DOES A WOMAN WITH BLOODFLOWING STILL MAKE A MAN UNCLEAN TODAY, AS IN THE OLD COVENANT?

WE INFORM – YOU CHOOSE

PROFESSOR WA LIEBENBERG
DOES A WOMAN WITH BLOODFLOWING STILL MAKE A MAN UNCLEAN TODAY, AS IN THE OLD COVENANT?

By

WA Liebenberg

Proofread by: Lynette Schaefer

All rights reserved.
No portion of this book may be reproduced or copied.

Distributed by:
Hebraic Roots Teaching Institute
Pretoria – South Africa
Email: products@hrti.co.za
Mobile: +27 (0)83 273 1144
Facebook Page: "The Hebraic Roots Teaching Institute"
Website: www.hrti.co.za

1
Preface

YHWH “God” has called us to do two things. First, we are to never give up studying and seeking the correct interpretation of any given Bible passage. Second, such opportunities are golden moments for us to learn to show grace and love to others whose understanding of a given passage may differ from ours.

Throughout the HRTI’s teachings we use a slightly different vocabulary to that which some might be accustomed. We have chosen to use what many refer to as a Messianic vocabulary. The reasons being: Firstly, using Hebraic-sounding words is another way to help you associate with the Hebraic Roots of your faith. Secondly, these words are not merely an outward show for us, they are truly an expression of who we are as Messianic Jews and Gentiles who have “taken hold” of our inheritance with Israel.

Instead of saying "Jesus," we call our Saviour "Y’shua," the way His parents would have addressed Him in Hebrew. In addition, rather than referring to Y’shua as “Christ,” we use the word "Messiah," which is an Anglicized version of the Hebrew word, Moshiach.

"Yahovah" is the name of God in Hebrew, where it is written as four consonants (YHWH or YHVH, as the W and V is derived from the same Hebrew letter ‘Vaw’). These four letters are called the Tetragrammaton (Greek for "[a word] having four letters). Jews ceased to use the name in the Greco-Roman period, replacing it with the common noun Elohim. “God,” to demonstrate the universal sovereignty of Israel’s God over all others; at the same time, the divine name was increasingly regarded as too sacred to be uttered, and was replaced in spoken ritual by the word Adonai (“My Lord”). From about the 6th to the 10th century the Masoretes, Jewish scholars who were the first to add vowels to the text of the Hebrew Bible, used the vowel signs of the Hebrew words Adonai or Elohim as the vowels for YHWH, and later on the artificial name Jehovah was produced. Christian scholars and translators after the Renaissance and Reformation periods replaced the sacred name YHWH with GOD and LORD (all in capital letters in the Bible); which was a strategic move of Satan as to not using the Name. The Sacred Name occurs 6,828 times in the Hebrew text of the Bible, proving YHWH wants us to use it.

In the 19th and 20th centuries, biblical scholars again began to use the form Yahweh; and it is now the conventional usage in biblical scholarship, but leading Hebrew Scholars suggest YHWH should be pronounced as Yahoo-VaH (Y’shua is derived from YaH-shuvah which means YaH saves).
Is a woman unclean for seven days if she has her menstrual period?

Introduction

19 Whenever a woman has her menstrual period, she will be ceremonially unclean for seven days. Anyone who touches her during that time will be unclean until evening.
20 Anything on which the woman lies or sits during the time of her period will be unclean.
21 If any of you touch her bed, you must wash your clothes and bathe yourself in water, and you will remain unclean until evening.
22 If you touch any object she has sat on, you must wash your clothes and bathe yourself in water, and you will remain unclean until evening.
23 This includes her bed or any other object she has sat on; you will be unclean until evening if you touch it.
24 If a man has sexual intercourse with her and her blood touches him, her menstrual impurity will be transmitted to him. He will remain unclean for seven days, and any bed on which he lies will be unclean.
25 If a woman has a flow of blood for many days that is unrelated to her menstrual period, or if the blood continues beyond the normal period, she is ceremonially unclean. As during her menstrual period, the woman will be unclean as long as the discharge continues.
26 Any bed she lies on and any object she sits on during that time will be unclean, just as during her normal menstrual period.
27 If any of you touch these things, you will be ceremonially unclean. You must wash your clothes and bathe yourself in water, and you will remain unclean until evening.
28 When the woman’s bleeding stops, she must count off seven days. Then she will be ceremonially clean. (NLT – Emphasis mine)

Oh dear, the nightmare passage in the Bible for women and some men!

This subject has caused endless and major debates, arguments, reasoning and heated fights—still many walked away helpless with this unresolved issue.

---

1 Lev 15:19-28
2 New Living Translation
The argument goes... if YHWH says: “Do not prostitute thy daughter, to cause her to be a whore; lest the land fall to whoredom, and the land become full of wickedness”\(^3\) in Leviticus, which we take from a literal point of view, then surely the “menstruation” issue must also be taken at face value. The argument then goes further; that “this, then, leaves us with many; in fact, most people unclean on a daily basis”, because of the vast majority of women entering the secular world (workplace and shops) when they have bloodflowing. This automatically makes most men unclean in YHWH’s eyes on a daily basis as well.

We have a problem: the women are unclean, most will say, at this stage? Well, the answer is yes and no. They were unclean in the Old, but not in the New Covenant. Let me explain why they are “clean” today, and for that you need to understand what implication the Torah has on the Believer of today.

**Background**

When a Jewish girl reached the age of puberty, she was called, in Hebrew, *betulah*. This word defined her as an adolescent girl who had reached puberty but not yet given birth to her first child. It is sometimes translated as ‘virgin’, but in fact it related more to her age group than her physical state.

She probably began to menstruate at about 10-12 years of age. The *onset of menstruation was celebrated*, because it showed that the girl had passed from childhood into womanhood.

At puberty she was introduced to the special customs that Jewish women followed, particularly those relating to menstruation.

During her menstrual period, a Jewish woman was relieved of many of her normal duties. She was not required to draw and carry water from the well. She did not have to serve food to members of the family. She did not have to go to the marketplace. She did not have sexual intercourse. The days of her menstrual period were regarded as a time out, a time for herself. On these days, relieved of a number of her duties, she had time to think and rest.

Special rules guarded her privacy and rest at this time. They were called the ‘purity laws’. These laws made it impossible for members of her family to demand that she do her normal tasks.

After her menstrual cycle, a woman was required to bathe herself from head to toe in a special pool of clean water, called a *mikveh*. Each small

\(^3\) Lev 19:29
community would have its mikveh, and towns and cities had large numbers of them, some public, and some private. The mikveh pool had to be designed and built a special way, so that it had:

- enough headroom under water to allow complete immersion
- a supplementary tank for gathering clean rain water
- a small pool at the entrance for washing hair, hands and feet before entering the main pool (in 2 Sam 11:1-5 Bathsheba is bathing herself after her monthly period when David sees her).

The purpose of the monthly bathing in the mikveh was for physical and spiritual cleanliness. The washing of the body was a tangible way for a woman to renew herself, refreshing mental, emotional and physical energies. It was a ritual that periodically gave a woman the feeling of a fresh start.

The rules of ritual cleanliness meant that most people were obliged to wash themselves, wash their clothes, and put on clean clothes at frequent intervals.

There is no doubt that the hygiene that resulted from the purity laws was beneficial to the health of the whole population. When mothers maintain personal cleanliness, there is much less infant mortality, and so the cleanliness of Jewish women benefited the whole population. It is difficult to say whether the laws regarding cleanliness arose from a conscious connection between cleanliness and good health, or an intuitive one. Indeed, Jews at that time (and now) would state that the ritual purity laws were obeyed not for their logic but because they were part of being a Jew.

Now with that as a background, you also need to understand the Torah ...

**The Torah**

To understand the concept of Torah (Law) and what Rabbi Paul and James discussed, you must first understand how the Old Covenant was put together. The Old Covenant in Hebrew is known as the TaNaCh. TaNaCh is a Hebrew acronym⁴ for Torah, Nevi'im and Chetuvim.

In the “TaNaCh” the Five Books written by Moshe (Moses) is known as the “Torah” and is also known as the “Chumash”. Nevi'im is the Hebrew for prophets, and is the collected Books of the Prophets or the Prophetic Books. Chetuvim, Hebrew for the Writings, are the remaining Books. In other words, the TaNaCh is the entire Old Covenant, what the Hebrew calls the Hebrew Bible.

---

⁴ Acronym is short form or a contraction
The purpose of TaNaCh is as different as its parts: the Torah, meaning teaching/instruction, is YHWH’s ideas on how to live life in book form. The Torah is the Believer’s Life Manual. Nevi’im represents the blood, sweat and tears of the Prophets’ leadership over a period of 920 years, beginning with Samuel and ending with Ezra. Though the last Prophet died long ago, their prophecies still apply today. While many of their prophecies were immediately applicable, many are about Moshiach (Messiah), which is the most fundamental Jewish belief.

Chetuvim are the collected writings of Moshe (Torah and the Book of Job), King David (Psalms) and Solomon (Proverbs, the Song of Songs, Ecclesiastes), the prophets Samuel (the Scroll of Ruth), Jeremiah (the Scroll of Lamentations) and Daniel (the Book of Daniel), and the Men of the Great Assembly (the Scroll of Esther).

Listed below are the Books of the TaNaCh with their Hebrew names:

The Torah (Teachings or instruction from YHWH)

a) Bereishit (Hebrew "In the beginning" – Anglicized name is Genesis meaning "creation")
b) Sh’mot (Hebrew "Names" – Anglicized name is Exodus meaning "departure")
c) Vayikra (Hebrew "He called" – Anglicized name is Leviticus meaning "Levites")
d) Bamidbar (Hebrew "In the wilderness" – Anglicized name Numbers mean "Numbers")
e) Devarim (Hebrew "Things" – Anglicized name Deuteronomy mean "second word")

The Nevi’im (Consisting of the Major Prophets and the twelve Minor Prophets)

a) Yehoshua (Joshua)
b) Shoftim (Judges)
c) Shmuel (Samuel I & II)
d) Melachim (Kings I & II)
e) Yeshayah (Isaiah)
f) Yirmiyah (Jeremiah)
g) Yechezkel (Ezekiel)
h) Trey Asar ("The Twelve", treated as one book)
The Chetuvim (Writings)

a) Tehillim (Psalms)
b) Mishlei (Proverbs)
c) Iyov (Job)
d) Shir HaShirim (Song of Songs)
e) Rut (Ruth)
f) Eichah (Lamentations)
g) Kohelet (Ecclesiastes)
h) Esther (Esther)
i) Daniel (Daniel)
j) Ezra (Ezra)
k) Nechemyah (Nehemiah, all treated as one book)
l) Divrei Hayamim (Chronicles I & II)

According to the Rabbinical Rabbis, there are two Torahs: the Written Torah and the Oral Torah. The Written Torah is what YHWH gave to Moshe. The Oral Torah is the interpretation of the Written Torah with man’s perceptions and ideas on how to understand and live the Written Torah. These are most of the traditions of the Hebrew people. YHWH outright forbids adding anything to the Written Torah (Deut 4:2, 12:32, Prov 30:6).

The Written Torah consists of the Five Books in the TaNaCh, which Moshe wrote, and the Oral Torah consisting of additional instructions passed down orally from generation to generation. The Rabbis understand the Written Torah as YHWH’s expressed will, and the Oral Torah as the detailed instructions of how to fulfill that expressed will. After the destruction of the Second Temple, Rabbi Yehudah Hanassi (Judah the Prince) began to collect, sift, arrange, classify and edit the great body of Oral Torah into a basic compendium of authoritative Torah Law called the
Mishnah. Over succeeding generations, as Rabbis continued their study of the Oral Torah, a tradition of commentary and explanation began to grow. This expanding mass of material became an object of study in its own right and was called the Gemara in Aramaic - meaning ‘study’. Both the Mishnah and Gemara were combined into a single document and called the Talmud - meaning ‘to study’ in Hebrew. The Talmud is divided into six parts, in which there are various tractates on different topical areas. Today, there are only thirty-seven of the original sixty-three tractates of the Babylonian Talmud (Bavli) and thirty-nine of the original sixty-three tractates of the Jerusalem Talmud (Yerushalmi). Kariate Jews only believe in the Written Torah and not the Oral Torah.

Getting back to the Written Torah; there are 613 commandments in the Written Torah. These 613 commandments list what is required, permitted, and forbidden by YHWH, and range from activity of the lay person in everyday life to the strict procedures followed by the High Priest. The 613 commandments are codified and divided into the 248 positive and 365 negative Laws. It is interesting to note that there are 365 negative commandments corresponding to the 365 days of the year, one commandment for each day. There are also 365 ligaments, veins, and tendons in the body and 248 limbs and organs in the body. (According to various midrashim, the 248 positives correspond to the limbs in the human body and the 365 equals the sinews and nerves. The fulfillment of each mitzvah brings life and vitality to the particular part of the body to which it corresponds: http://www.wsat.org/drusha/knowing_the_mitzvos_of_the_torah.htm).

Therefore, the Jews do not take the Psalmist lightly when he wrote “And my soul shall be joyful in the LORD: it shall rejoice in his salvation. All my bones shall say, LORD, who is like unto thee, which deliverest the poor from him that is too strong for him, yea, the poor and the needy from him that spoileth him?” This is the reason why the Hebrews reel to and fro during worship, every part of their body is moved into worship! (Bones are called “etsem” in Hebrew, but also include the entire outer body that you see).

So the Torah of Moshe in the Old Covenant is a series of instructions given to Israel to help them live holy lives. Within the core of the Mosaic Law was the sacrificial system--evidence that YHWH knew Israel would not be able

---

5 Karaite Judaism or Karaism means “Readers of the Hebrew Scriptures”, or followers / seekers of “Torah or Tanakh based Judaism”, from the Jewish name for the Hebrew Bible, “Miqra” מִקְרָא, from the root "qara" קָרָא meaning "to read”. When interpreting the Tanakh, Karaites strive to adhere to the plain, or most obvious meaning of the text.
6 Midrash (אֲנָשָׁא; plural midrashim, literally "to investigate" or "study") is a homiletic method of biblical exegesis
7 Psalm 35:9-10
to keep the Torah—therefore, the sacrificial system declares YHWH’s grace and His willingness to forgive the sins of His people. The Torah consists of three sections:

- the Sacrificial (also known as the Ceremonial or Rituals),
- the Moral (also known as the Ethical), and
- the Civil (also known as the Judicial or Governmental) section.

These sections will be explained later in more detail.

Further, the Torah was originally designed—since it is still applicable today—for correction, protection and direction only, and cannot give you salvation at all. Torah was designed and built on the foundational teachings for Correction/Protection/Direction for the Believer.

With that as background, let us summarize the Torah in a diagram before we continue:

The Three Sections of Torah

The Sacrificial Section

There is a distinction between the three types of ‘laws’ in the Old Covenant. The first type is the Sacrificial ‘Laws’, also known as the Ceremonial or Ritual ‘Laws.’ These are the laws governing the Temple worship and the way we are to approach YHWH. They have to do with the layout of the Temple, the ways a person must be purified and the sacrificial system. We don’t sacrifice animals today because Y’shua has come, the perfect sacrifice. He, in His death on the cross, fulfilled the Sacrificial/Ceremonial section in totality. Today, we understand that each and every offering and sacrifice in the Torah was a shadow/type of Messiah Y’shua and His work as well as how He fulfilled it. This is what He meant by the
concept, “Think not that I am come to destroy the law (Torah), or the prophets (Nevi'im): I am not come to destroy, but to fulfill.”

Y’shua literally came to fulfill this specific Section of the Torah. Believers do not have to offer or sacrifice animals anymore as Y’shua has completed the full atonement for us with His precious blood. What is extremely important to note is that Y’shua fulfilled this Section, but **He never discarded the Moral or Civil Sections**—they still remain to this very day! When Rabbi Paul wrote to the various Assemblies of Galatians, the Romans, and James to the Jews, they specifically had this in mind. Rabbi Paul never implied that the whole of the Torah is done away with at all, as that will directly contradict Y’shua’s teachings on Torah! Then the Bible would have been false. The general Christian tends to apply isogesis—read things into the Scripture which are not there—and jump to conclusions, forming a dogma which is **not** based on sound Hebrew thinking and doctrine. Exegesis should be applied, which is “the process or act of interpreting (Biblical) texts. This is a thorough researching of the original meaning of a text in its **historical and literary contexts**.”

The Civil Section

The second type is the Civil ‘Laws,’ also known as the Judicial or Governmental ‘Laws.’ They are about taxes, charging interest, and punishing sin. When Rabbi Paul wrote to Titus, he said we must adhere to the authorities who rule over us: “Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work.”

Rabbi Paul actually quoted directly from the Torah: “And the man that will do presumptuously, and will not hearken unto the priest that standeth there to minister there before the LORD thy God, or unto the judge, even that man shall die: and thou shalt put away the evil from Israel,” and he also quoted from the Chetuvim: “My son, fear thou the LORD and the king: and meddle not with them that are given to change,” which proves that the Civil/Judicial/Governmental Torah teachings and instructions are still applicable to the Believer today!

---

8 Mat 5:17
9 “Reading something into a document. One starts with a belief and searches a document for supporting passages. Often used with reference to the Bible. A potential hazard is that the interpreter may quote a verse out of context without considering the rest of the passage or the rest of the Bible” - [Website](http://www.translationdirectory.com/glossaries/glossary007_i.htm)
10 wordnetweb.princeton.edu/perl/webwn
11 Titus 3:1 and also Heb 13:7
12 Deut 17:5
13 Prov 24:21
The Moral Section

The third type is the Moral Laws, also known as the Ethical Laws. The Ten Commandments fall into this category. These Laws are still in effect, because they are a reflection of YHWH’s moral character, which did not, nor will it ever, change. The Moral Section of the Torah deals with issues such as, “Do not prostitute thy daughter, to cause her to be a whore”¹⁴, and “Neither shalt thou steal”¹⁵, etc. This Section of Torah still remains firmly in place today both in the TaNaCh and Brit Hadassah¹⁶, and there is no Scriptural information from the Old or Renewed Covenant that we are allowed to break any part of this Moral Torah Section!

The Ceremonial, Moral and Civil Instructions

As mentioned, there are three types of biblical precepts: ceremonial, civil, and moral. It is extremely important to note that YHWH had the civil and the moral in force even before the ‘Law’ was given to Moses at Mount Sinai! The Torah says you must rest on the Shabbat (seventh day), since the civil and moral precepts are part of the law of nature. The land must rest every seventh year, and laws expressing the character of YHWH; that is, we are not allowed to murder, or prostitute your daughter, and so on.

On the other hand, the ceremonial precepts deal with the forms of worshipping YHWH as well as ritual cleanliness. The ceremonial commands were "ordained to the Divine worship for that particular time and to the foreshadowing of Messiah". They are all "shadows and types" of Y’shua’s work which He fulfilled. Accordingly, upon the coming of Messiah Y’shua, they ceased to bind; and to observe them now would be equivalent to declaring falsely that Messiah has not yet come. This would then be a mortal sin for the Believer. (For more detailed information on this subject, please order the book “The Rape of the Torah in the New Covenant”.)

Getting back to Lev 15:18-28, the word “unclean” is not really a good translation for the word in question (“tamei” in Hebrew) - the proper word, which still sounds lousy, is "impure."

The state of impurity was considered a natural state - it would have to be, since there are so many ways it could happen in ordinary, everyday life. Men could become tamei through nocturnal emissions or any other "spilling of seed", if they contracted certain diseases or coming in contact with a dead body or a cemetery. Women, through having their menstrual

---

¹⁴ Lev 19:29
¹⁵ Deut 5:19
¹⁶ Hebrew for what Christians know as the New Testament. It should rather be translated as the Newer Covenant, or Renewed Covenant or better Fulfilled Covenant
period or after giving birth, were in an “impure” state - there's a fairly extensive list of what would make a person tamei.

In general, impurity didn't have anything to do with relationships with others, but with the Temple. A person couldn't enter the Temple or participate in the ceremonial services if he or she were in a state of impurity. So they would have to wait for the prescribed period of time, then go to the mikveh (the ritual purification baths), in order to be readmitted.

At any given time during the Temple period, there were probably almost as many “impure” people as regular ones, especially when you factor in that it happens so frequently for women. It wasn't looked down on, it was simply the way things were. It was a temporary, normal thing. And at the end of the separation period, you went to the mikveh and you were immediately "pure" (tahor) again.

Now that the Temple is no longer standing and we no longer make sacrifices, all of the laws concerning things that make a person impure for the Temple Ceremonial (Ritual) services are no longer considered applicable. However, if the Temple were to be rebuilt, they would be again.

The laws concerning relations between a husband and wife are still considered binding, as are the laws concerning people who are descended from the Priestly class (Cohanim - generally people with the surname Cohen or Kahn, but not always), who still have to go to a mikveh after contact with the dead, such as visiting a hospital or a cemetary.

Many women don't enjoy having sex when they're having their periods. There are also some men that do not enjoy it. Having time set aside each month where a woman can't be propositioned for sex gives her a chance to focus on the non-sexual side of her relationship with her husband. Also, having time to let her body rest a bit is probably healthier, but is not a rule for violating Torah.

One neat end result of the counting of days of separation, is that the first night a woman and her husband are reunited each month is also right at the time she's most fertile - if a couple wants to have children, it's about as conducive to the idea as you can get.

**Medical aspects of Menstruation**

Menstruation is also called menstrual bleeding, menses, catamenia or a period. The flow of menses normally serves as a sign that a woman has not become pregnant. However, this cannot be taken as certainty, as a number of factors can cause bleeding during pregnancy; some factors are
specific to early pregnancy, and some can cause heavy flow. During the reproductive years, failure to menstruate may provide the first indication to a woman that she may have become pregnant.

*Eumenorrhea* denotes normal, regular menstruation that lasts for a few days (usually 3 to 5 days, but anywhere from 2 to 7 days is considered normal). The average blood loss during menstruation is 35 milliliters with 10–80 ml considered normal. Because of this blood loss, women are more susceptible to iron deficiency than men are. An enzyme called plasmin inhibits clotting in the menstrual fluid. Cramping in the abdomen, back, or upper thighs is common during the first few days of menstruation. When menstruation begins, symptoms of premenstrual syndrome (PMS) such as breast tenderness and irritability generally decrease. Many sanitary products are marketed to women for use during their menstruation.

Some women with neurological conditions experience increased activity of their conditions at about the same time during each menstrual cycle. Many women with epilepsy have more seizures in a pattern linked to the menstrual cycle; this is called "catamenial epilepsy". Different patterns seem to exist such as seizures coinciding with the time of menstruation, or coinciding with the time of ovulation, and the frequency with which they occur has not been firmly established. Using one particular definition, one group of scientists found that around one-third of women with intractable partial epilepsy have catamenial epilepsy. An effect of hormones has been proposed, in which progesterone declines and estrogen increases would trigger seizures. Studies by medical journals have found that women experiencing menses are 1.68 percent more likely to commit suicide.

Mice have been used as an experimental system to investigate possible mechanisms by which levels of sex steroid hormones might regulate nervous system function. During the part of the mouse estrous cycle when progesterone is highest, the level of nerve-cell GABA receptor subtype delta was high. Since these GABA receptors are inhibitory, nerve cells with more delta receptors are less likely to fire than cells with lower numbers of delta receptors. During the part of the mouse estrous cycle when estrogen levels are higher than progesterone levels, the number of delta receptors decrease, increasing nerve cell activity, in turn increasing anxiety and seizure susceptibility.

Estrogen levels may affect thyroid behaviour. For example, during the luteal phase, when estrogen levels are lower, the velocity of blood flow in the thyroid is lower than during the follicular phase when estrogen levels are higher.
The onset of menstruation may tend to synchronize somewhat among women living closely together. This McClintock effect was first described in 1971, and possibly explained by the action of pheromones in 1998. However, subsequent research has called this hypothesis into question.

**Nightlighting and the Moon**

The word "menstruation" is etymologically related to "moon". The terms "menstruation" and "menses" are derived from the Latin *mensis* (month), which in turn relates to the Greek *mene* (moon) and to the roots of the English words *month* and *moon* — reflecting the fact that the moon also takes 27.32 days to revolve around the Earth. The synodical lunar month, the period between two new moons, or full moons, is 29.53 days long. Thus a woman's cycle compares to YHWH's biblical Sacred Calendar. (For more information on YHWH's Sacred Calendar, order the booklet "Which is the Correct Calendar: the Pagan one the Western World uses or the Biblical one?")

Some authors believe, women in traditional societies without nightlighting, ovulated with the full moon and menstruated with the new moon. A few studies in both humans and animals have found that artificial light at night does influence the menstrual cycle in humans and the estrus cycle in mice when cycles are more regular in the absence of artificial light at night, though none have demonstrated the synchronization of women's menstrual cycles with the lunar cycle. It has also been suggested that bright light exposure in the morning promotes more regular cycles. One author has suggested that sensitivity of women's cycles to nightlighting is caused by nutritional deficiencies of certain vitamins and minerals.

**Why do Women Menstruate?**

Menstruation is a very complicated process involving many different hormones, the woman's sex organs and the brain.

A woman's internal sex organs consist of two ovaries, the Fallopian tubes, the uterus (womb) and the vagina. The ovaries contain the eggs with which the woman is born and, during each period, a single egg will usually ripen and mature due to the action of hormones circulating in the bloodstream. When the egg is mature, it bursts from the ovary and drifts through the Fallopian tube down into the uterus. The lining of the uterus, the endometrium, has been thickened by the action of hormones and made ready to receive the fertilized egg.

If the egg is fertilized and the woman becomes pregnant, it will fasten itself onto the endometrium. If the egg is not fertilized, however, resultant
hormonal changes cause the endometrium to slip away and menstruation begins.

Menstrual discharge is composed of the endometrium itself, together with a little fresh blood caused by the breaking of very fine blood vessels within the endometrium as it detaches itself from the inside of the uterus.

The amount of blood lost due to the normal monthly period is usually less than 80ml.

**The Emotions Women have during Menstruation Parallel, in a sense, that which Y’shua experienced when He was Crucified**

Ladies, does that word “period” make you cringe? For many, that word means complete solitude for about a week. It means no sunshine, no happiness. It means complete and utter pain and torture. It means having to check your seat every time you get up. It means being annoyed at everything that moves and breathes. It means craving chocolate, lollipops, and sour sweets all at the same time. It means breaking out like a pizza all over. It means stomach pains, back pains, headaches, nausea, and, dare I mention it, sometimes even diarrhea.

I get it. It is terrible to be on your period. Some women, when they get on their period, it’s like the world is over. They stop functioning normally. They feel like now they have a reason to be mean to people or, to not do certain activities. I’ve heard of girls who don't go to school for a couple of days every month because of their period! Others walk around acting like they hate the world and it is every person’s fault that they are miserable. Some feel like now they have an excuse to eat whatever they want. They'll indulge in junk just because “I’m on my period.”

What’s worse, many women encourage this attitude. When one of their friends acts cattier than usual, they just turn to each other and say, “It's ok. She must be on her period.” Or when they don’t feel like carrying out their normal responsibilities it is said, “We completely understand. You’re on your period and you have a right.” But the problem is, it is not ok and she does not have that right. Last time I checked, **doing what you wanted** while on your period was nowhere in the Bible nor in any Country's Constitution.

My understanding (with correction) stands with Christian women who act this way. As Believers, we are called to serve and glorify YHWH, as well as serve and love our brothers and sisters. This does not exclude the time that women are menstruating. It means all the time. Women must think that they as women can be selfish just because “I am on my period”.

15
Woman must never ever use their periods as an excuse for anything. Yip, it really stinks, and I am sure some of you reading this booklet would like to stone me at this stage. No one is questioning or arguing that periods are terrible. But it is something that, as women, you have to deal with. So, you need to endure it. You need to endure it in silence, not announcing to the world that you are flowing. You need to endure it joyfully, praising YHWH for the gift He has given you to be able to bear children; but more importantly, this gift of having periods is a shadow and a reminder of what Y’shua endured just before He was crucified! It is important that you come to grasp with it, so let me explain ...

For many, this time is a period of complete solitude for about a week. It is interesting to note that Y’shua’s harshest week was His last week before He was crucified. During this time He was bombarded with questions and at times interrogated, just as perhaps your friend/husband makes silly remarks in his head “oh she is on her period again”. Y’shua was completely isolated during His six trials He had to endure, and then He was thrown into that cold, carved-out dungeon jail, separated from the world all for you and me. Perhaps during your time of flowing, you also feel you are in a cold dungeon, alone and separated ...

Having periods means being annoyed at everything that moves and breathes. During this terrible time it means no sunshine, no happiness, a time when the world out there seem miserable and clouded; Y’shua experienced the same, only on a vast, larger scale. It reminds me of the words He spoke in the Garden of Gethsemane, hours before His crucifixion: “And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.”17 Y’shua experienced anxiety, depression, and was in complete misery. Is this what happens to you at times?

Having periods means stomach pains, back pains, headaches, nausea, and sometimes even diarrhea. It feels as if the hordes of Hell have pervaded upon you. Your period of shedding blood during this harsh week means utter pain and torture for you, my sister; you are not in control, and the pain in your body clutters your mind.... Y’shua was scourged over His face as well as His entire body till His body went into convulsions, leaving His mind mystified as to why His own creation is

---

17 Mat 26:39
18 The word for “blood” in Hebrew is “Dam”, and is made up of two Hebrew letters Daleth and Mem. This word dam also forms the root for the another Hebrew word “damah” which is described as and means: “a primitive root; to be dumb or silent; hence, to fail or perish; trans. to destroy:--cease, be cut down (off), destroy, be brought to silence, be undone, X utterly” - http://www.sacrednamebible.com/kjvstrongs/STRHEB18.htm
doing this to Him. In fact, He shed blood through seven wounds for you and me, 1) the veins that burst in His sweat glands in the Garden of Gethsemane due to extreme anxiety which caused Him to sweat blood, 2) the scourging ripped His body apart to the point that He was unrecognizable as a human being, 3) His beard, which was plucked out of His face, 4) the thorn crown on His head, 5) the nails through His hands, 6) the nails through His feet, and 7) the piercing of His side with a spear, but He never complained once. Sometimes, my sister, you might feel cut off, lonely and secluded; but this is the very time you can benefit to recall the horrible events your Messiah went through and strive to understand the shear agony He experienced for you.

Having periods mean breaking out like a pizza all over. It also means having to check your seat every time you get up as not to be embarrassed. This never-ending self-conscious feeling of possible humiliation haunts you during your period. Y’shua was dishonoured and humiliated to the very core... He hung on that rugged old cross, stripped to the bare minimum. Your Messiah was exposed and was first stripped from His Kingship, then He was lowered to that of a common man, and finally He was humiliated and made out to be a criminal—yet He kept silent as a lamb to be slaughtered. Sometimes in your Christian walk, you will surely be embarrassed. The way you handle that humiliation is what forms your firm Christian character, so never forget that!

---

19 Your period lasts for plus or minus seven days
20 *Hematidrosis* (also called *hematohidrosis*) is a very rare condition in which a human being sweats blood. It may occur when a person is suffering extreme levels of stress; for example, facing his or her own death. Several historical references have been described; notably by Leonardo da Vinci: describing a soldier who sweated blood before battle, men unexpectedly given a death sentence, as well as descriptions in the Bible, that Jesus experienced hematidrosis when he was praying in the garden of Gethsemane (Luke 22,44) - http://en.wikipedia.org/wiki/Hematidrosis
21 Isaiah 53:2-10
22 Isaiah 50:6: I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting.
23 Mat 27:29: And when they had platted a crown of thorns, they put it upon his head, and a reed in his right hand: and they bowed the knee before him, and mocked him, saying, Hail, King of the Jews!
24 Joh 20:25: The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.
25 Psa 22:16: For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet.
26 Joh 19:34: But one of the soldiers with a spear pierced his side, and forthwith came there out blood and water.
27 Isaiah 53:7: He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearsers is dumb, so he openeth not his mouth.
Having periods means craving chocolate, lollipops, and sour sweets all at the same time. Y’shua hung for six grueling hours on those cold nails, His tongue cleaving to His palate while saying “I thirst.” You will thirst as well, perhaps not so much for the tangible things, but probably more for the emotional support. Make sure you surround yourself with people that will “lift you up”; but more important, use this emotional time to try to grasp what Y’shua went through for you.

He was isolated, disserted and He experienced Hell. He suffered “excruciating” pain and took all sin on Him. This word “excruciating” is derived from two Greek words “ex” and “crux”. “Ex” means “from out of” and “crux” means “cross”. Ex-cruciating means, then, “the pain that comes from out of the cross”; which is, by far, the worst death any person can ever die. The word is associated with “unbearably painful; agonizing, intense and extreme, sweating and fatigue, causing extreme bodily or mental pain, causing physical or psychological pain worked with painful slowness.” Yes, my beloved sister, what you experience is indeed only a drop in the vast ocean of tormenting, nerve-racking pain He experienced.

I feel for you women, and I am not doubting for one second the extreme pain and discomfort women face during their menstruation – the shedding of your blood for your internal purification. But, my beloved sister, you need to be reminded that the Almighty YHWH blessed you with this precious, precious reminder every 28 days to ponder on what price His Son has paid for you.

Facts Established

- It's a mistranslation in the Bible that say women are "unclean" during their menstrual cycle. In Judaism, the original meaning is a bit more along the lines of: "don't bug your wife when she's grumpy and uncomfortable."
- Men must unceasingly support, motivate and encourage their girlfriends/wives during their time of menstruation.
- Blood must always be seen as something extremely clean, and not as something “dirty” – all the sacrifices in the Old Covenant pointed the "Ultimate Sacrifice" in the New, Y’shua’s atonement. Blood was always a means of purification.

---

28 Joh 19:28: After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, I thirst. The Scripture are Psalm 22:15: My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death and Psalm 69:21: They gave me also gall for my meat; and in my thirst they gave me vinegar to drink.

29 Heb 9:22: And almost all things are by the law purged with blood; and without shedding of blood is no remission. (And a host of other verses)
Closing Thoughts

Men, there's the beautiful teaching in Judaism that after the woman is off her cycle, the husband is to treat her like a **new bride** - in other words, consider the time apart, if you so desire, as leading up to a monthly "honeymoon".

Judaism is one religion where it is **mandated** that the husband must care and please his wife, so how much more shouldn't you as a Believer in Messiah Y'shua.

**We inform – You choose**

Never be guilty of: "**By your traditions you make the Word of God of non effect**".

---

30 The truth of the Torah makes you see the mistranslations in the New Covenant. It's amazing how you can look at the epistles of Rabbi Paul one way and it looks like he's leading the body of Messiah away from Torah, when in reality, he's leading them to Torah. A paradox of vantage point. Let us remember, the intent of the law maker constitutes the law. We need to walk a mile or two in our Hebrew Messiah's shoes.

31 *Mat 15:3* But he answered and said unto them, Why do ye also transgress the commandment of God by your tradition? *Mat 15:6* And honour not his father or his mother, he shall be free. Thus have ye made the commandment of God of none effect by your tradition. *Mark 7:9* And he said unto them, Full well ye reject the commandment of God, that ye may keep your own tradition.
Contact us for *Distance Learning* in your *Own Time* from your *Own House*. You do it by sending your *Assignments Electronically* to us in either one of the field of:

**Hebraic Roots** (Y’shua centered Messiah Studies) or,  
**Midrashic Eschatology** (Jewish approach to End-Time Events)  

Certificate to Doctorate.

To find out about our other Products please contact us at [http://www.hrti.co.za](http://www.hrti.co.za) and click on “HRTI’s PRODUCTS”

That ‘narrow way’ is the path of Torah,  
which is the mission of the Believer …  
to continuously direct you to the Cross.

"If you are going to achieve excellence in big things,  
you develop the habit in little matters of Torah.

**Excellence is not an exception,  
it is a prevailing attitude.**"

PLEASE BE SO KIND TO DISTRIBUTE A COUPLE OF THESE BOOKS  
AS PART OF YOUR TITHING

20