

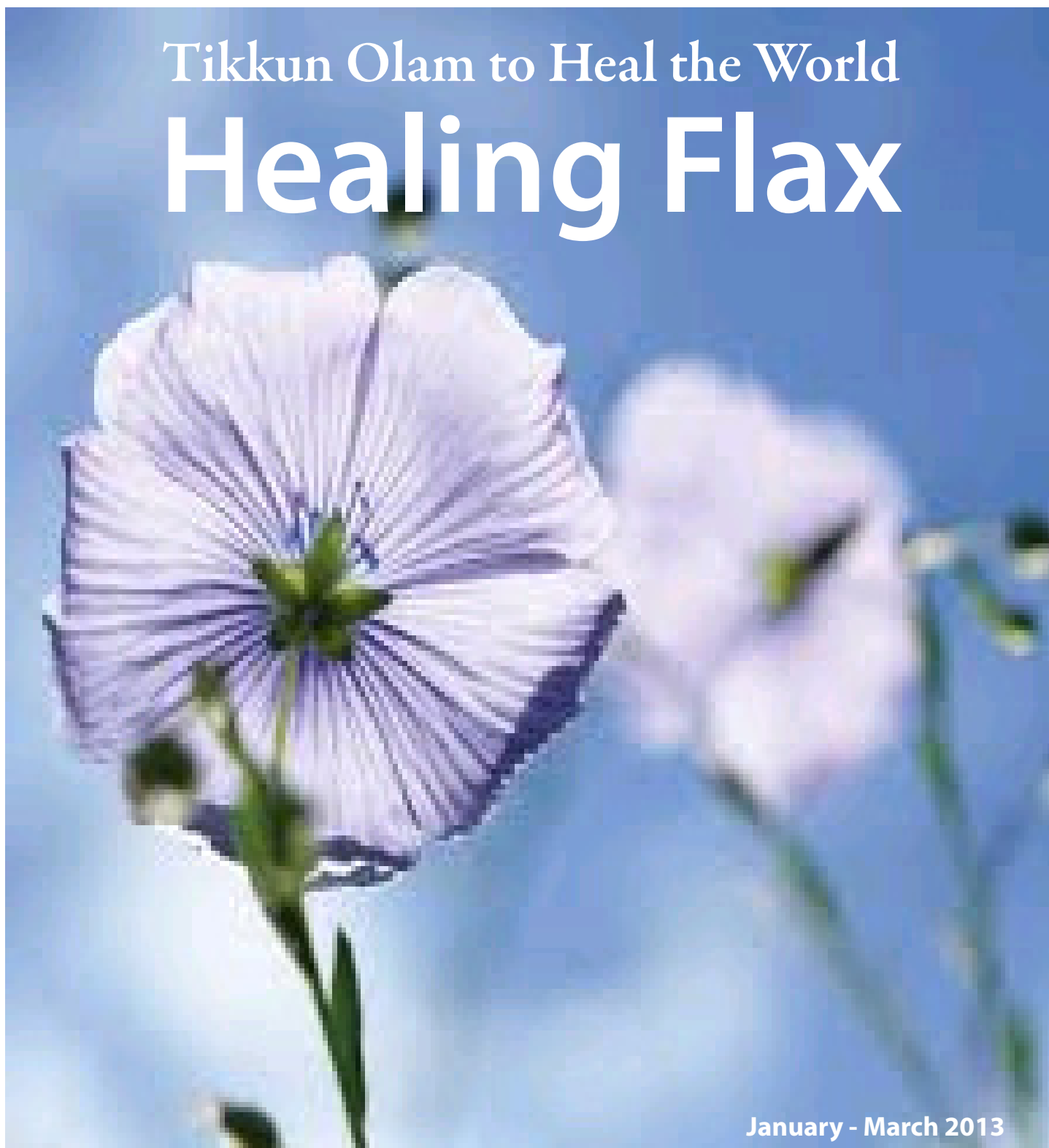
Journal

# Hebrews Today

A QUARTERLY PUBLICATION

Tikkun Olam to Heal the World

## Healing Flax



January - March 2013

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*Rabbi Ben-Hayil Yellen*

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*Lady Marjorie Papin, z"l*

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*HebrewsToday*

*970 West Valley Parkway, #170*

*Escondido, CA 92025*

*Hebrewstoday@gmail.com*

*www.hebrewstoday.com*

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# Getting to know the Researchers:

**Rabbi** Ben-Hayil Yellen was born within an aristocratic Sephardic gifted family in the international world of music and communications. He worked in telecommunications for 15 years and during these years he pursued taking professional training in multimedia production, communication, arts, and counseling. Finally he followed where his true spiritual calling was to become a rabbinical educator, as a fully ordained Sephardic Rabbi specializing in Semitic languages and laws of the 'Halacha' as it is known as the "Code of Law"



*Rabbi Ben-Hayil Yellen*

of the Prophet Moses. He is very grateful for the love and support throughout the years of his rabbinical education from Ribbi Y. Ben-Yosef and Rabbi Yosef Ben-Sasson. Ultimately, Rabbi Ben-Hayil founded Hebrew Conservative Union for the advancement of Hebrew leadership and Education.

Rabbi Ben-Hayil has produced successful series of public educational programs for radio in the County of Los Angeles, such as "Shalom Los Angeles." His radio programs broke the prejudices of the listening audience who were fearful to speak to a Rabbi. His programs covered topics such as "The importance of Family Values, Family Purity, the Covenant, Hebrew Inheritance, Seasonal Festivities and Hebrew Health." He has become a very popular key guest speaker for interviews regarding his research on "The Vessel of Purification" and "The Misunderstood and Forgotten Ceremonies of the East Gate" on public television and radio. Furthermore, he has traveled extensively throughout the United States for speaking engagements and has visited the Holy Land.

Rabbi Ben-Hayil Yellen is the author of 'Walking in Shalom,' 'The Messiah's Code,' 'Tikkun Olam: To Heal the World' and together with his wife authored 'There's Fishy Business Going On' exposing the corruptions of the Bible.

**Doctor** Heidi Crawford-Yellen's personal hands-on experience within the allopathic medical profession over the last few decades offered insights of 'body cure' for those willing to follow the Torah instructions. As a licensed health professional, Dr. Yellen saw the biggest changes when offering prayer with the families and patients for their best healing program. Her University training as a Registered Nurse included course work covering the topics of hydrotherapy, herbal and dietary therapies.

A turning point in her career was during personal experience in assisting a family with their 6 year old boy with diagnosed partial quadriplegia desiring to walk again. Taking the task to train the RN's on duty for this child and receiving permission from the parents and the primary medical director, the care plan for this child included dietary supplements focusing on internal bowel herbal cleansing and improved fresh healthy vegetable and fruit diet. The key to success was to stop the standard liquid formulas and start implementing the needed nutritional needs of the human body. Offering dietary herbals, fresh vegetable juices and appealing wholesome food was agreed upon by the entire medical team. Over a period of 6 months, with hand and leg braces placed and with physical therapy done by the nurses, the boy was to his immense joy able to walk with assistance and have his trachea capped. This was so exciting for all of us! We received accolades of recognition for our accomplishments of documented less sick days for the patients in our care doing



*R' Dr. Heidi Yellen, RN, NMD, ThD.*

similar food protocols and nursing based physical therapy.

Knowing that so much knowledge was still needed, Dr. Yellen sought training under renowned teachers of natural medicine such as Dr. Richard Schulze, Dr. Bernard Jensen, Dr. C. Thomas, Dr. John Christopher, Dr. Overman, Dr. D. Gary Young, and many others. The top natural healers utilizing hydrotherapy, aromatherapy, herbology, reflexology, nutrition and hydrotherapy were her model instructors. The ground breaking protocols of regeneration of the spine were covered in Dr. Yellen's extensive hands on training and certification under Dr. Young, a recovered paraplegic.

After graduating from Naturopathic medical school and the qualifying clinical hours completed, Dr. Yellen set out to determine the root causes of disease, curses and what Torah instructed about the subject of the diseased. There are widely taught schools of Indian Ayurvedic medicine, Chinese Traditional Oriental medicine, Native American Indian medicine, Traditional American and European Herbology and European homeopathic medicine. Yet no single traditional medicine program had tackled 'Historical Hebrew Medicine' as taught in the original words and its subsequent modern translations of the Holy Scriptures. During the doctoral dissertation, the skills of Rabbi Yellen assisted Dr. Yellen making team effort for Project Moses: The Hebrew Medicine Model. Understanding the implications of the lack of knowledge about these findings, the goal was to get the knowledge out to those desiring to be well and maintain wellness according to the Hebrew Medicine Model.





# Linen

R' Dr. Heidi Yellen

## The Preferred Fabric for Clothing of Healing, Healthy Living and Well-being

### Historical Use

Since the earliest times, flax has been known to have healing properties. Recent studies out of Japan and posted from the linen textile manufacturers confirm this truth. In the Latin language, the word flax means "being most useful" and Torah certainly emphasized this material over all other fabrics for the sacred attire. The original Hebrew language gives the attire of Adam and Chava as a linen robe of light, instead of the current translation in Genesis 3:21.

*"Unto Adam also and to his wife did HaShem G-d make coats of lamb, and clothed them."*

According to the Rabbis and sages have debated the actual meaning of the phrase "Coats of Lamb", when it should be read as *"Unto Adam also and to his wife did HaShem G-d make*

*linen garments of light, and clothed them."*  
- (Jastrow 637, 681; 32; V. Supra, XIX, 1; BDGB 509b; Midrash Rabbah Gen. XX:12)

In establishing the protocols 'statutes' of health, the prophet Moses received specific instructions. Cleansing a 'leper' meaning those 'incurable' gave only three distinct fabrics of attire: wool or linen or leather (Leviticus 13:47-48). It was emphasized as forbidden to wear linen and wool together (Leviticus 19:19 and Deuteronomy 22:11)

Historically the beautiful white linen attire of the Hebrew people was with



Almighty G-d's specific instructions, the decisions as given in the instructions 'Torah' as ordinances (Exodus 39:1-31). What special qualities were in this linen material that would restore life? Comprising a multitude of household items, flax possesses truly exceptional hygienic properties that heighten its value in consumer products and explains its widespread popularity.

### ELECTRONIC PROPERTIES

- At the electronic cellular level, flax cells are highly complementary with human cells; producing a benevolent effect on the human organism. The human cell is capable of completely dissolving a flax cell. It is interesting that flax thread appears to be the only natural material utilized for internal sutures in a surgical setting.
- Scientists have discovered that linen fibers reflect light. The light energy aspect of living organisms has been measured by many individuals within the Scientific community. Nobel prize winning Dr. Otto Warburg identified signature frequency numbers of the average human at 70-90. All results with numbers less than 50 were identified as the signature frequency of chronic disease. Any number less than 15 was identified with those having a diagnosed incurable condition such as

cancer

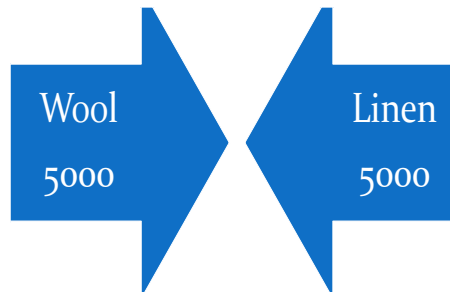
- The measurement of linen fabric measures 5,000 signature frequency. How do other fabrics compare? Plant fibers like cotton and hemp are not a healing fiber when mea-

asuring its signature energy output. Standard bleached and colored cotton measures 40 of energy. The good news is that Organic unbleached cotton measures 100 angstroms which is a 'normal' but not a healing fiber. The silk fabric measures 10 which would fail to support health in the human body. Could it be a low number because of it's origin? Silk is produced from an 'unclean' insect. Could silk be also unclean because the industry is reportedly using spider webs to increase the strength of the fabric? Rayon is based out of wood products; however, its refining process requires the use of so many chemicals that it is an unhealthy fabric. Rayon measures at 15 signature frequency. Polyester, acrylic, spandex, lycra, viscose and nylon measure zero and do not reflect light. Pure wool measures 5000 angstroms. For any individual desiring to be well the best recommendation from the instructions of Torah is to wear linen. Also, Torah gives a warning of wearing wool and linen together proved in scientific studies to be accurate: the energy of these two fabrics put together (wool sweater on top of a linen outfit) collapsed the electrical field as well as wearing of black colored fabric. Where the two textiles measure 5,000 signature frequencies, when put together, these cancelled each other and brought measurable weakness to the human body.

- Flax fabric is an excellent filter protecting against chemical exposure, noise and dust. - Linen clothing reduces solar gamma radiation by almost half there-

# Physical Propherties

## Linen Benefits



by protecting humans wearing linen. -Flax fiber retrieved from contaminated soil appears to be totally resistant to harmful radiation. - Linen underwear heightens positive emotions as well as possessing rare bacteriological properties. Resistant to fungus and bacteria, flax is found to be an effective barrier to some diseases. According to Japanese researchers, studies have shown that bed-ridden patients do not develop bedsores where linen bed sheets are used. Wearing linen clothes helps to decrease some skin diseases - from common rash to chronic eczemas. -Linen is highly "hydroscopic" meaning it rapidly absorbs and gives up moisture. Adsorbing water as quickly as a pond surface, before giving a feeling of being wet, linen cloth can absorb as much as 20% of its dry weight. This explains why linen cloth always feels fresh and cool.

- Linen does not cause allergic reactions and is helpful in treating a number of allergic disorders. Linen is effective in dealing with inflammatory conditions, reducing fever, and providing a healthy air exchange. Some neurological

ailments benefit from the use of linen clothing.

- Linen cloth does not accumulate static electricity - even a small addition of flax fibers (up to 10%) to a cloth is enough to eliminate the static electricity effect.
- Linen possesses high air permeability and heat conductivity properties. Heat conductivity of linen is five times as high as that of wool and 19 times as that of silk. In hot weather those dressed in linen clothes are found to show the skin temperature 3°-4°C below that of their silk or cotton-wearing friends. According to some studies, a person wearing linen clothes perspires 1.5 times less than when dressed in cotton clothes and twice less than when dressed in viscose clothes. Meanwhile in cold weather linen is an ideal warmth-keeper.
- Silica present in the flax fiber protects linen against rotting - the preserved mummies of Egyptian Pharaohs were wrapped in the finest linen cloth.
- Linen rejects dirt and does not get a furry texture; linen and linen-containing articles are easily laundered in hot water, may be boiled and dried in the sun, besides they may be hot-ironed thereby ensuring maximum sterilization; Linen provides a sensation of gentle, natural relief. Linen's smooth surface and matte luster appears beautiful and feels pleasant to the touch. The more linen is washed, the softer and smoother it becomes.



# Ready to Heal the World

## Vision for Tikkun Olam, a Health Center

What is needed for others that have desperately sought healing according to the Torah, as written by the prophet Moses? Funding, endowment, philanthropy and importantly, a required 10% dues to fund a Synagogue that is also a place

of implementing Tikkun Olam, a House of Healing. The California Corporation, a 501c3 ed-

ucational charity Faithful Covenant Foundation's division of Rise Up and Walk Institute: Health Restoration Ministry of Education must have sponsors supporting this vision. The demand is there, the research has confirmed the ancient program of the Prophet Moses. An invitation is extended to those that have the resources to give as gifts to the healing program?

The ancient health-oriented resort model has the eight doctors of nature where a NEWSTART is offered of Nutrition, Exercise, Water, Sunshine, Temperance, Air (fresh-air), Rest, and Trust in Divine Power.

Most modern medical centers no longer offer sunshine therapy, fresh air outside to

the invalids. The modern theory of forcing invalids to remain in a bed with the swirling air of a closed facility assures more medications, more treatments because the nature cure is denied to the people.



sunbathing is daily, fresh air are fully part of the ancient instructions. The laws of the Leper (The laws of Tzaraat) in the original text describe swirling waters with the addition of the 'ophir' clay and 'ophir' charcoal which indicates a colonic or enema for removing toxic waste from the colon. Where are these hydrotherapy programs today? The modern medical establishment scorns the ancient instructions perhaps because the science has been lost in the ongoing war of allopathic vs. natural therapy.

The laws of the ancient Tabernacle (Mishkan) of the Prophet Moses are still valid for those today that have ignorantly transgressed the health laws of Torah. The cries of the

The facilities where modest Flax-linen with its high EMF field covered individuals are out in the sunshine

sick and dying are sincere asking for healing, yet the ignorance continues unless the knowledge is imparted to mankind now. The answers has been laying in the ancient texts awaiting for the Divine Providence that individuals with the anointing of G-D Almighty to reveal the ancient secrets of the past. Will you reader do the right thing and share with others and spread the good word of Torah's ancient secrets revealed? Will you reader do the right thing and accept the invitation of this vision to heal this generation according to Torah?

## Linen Facts

Flax is an annual of the family Linaceae. There are over 200 varieties of flax plants that, depending on the regional conditions and climate. Flax blooms in clusters of bluish, navy-blue, and, more seldom, violet, rosy and white flowers that open up at dawn and close and fall at around noon when heat sets in. Each flower blooms for a few hours. Bees collect close to fifteen kg of honey from one hectare of flax field. Researchers found that one will fall asleep faster, sleep deeper, and wake up in a better mood after sleeping in linen! No fabric outpaces linen in natural strength, luster and durability. Ancient healing secrets revealed in Torah and instructs that this fabric is considered sacred attire and part of the sanctification path.



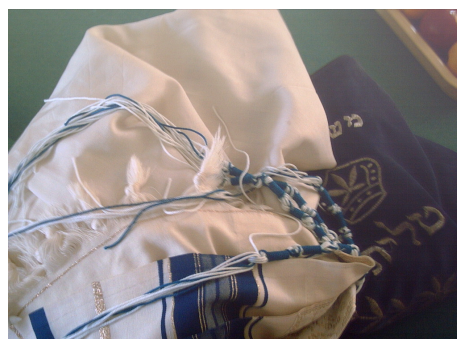
This information which would be a little noticed matter except for this research which demonstrates why it was a necessary part of the path of faith.

#### **Karaite Jew Testimony:**

A most remarkable testimony was shared by a Karaite Jew:

He testified of his linen tallit, (prayer shawl) that was precious to him. This prayer-shawl was so familiar to him that it was similar to a well worn Torah whose pages had become regularly touched with use. In questioning him as to why he still had it, he opened up to share a remarkable testimony.

Thirteen years previously, his wife was in labor and delivered an infant that failed to breathe. Calling the emergency 911 team, they waited gripped with the inevitable loss of an infant in 'stillbirth.' Grief stricken, he grabbed his prayer shawl and held his daughter in his arms for an agonizing 30 minutes. He recited the prayers of faith while waiting for the team to arrive. Unbelievably, according to his account, when the paramedics arrived, and



had not yet touched the infant, there was a dramatic color change for the infant and breathing had resumed! He testified that this special child has a brilliant mind and does well in school. This amazing miracle involved use of a specific linen tallit that would be 'swaddling.'

Did this linen prayer-shawl contribute to the providential healing of this infant, and demonstrating the benefits of obedience to the specific divine requirements for linen, and for religious ceremonies as revealed above as recorded in the Sacred Torah?

Testimonies: When wearing 100% linen, many individuals have testified that their healing was rapid. Post injury or surgical pain was substantially reduced (without the use of prescription or over the coun-

ter drugs) when using linen bandages and wearing linen clothing. Torah prescribes the wearing of linen or wool (separately of course) for those that are ill and 'incurable' in Leviticus 13.

Linen is an ideal fabric not only for attire but for your table at every meal as a 'high energy' tablecloth and napkin.

#### **Fake Fibers:**

In summary, if you wear black clothing, standard cotton clothing, rayon, polyester and nylon stockings, these will hinder your health by discharging and extinguishing one's electrical field light. When put into nature law depletion, there will be darkness.

The human body will struggle with 9 areas of opened windows within the human body vulnerable for attack. The areas of windows in the 'nerve bundle' regions of the human body 'leak' subtle energy fields with the reserves of mineral charges. The dead battery effect would drain until the cellular function would be termed useless. If you have good flax next to wool or other man made 'fake' fibers, the energy signature will 'discharge' and one will suffer the consequences. This is the law of nature principle.



What is at a higher level will come down to the average of the lower amount unless shielded. If you use cotton, rayon, these are not as strengthening to your body and may serve to keep your health 'average' with the typical western illnesses. If you want optimum health and healing and a strengthened immune system, you can choose to follow the instructions of Torah in getting your sacred wardrobe knowing that you have the highest blessings available. Bless HaShem for this knowledge and seek HIS ways.

## The Everlasting Covenant

### The Secrets Revealed

The Covenant instructions were the series of laws given to Moses at Sinai, *"A secret of G-d to those who fear Him, and He will show them His Covenant."* (Psalms 25:14)

Why are the specific Torah instructions prohibiting using a blend of wool and linen ignored? Why are the specific and exacting instructions as to linen garments only now suddenly wool only? Who made the changes? Where are these instructions? In searching the entire Torah, there are the specifics given by the Holy One of Israel at the inauguration of the Mishkhan! Yet the current priestly instruction appears to have a rebellious element within its instruction leaving out the exact words of HaShem. Shall Jerusalem be punished once again in efforts to worship according to pagan elements?

The departure from the instructions of Torah has been questioned by many individuals throughout the years. Why have their valid questions not been seriously paid attention to?

There are many individuals that have written as to the use of a worm or sea mollusk to dye the crimson colors and the tallit strands. The excuses by the Torah scholars as to using the 'unclean' source are that it was not taken internally. The same excuse still was answered by Torah when the Holy One of Israel explained the prohibitions of touch of the unclean completely disallowing the use of worms and mollusk:

*"Or if a soul touch any unclean thing, whether it be a carcass of an unclean beast or a carcass of an unclean cat-*



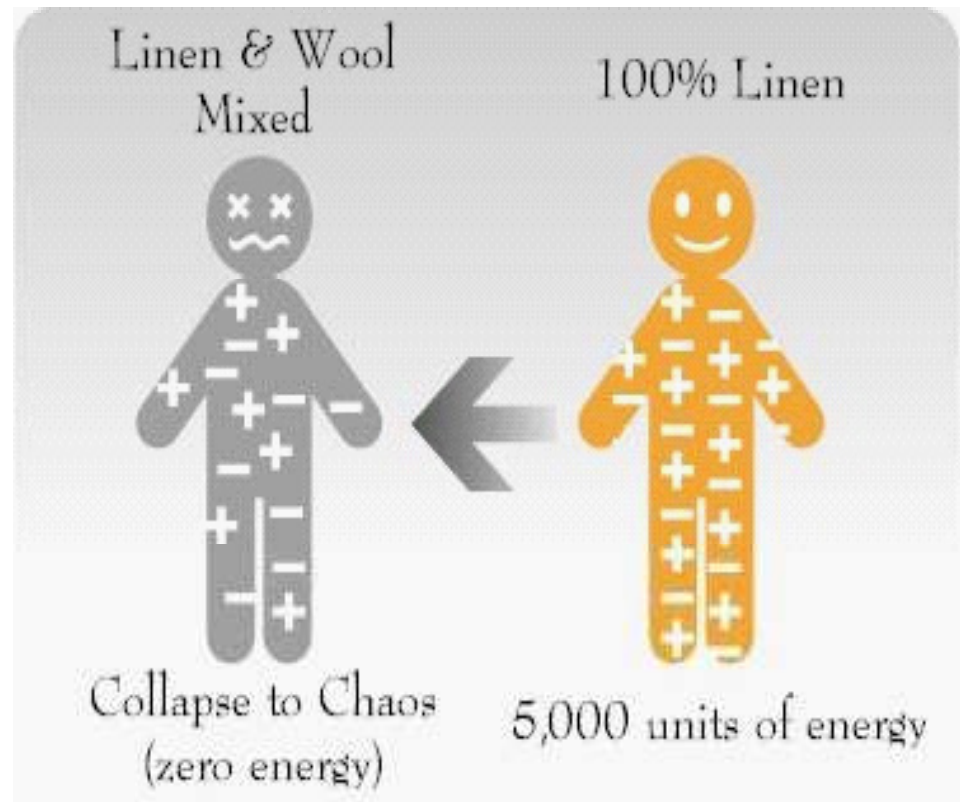
Snail Mollusk

*tle, or the carcass of unclean creeping things, and if it be hidden from him; he also shall be unclean, and guilty. Or if he touch the uncleanness of man, whatsoever uncleanness it be that a man shall be defiled with it and it be hid from him; when he knows, then he shall be guilty. And it shall be, when he shall be guilty in one of these things, that he shall confess that he has sinned in that thing."*

Leviticus 5:2,3,5.

The instructions as to defilement as to the use of any 'creeping' thing is explicit in the Torah:

*"You shall not make yourselves abominable with any creeping thing that creeps, neither shall you make yourselves unclean with them, that you should be defiled thereby. For I AM HaShem your Elohim: you shall therefore sanctify yourselves, and you shall be holy; for I AM holy: nei-*



*ther shall you defile yourselves with any manner of creeping thing that creeps upon the earth. For I AM HaShem that brings you up out of the land of Egypt, to be your G-d: you shall therefore be holy, for I AM holy."* – Leviticus 11:43-45.

### The Holy Garments coloring:

The directions as to how the Sacred Garments were colored are in the hem of the garments of the priest:

*"And beneath the hem of it you shall make pomegranates of blue, and purple and scarlet, round about the hem thereof; and the bells of gold between them round about."* – Exodus 28:33

### Kosher colors confirmed:

The ancient dye colors of dark blue, purple and red all come from the parts of the Pomegranate plant. The dark blue from the use of the root using a salt, the red from the rind of the Pomegranate, the purple from the flower and fruit. Source: "Punica Granatum" By John Urill, OYD, Cincinnati, Ohio. Reprinted from THE WESTERN DRUGGIST,





## Indigofera tinctoria

Chicago, May, 1897.

### The non-kosher coloring sources:

In study of the ancient dying techniques, the documented facts are available for our study and consideration. The unclean sources from fermentation, being from Egypt, or Tyre, and other non-kosher sources are now exposed:

### Indigo blue (*Polygonum tinctorum*, *Indigofera tinctoria*)

Indigo has been in use for over 5000 years, and is known from the Neolithic Era of Europe. In India a different plant and different extraction method was used, but the resultant dye cake was the same. Indigo was prized for its fastness and its resistance to sunlight. Indigo is made by a labor intensive fermentation process. Indigo plants must be tempered by alkaline additions such as urine and camel dung. Source: [layersofmeaning.org/archives/cat\\_materials\\_supplies\\_resources.html](http://layersofmeaning.org/archives/cat_materials_supplies_resources.html)

## Tyrian purple

Probably the most famous dye from antiquity, this purple dye has been called by many names, as Royal purple, but Tyrian purple is most common. It was a monopoly of the Phoenicians, their capital at Tyre, in Lebanon. From there came its name. It is presumed that the Tyrians invented the dye, although its manufacture far preceded written history. The raw source for the dye is a tiny sack or gland in a shellfish called Murex. The mollusk is common to the coast of the Medi-

terranean, from Morocco all along the coast of North Africa to the Near East. There are many Phoenician sites along this coast where the shells still remain



Murex Shellfish

in huge heaps, as it took many hundreds of the shellfish to create one ounce of dye.

These shell heaps, and the usual dye-vats also found nearby, are usually found down wind from the nearest village, as the odor of the decaying shellfish is overpowering. After extracting the animal from its shell, the flesh is allowed to decay. After decomposition, the sack must be found and the fluid within extracted. This results in one or two drops per shell. This fluid, if allowed to stand in strong sunlight for a few hours, turns from light green,

through blue, to finally stop at a reddish purple. The dye color is reddish purple, not the bright purple we are used to seeing in the movies. The reason Tyrian purple was so long in demand was its value as a status symbol. Using the dye, or making it fast, was part of the secret which died with the fall of the Roman Empire.

## Kermes red

Essentially the same as cochineal, a dried insect found along the Mediterranean, and used extensively in Anatolia.



Polish Kermes

This insect is cultivated, therefore a little easier to collect, although it was still very labor-

intensive. This dye produced a bright scarlet red which was very durable. A piece of leather found in an Egyptian tomb, dyed with kermes, was as bright as new. This dye was a trade commodity throughout the Roman Empire, and remained an important dye until the modern synthetics. In 1462 Pope Paul II introduced 'Cardinals Purple' made from kermes dye, and began a fad in the luxury dye. Source: <http://www.ancientroute.com/resource/cloth/dye.htm>

The Roman Catholic church documentation that the decisions as to the clergy garments was 'decided by their authority.' The use of vestments as to wool and linen and the blending of these materials is documented in the Roman Catholic site as follows: <http://landru.i-link-2.net/shnyves/vestments.htm>



## Mosheh Ben Maimon

A rabbi, physician, and philosopher

### What did Maimonides document as to this very departure of Torah instructions?

In the commentary as to wearing of wool and linen, Rambam writes the following warning. The documentation as to the garments of pagan priests was given in his Mishna Torah Sefer HaMizvot Commandments, *Maimonides* vol. 2, page 55.

*'Do not wear Shatanez for pagan priests; the Coptic Egyptians wear linen and wool together.'*

Indeed the findings are contrary to the warnings of our Torah in Leviticus 19:19 and Deuteronomy 22:11. In Rambam's commentary, his insights

were accurate and correct as our own research has proven that the Roman Catholic priests have always worn defiled garments.

Questions from Torah were historically placed to the High Priest / Kohen Gadol Aaron as to clean and unclean and the duty to teach these topics:

*"And HaShem spoke unto Aaron, saying, Do not drink wine, nor strong drink, thou nor thy sons with you, when you go into the Tabernacle of the congregations, lest you die: it shall be a statute forever throughout your generations. And that you may put difference between holy and unholy, and between unclean and clean; and that you may teach the children of Israel the statutes*

*which HaShem has spoken unto them by the hand of Moses."* - Leviticus 10:8-11.

**Unclean work is unclean worship according to Torah:**

*"Thus saith HaShem of hosts; Ask now the priests concerning the law, saying, If one bear holy flesh in the skirt of his garment, and with his skirt do touch bread, or pottage, or wine, or oil, or any meat, shall it be holy? And the priests answered and said, No. Then said Haggai, If one that is unclean by a dead body touch any of these, shall it be unclean? And the priests answered and said, It shall be unclean. Then answered Haggai, and said So is this people, and so is this nation before me, saith HaShem; and so is every work of their hands; and that which they offer there is unclean."* - Haggai 2:11-14.

Where do our people go into error with this instruction? They wear clothing dyed with fixatives of urine or dung. The study of ancient dying techniques mentioned the use of these very portions whether human or animal source, the colors were attempted to be fixed in the dying process with these ingredients (documentation below). The pagan nations all used urine or dung in their coloring methods in ancient times and as well in modern times with the third world and also industrial civilization. Have people forgotten that UREA is urine? Urea, or waste nitrogen, is then excreted in the urine of all humans and animals. Yet, the children of Israel were taught to be different. How are the children of Israel different? The dying techniques, the cleaning practices of the children of Israel were unique. Yet, the departure from Torah Instructions has crept into the books regarding 'Halachah' instruction. The proof is offered below.



## COMPARISON



Representation of the Priests  
according to Today's Tradition



Forgotten Priestly Garments  
according to original text of Torah

### The Well Dressed Cohen – the clothing of the Cohanim

The garments of the Cohanim were to be *'for honor and beauty'* (Exodus 28:2) these garments were to be physically beautiful and honorable to those who wore them. In particular they were to give honor to HaShem in Whose House and in Whose service they were worn. There were specific instructions given in Torah as to these garments and also the Mishkhan (Tabernacle). Are our religious leaders being instructed in the correct path, or has preserved the correct path? Let us critically examine these published instructions for all Cohanim worldwide asking ourselves where their authority for these posted instructions comes from.

The following items of clothing for the priestly individuals were described in the highlights below from the web site source for the Cohen-Levi temple studies. Note the underlined words that are our emphasis.

### C. The well-dressed Cohen - the Clothing of the Babylonian Cohanim

**Section 3: The following are the materials which were used in the mak-**

### ing of the garments:

- bod - natural white linen derived from the soaked and beaten stalk of the flax plant.
- techelet - wool dyed dark sky-blue using a dye obtained from a Hilazon, a sea mollusk.
- argamon - wool dyed scarlet red
- Tolat Sheni - wool dyed dark red using a dye obtained from a type of worm.

### Section 4. The following are the garments of the regular Cohen:

- Avnet - belt. The belt was a strip of material about 16 yards long and 2 inches wide wrapped outside the tunic just below the level. The belt was made from pure linen or was an admixture of linen and wool.

### Section 5. The eight garments of the Cohen Gadol were known as the Golden Garments. Four of these were basically the same as the four garments of the regular Kohen. Those garments specific to the Kohen Gadol were as follows:

- Me'il - This garment was similar to a long version of the talit katan which is

worn today. It reached down to a few inches above the bottom of the tunic. It was woven from twelve-stranded threads of pure sky-blue wool. At its bottom edge was an alternating series of small golden bells and woven pomegranates.

**Section 9. Not only were the Cohen's garments manufactured and worn according to exacting standards, but they were to be maintained to high standards as well.**

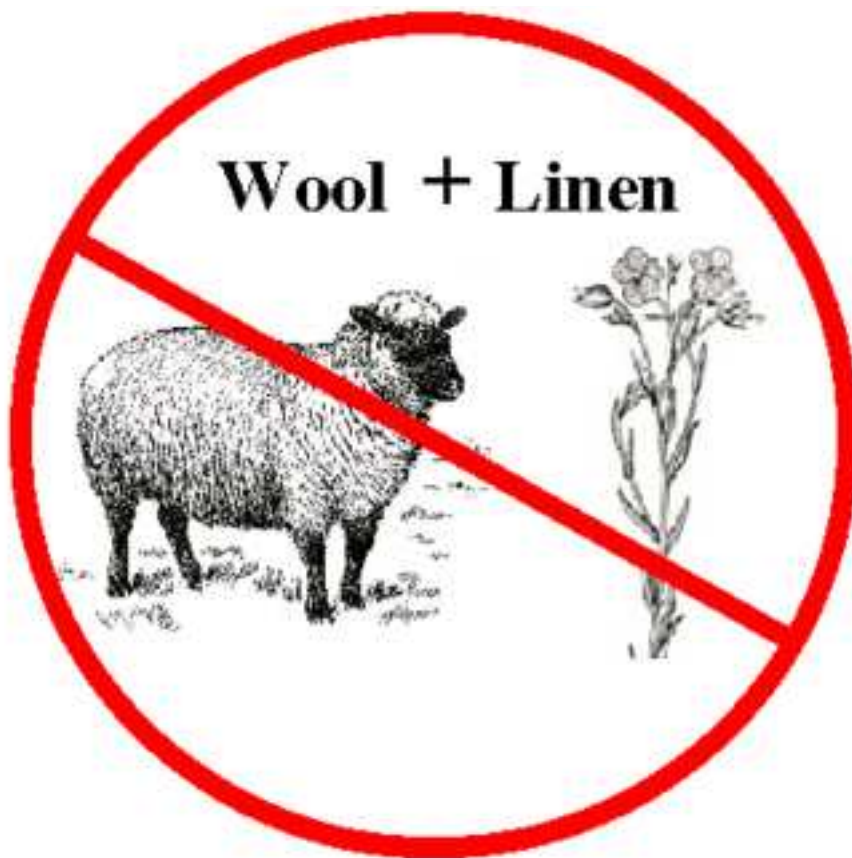
Source: [http://www.cohen-levi.org/temple\\_studies/order\\_of\\_the\\_temple\\_service.htm](http://www.cohen-levi.org/temple_studies/order_of_the_temple_service.htm)

### Torah Standards

With the published materials as to the priestly garments we will return to the Torah to compare the instructions of priestly garments to the modern day instructions. Garment instructions to the priests were entirely to be made of LINEN. Pomegranates are emphasized in the priestly attire along with bells that the priest 'die not,' (Exodus 28:33, 35). Because of the history of priests dying in the Holy office, we might consider that there were disobedient priests similar to the Korah rebellion (Numbers 16). Taking the warning seriously, Torah emphasize that this holy office is to be where strict obedience is performed without excuses.

- The Rabbonim or Ministers were to wear sackcloth – which is flax/linen: Joel 1:13
- The gifts that were requested of the children of HaShem were of linen, no mention of wool: Exodus 25:4
- The Sanctuary curtains were made of linen: Exodus 26:1
- The Sanctuary veil was made of linen: Exodus 26:31
- The Sanctuary door was made of linen: Exodus 26:36
- The Sanctuary court was made of





linen: Exodus 27:9, 18

- The Sanctuary court gate was made of linen: Exodus 27:16
- The priestly garments were for glory and beauty: Exodus 28:2
- The priestly garments were to be holy garments entirely made of linen: *Source: Exodus 28:4, 5, 6, 8, 15, 39, 40, 42 and Exodus 39: 2, 3, 5, 8, 24, 27, 28, 29, Leviticus 6:10 and Leviticus 16:4,23,32*
- "Sheshi" – bleached white linen (or blue) linen for the priestly class
- "Bad" - divided linen fibers, flax linen for the priestly class
- "Pishteh" – carded thread of flax and linen – used only for those ill or forbidden
- The key Torah instruction that they wear linen so that they not bear iniquity and die: Exodus 28:43
- The nation of Israel and as well, the priests with this instruction were forbidden to wear linen and wool together – Leviticus 19:19 and Deuteronomy 22:11

- Shatanetz' – Lindsey-wooley a mixture of linen and wool.

The punishment for disobedience is very specific: *"If you walk contrary to Me, and will not hearken unto Me; I will bring seven times more plagues upon you according to your sins."* – Vayikra 26:21.

Writes one individual testing linen as proper garment material: "It has been a personal experience at events of re-enactment themes that the nature of linen was different than other textiles. Discovering that linen is very good for keeping cool as long as it is the light-weight linen. Linen can also be very 'warm' when the weight is heavier. Linen wicks moisture away from the body and allows it to evaporate quickly (especially loose weaves). Published studies have found that cotton tends to keep moisture in." [www.florilegium.org/files/CLOTHING](http://www.florilegium.org/files/CLOTHING)

#### Biblical Reference to Linen

The description of the Tabernacle, which formed the central point of worship for the tribes of Israel, the historical record tells us that the curtains were of fine

linen. The use of linen was to have holy garments for the priests of the nation for glory and for beauty (Exodus 28:2).

On Yom Kippur the High Priest alone entered the Holy of Holies, to make atonement for his house and for the people



(Lev. 16); on that occasion he wore white linen garments. Aaron, the high priest, entered the holy place, he put on a holy linen coat-and girdle, and upon his head was a linen cap. This shows the unique place held by linen in the history of ancient times and the reverence for the use of linen.

According to Christianity, it is further demonstrated in the New Testament, which states that when the Revelation of things to come was vouchsafed to John, the seven angels, who held in their hands the past and future of mankind, were clothed in pure and white linen; and a final quotation from the same Book of Revelation informs us that the garments of those chosen for eternal life and happiness will be of fine linen.

The use of linen for priestly vestments was not confined to the ancient Israelites, during the time of the Temple, we

#### The EMF of Linen and Wool

- Remember that wool and cashmere EMF flow left to right in its energy fields.
- Linen EMF flows right to left in its energy field.
- Camel flows right to left in its energy field.
- Goat hair also right to left EMF.



# Linen Techelet

## Mystery Resolved of the Use of the Techelet Tzi-tzit

The Torah states in Numbers 15:38:

*"Speak to the children of Israel, and say to them, that they shall make themselves fringes on the corners of their garments throughout their generations, and they shall put on the corner fringe a blue (tekhelet) thread."*

Wearing the tzitzit is also commanded in Deuteronomy 22:12:

*"You shall make yourself twisted threads, on the four corners of your garment with which you cover yourself."*

Fringes, tzitziyot, today are attached to the tallit and tallit katan. The tallit katan itself is commonly referred to as tzitzit. According to the Torah, the purpose of wearing tzitzit as a reminder of our religious obligations. In addition, it serves as a reminder of the Exodus from Egypt (Numbers 15:40). The Talmud equates its observance with that of all the mitzvot. Maimonides (Commentary on Pirkei

Avot 2:1) includes it as a major commandment.

Aside from the religious obligations, what is the benefit of using Tzitzit? Why do we wear them? is it for a style and fashion? or the Creator in His great wisdom had the tzitzit a function and purpose to play for the benefit of our bodies? In 2007-2008, Rabbi Ben-Hayil and R' Dr. Heidi Yellen pursued an investigation through medical science as to the benefits of the use of tzitzit.

It was to the great astonishment of the professional observers when the results were revealed as to this pilot

project. In order to understand the benefits of wearing linen tzitzit, it is important to clearly understand the body function, its polarity and its electrical current of the body. All these play a very important role to fully comprehend the purpose of using the tzitzit.

On this pilot project, we understood that the linen fibers emanated on the human body is 5000 thousands unit of energy flow around the body. It has been scientifically proven that linen is a superior fabric than any other fabric that currently exist in the market. As our subjects were wearing linen garments, and linen tzitzit were placed upon them. The computer analysis recorded that the body energy field increased to 25,000 units of energy around the body.

*"The science behind wearing tzitzit, it helps the body to discharge the excess toxic energy and reconnect to the earth energy."* - Dr. Yellen

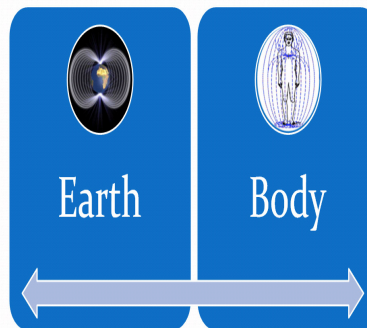
Earth energy first enters into the human body and approaches health condition by strengthening the person's overall energy system, and bring them into harmony and balance.

### Antioxidant and Anti-Inflammatory

Recent research has explained why this happens. *"Your immune system functions optimally when your body has an adequate supply of electrons, which are easily and naturally obtained by proper contact with the Earth. Research indicates that electrons from the Earth have an-*

*tioxidant effects that can protect your body from inflammation and its many well-documented health consequences."* - Dr. Mercola.

### Understanding Polarity





## The Benefits of Pure Linen Sheets:

This is unfortunate because sleeping on pure linen sheets does have benefits. Made from flax fibers, linen has been grown for thousands of years and is one of the world's oldest fabrics. In the language of flowers, the word 'flax' means 'benefactor.'

1 - Has a light massaging effect because of the microscopic breaks throughout the fabric

2 - Suppresses live pathogenic bacteria, microflora, and fungi and is not known to cause allergies

3 - Stimulates blood flow and promotes relaxation

4 - Warm in the winter - insulating and cool in the summer - a breathable fabric (think of those sweaty summer nights when you wake up wrapped in damp cotton/polyester sheets)

5 - Absorbent - has excellent abilities to absorb superfluous moisture (see #4)

6 - Stronger than Cotton

7 - Can last up to 20 years (an investment)

8 - Environmentally friendly - all the flax used to make linen is used in other ways - the seeds are pressed to make linseed oil which is used in floor coverings, such as linoleum, and paint. Linen is a renewable resource and it needs no irrigation. Linen is also fully biodegradable.

If you are not sure you would enjoy the benefits of linen sheets or



### Scientific Evidence

- Science has photographed ancient flax-linen fibers still reflecting spectrum of energy light.



### Masters of Linen State:

- Thermo-regulating (insulating in winter and cooling and breathable in summer)
- Non-allergenic, anti-bacterial, it is three times stronger and five times resistant than cotton.



### Fabric Measurement

- The experimental testing conducted in 2003 identified that flax-linen fabric measures a tremendous 5,000 signature units of vital light energy.

## Linen Benefits

think you would like to try before investing, then you may want to purchase just a set of pillowcases.

### Other Health Benefits:

Linen is exclusively used in operating rooms. Linen is the only natural material utilized for internal sutures in a surgical setting. Flax cell is highly compatible with the human cell thereby producing a benevolent effect on the human organism. The human cell is capable to completely dissolve the flax cell. This is why linen fabric is used in surgery for internal sutures.

One more thing about healthy linen - many individuals have testified that their healing was rapid when wearing linen. Post injury or surgical pain was substantially reduced (without the use of prescription or over the counter drugs) when using linen bandages and wearing linen clothing. It is also said by cancer patients being wrapped in linen as a treatment therapy. Since linen has the highest energy vibration of any natural fabric, this makes perfect sense. When the body is sur-

rounded by linen fabric, the uplifting effect is noticed.

Another thing about linen fiber, it reduces solar gamma radiation nearly by half and protects the human organism against solar radiation. Flax fiber from contaminated soils appears not to exhibit even traces of radiation.

Moreover, linen has massaging properties owing to the microscopic breaks which the fabric possesses. Wearing linen light massaging effect, favorably stimulating blood-flow and promoting relaxation can be felt. This is how linen favorably influences cardio-vascular, nervous and muscular systems.

Many fabrics are not breathable, but linen possesses high air permeability and heat. The heat conductivity of linen is 5 times higher than wool and 19 times than silk. This means in hot weather, people dressed in linen clothing are found to have a lower skin temperature than others wearing silk or cotton garments. One more thing, interesting about linen - according to some studies, a person wearing linen clothes perspires 1.5 times less than when dressed in cotton clothes, and twice less than when dressed in viscose clothes. Meanwhile, in cold weather, linen works in reverse, proving ideal for retaining warmth.

Taking into consideration all these health side benefits of linen and anti bacterial Linen properties, for any individual desiring to regain and maintain health, the best recommendation - dating all the way back to the Hebrew Scriptures itself - is to wear linen.



## **Linen has a wonderful character, and here are Linen Properties:**

Linen fibers have been used for thousands of years and it's still one of the most fashionable textile fibers. Indeed, turned into a multitude of household things, flax possesses important, truly exceptional, hygiene and consumer properties that explain why things made of it enjoy such popularity.

### **Excellent absorbing qualities**

Linen fabrics are well known for its excellent absorbing qualities, meaning it rapidly absorbs and gives up moisture. Absorbing water as quickly as a pond surface, before giving a feeling of being wet, linen cloth can absorb as much as 20% of its dry weight. This explains why linen cloth always feels fresh and cool. What is more, absorbing qualities are very useful for towels. It is recommended to wash the linen textile before the use to gain the best absorbent qualities.

### **Antistatic Properties of flax**

Linen clothes does not accumulate static electricity - even a small addition of flax fibers (up to 10%) to a cloth is enough to eliminate the static electricity effect creating a microclimate of enhanced comfort. No more



## **Linen Properties**

worries about electric static clothes when wearing linen.

### **Hard and long lasting fiber**

Linen is renowned for its spectacular durability and long life. One reason why it is so - linen resists dirt and doesn't develop a furry texture. Interesting thing about linen, its durability and the high density give Linen at least twice the life of cotton. It is important to know that linen and linen-containing articles are easily laundered in hot water, may be boiled and dried in the sun, besides they may be hot-ironed. For more information about linen care read Linen Care Tips. Take a note, linen has a smooth surface and mat luster, which feels pleasant to the touch. The more you wash linen the softer and smoother it becomes.

### **Ecological linen**

Linen is well known environment friendly fabric. When choose linen over cotton, you're helping the planet because flax (the crop from which linen is derived) requires less water than cotton to grow, requires fewer other resources, and all the flax by-products are put to good use. One more thing, linen is not necessarily needed to be dyed since it performs beautiful

shades of natural colors. Finally, linen products do not need to be finished in any chemical methods, what makes it chemical-free fabric.

### **Anti-bacterial linen**

The use of linen does not cause any allergies and eliminates many kinds of irritations on the skin. What is more, linen is hygienic. This quality helps to decrease some skin diseases - from common rashes to chronic eczemas. This is why linen fabric is suitable for kids even with the most sensitive skin.

Some news from Japanese researchers, studies have shown that bed-ridden patients do not develop bedsores where linen bed sheets are used. Linen naturally suppresses live pathogenic micro flora, bacteria and fungi flax is found to be an effective barrier to some diseases.

## What is so great about linen?

In 2003, a study was done by Dr. Heidi Yellen on the frequencies of fabric. According to this study, the human body has a signature frequency of 100, and organic cotton is the same – 100. The study showed that if the number is lower than 100, it puts a strain on the body. A diseased, nearly dead person has a frequency of about 15, and that is where polyester, rayon, and silk register! However, if the fabric has a higher frequency, it gives energy to the body. This is where linen comes in as a super-fabric. Its frequency is 5,000 (as is wool, by the way)! This is why it is key to wear pads topped with 100% linen that touches the skin. Here are some specific health-benefits of linen:

### Resistant to fungus and bacteria

- Healing - signature frequency of 5,000
- Used in internal sutures (the body accepts it)
- Effective in dealing with inflammatory conditions
- Helpful in reducing fevers
- Does not accumulate static electricity
- Causes 1.5x less perspiration than cotton (linen



## Why is Linen Special?

rapidly absorbs and gives up moisture)

- Absorbant

### Dr. Yellen explained the process of this study:

"Frequency was determined by a technician [named] Mrs. I. Farr who used a digital instrument designed by a retired Texas A&M professor called the Ag-Environ machine. We had a public demonstration with an audience at internationally known artist Bob Summers home.

Bob Graham, the inventor, told us that his machine was created to analyze the signature frequencies of agricultural commodities to aid the farmer in determining the right time of harvest growth. The gentleman identified signature frequencies that identified illness also and had turned to help-

ing people get well. He identified himself as an LDS and he did it for his mission for the LDS. Bob Graham stated that it was a 'signature frequency of that plant's species identity.' The mHz is different, we were suggested that it would be the same as Rose essential oil.

There could be better devices so we have been looking around for more options. There's a device that a brilliant American agriculture scientist developed that does measure the fre-

quency of Linen and he calls that energy Tachyon energy. We have not yet acquired one but hope to soon!

Dr. Philip Callahan, a noted physician and researcher, was able to prove the existence of this energy using plant leaves attached to an oscilloscope. About six months ago, he visited in California and showed a new development. He had discovered that flax cloth, as suggested in the Books of Moses, acts as an antenna for the Tachyon Energy. He found that when the pure flax cloth was put over a wound or local pain, it greatly accelerated the healing process. He was also using the flax seed cloth as a sophisticated antenna for his oscilloscope. This is the instrument that he uses to determine energy of flax."





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