is apparent, fatigue disappears, stress is eliminated. A longer bath with drops of cedar tree essential oil assists in relaxing the muscles and helps one to fall asleep quickly after the bath. In this case, sleep becomes peaceful and deep: with the regular use of natural cedar tree essential oil in aroma baths, aroma rooms, inhalations, and aroma massage as an adaptogen, the rapid restoration of the activity of the cerebral cortex is noted.

Cedar Beauty

The essential oil of the cedar of Lebanon, close to the Siberian cedar, was most likely the first aromatic oil derived by man. Its woody, resinous balsamic aroma with rather bitter, smoky, camphor notes was used in ritual fumigations, and the yellowish oily liquid was used in rejuvenation procedures and for embalming those representatives of the most honourable ruling elite of various cultures, be it Egyptian, Celtic, or Scythian, who had passed to another world.

A day before their bath, Scythian women rubbed their bodies with the fragrant woody paste, which made it smooth and glistening.

And at the present time natural Siberian cedar essential oil is one of the most potent and effective preparations in cosmetology and dermatology. This powerful natural antioxidant successfully rejuvenates the skin, increasing its elasticity; it assists in restoring and preserving the healthy look of the skin and the fresh colour of the face; it strengthens the flow of lymph and blood exchange, promoting the saturation of the tissues and cells of the skin with oxygen. In modern cosmetology it is used for the care of any type of skin, and is especially recommended for greasy skin that is prone to irritation: thanks to the increase in metabolism, the process of removing residues is activated. Cedar essential oil is indispensable in the case of various skin problems: it promotes the elimination of blackheads, stress blotches, and rashes related to hormonal disturbances; in dermatology it is considered a drastic remedy in cases of neurodermatitis, allergic eruptions, moles, and traumatic blotches. It promotes the rapid regeneration of skin cells in all kinds of injuries of the integument: in wounds, burns, cuts.

Natural cedar tree essential oil is considered the most miraculous doctor for the hair, especially hair that has been damaged by colouring or perming: it restores the integrity of the keratin layer, stimulates the growth of the hair; it revitalizes and saturates the colour; it imparts shine, luxuriance, and a healthy, well-cared-for appearance. It is also good for reducing the oiliness of the hair, prevents its loss and the formation of dandruff. Yet another cosmetic bonus of natural cedar essential oil: it can be used as a natural deodorant.

And if added to hand creams or in a mixture with cedar nut oil, cedar essential oil is effectively used to treat dermatitis. And pure cedar tree essential oil may be used to cure the reddened and chapped skin of the hands and heal cracks around the nails, thereby restoring smoothness, softness, and a velvety texture to the hands, so there would be no shame in offering your hand for a kiss from a real gentleman....

Still More About the Cedar, the Unknown

L. A. Shchennikov, a well-known physician and professor, while striving to grasp the secret of longevity and healing persons from diseases, turned to the Bible, attempting to understand first and foremost the meaning of the letters inscribed therein. His conjectures about the method of regenerating a living cell encoded in the Bible were confirmed and later developed into a discovery. Based on the word post, the Russian word for "fasting," the professor compiled an "Alphabet of Self-Knowledge," deciphering this word as "continuing the movement of the birth force." According to the interpreter proposed by the professor, "cedar" is "the root of the new marvel of birth."

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