

A photograph of two individuals, likely Jewish, wearing white prayer shawls (tallitot) with black stripes. They are standing in a stone niche, reading an open book. The background is a textured stone wall. The text is overlaid on the image.

**WHY DOES GOD FORBID USING
WOOL AND LINEN TOGETHER?**

**YOU ARE ABOUT TO BE
PLEASANTLY SURPRISED!**

WE INFORM – YOU CHOOSE

PROFESSOR WA LIEBENBERG

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by

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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," (an Anglicized version of the Hebrew 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 Masorettes, 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 YaH-oo-VaH. (Y'shua is derived from YaH-shuvah which means YaH saves).

Why does YHWH forbid using linen and wool together?

Introduction

Of all the ancient laws and customs of the Orthodox Jews, one of the most mysterious is that of the law forbidding mixing wool (from sheep) and linen (from flax). Most Jews probably have never heard of it, not to mention Christians. Some may have heard of it but do not know what it is and do not even bother to find out why YHWH gave such an instruction.

Shatnez (or *Sh'atnez/Shaatnez*) (שטטנעז) in Orthodox Jewish law is the Hebrew word derived from the *Torah*¹ that prohibits the wearing of a fabric containing both wool and linen. This forbidden mixture is referred to in Judaism² as *Shatnez*.

The relevant instructions in the *Torah* is Lev 19:19 and Deut 22:9-11, which prohibit an individual from wearing wool and linen fabrics in one garment, the interbreeding of different species of animals, and the planting together of different kinds of seeds (collectively known as *kilayim*).

*Ye shall keep my statutes. Thou shalt not let thy cattle gender with a diverse kind: **thou shalt not sow thy field with mingled seed: neither shall a garment mingled of linen and woollen come upon thee***³. (Emphasis mine – KJV)

⁹ *Thou shalt **not sow thy vineyard with divers seeds**: lest the fruit of thy seed which thou hast sown, and the fruit of thy vineyard, be defiled.*

¹⁰ *Thou shalt **not plow with an ox and an ass together.***

¹¹ *Thou **shalt not wear a garment of divers sorts, as of woollen and linen together***⁴.

While first introduced, Lev 19:19, the prohibition of "Shatnez" is more clearly defined later on in the *Torah*: "*Do not wear Shatnez — wool and linen together*" in Deut. 22:11, as seen above.

The questions then come to mind: 1) Why does the *Torah* prohibit using wool and linen in the same article of clothing; and 2) The special garments

¹ In short, the **Torah** is the First Five Books in the Bible which were written by Moshe (Moses) which contains the 613 Instructions of YHWH, sometimes translated as Law

² **Judaism** is the believe system of a person who only believes in the Old Covenant and which believes wholeheartedly in YHWH

³ Lev 19:19

⁴ Deut 22:9-11

of High Priest contained both wool and linen; why was he allowed to wear *Shatnez*?

The *Torah* does not explain the reason for *Shatnez*, and it is categorized as a *Chok*⁵ - a law that cannot be explained as opposed to a *Mishpat*, which is a law that can be derived from logic. Nevertheless, different reasons have been suggested, so let's have a look.

Background

The Etymology⁶ of the word *Shatnez*

The word *Shatnez* in Modern Hebrew means *mixture*, and this may be a semantic change as a result of the word's use in Biblical law. In the *Mishnah*⁷ the word is interpreted as being the acrostic⁸ of three words - those for "carded", for "woven", and for "twisted".

However, in the Coptic language, which is linguistically distantly related to Hebrew, the phrase *sasht nouz*, which is possibly cognate to *shatnez*, means *false weave*; this is also the etymology suggested by the Septuagint⁹ which translates the term as κίβδηλον, meaning *false / adulterated / drossy*.

The Hebrew Term *Chok*¹⁰

These two materials — linen, from the flax plant, and wool, shorn from sheep — were the two major fibers available to ancient civilizations.

⁵ In Biblical terminology, a Statute (Hebrew *chok*) refers to a law given without a reason. A classic example is the Statute regarding the Red Heifer of Numbers 19. The opposite of a *chok* is a *mishpat*, a law given for a specified reason; e.g., the Sabbath laws, which were given because "God created the world in six days, but on the seventh day He rested". (Gen 2:2-3)

⁶ **Etymology** is the study of the history of words and how their form and meaning have changed over time

⁷ The **Mishnah** or **Mishna** (Hebrew: מִשְׁנָה, "repetition", from the verb *shanah* הִשָּׁנָה, or "to study and review, also "secondary" (derived from the adj. יָנוּס)) is the first major written redaction of the Jewish oral traditions called the "Oral Torah" and the first major work of Rabbinic Judaism.

⁸ An **acrostic** (from the late Greek akróstichis, from ákros, "top", and stíchos, "verse") is a poem or other form of writing in an alphabetic script, in which the first letter, syllable or word of each line, paragraph or other recurring feature in the text spells out a word or a message

⁹ The **Septuagint**, or simply "**LXX**", referred to in critical works by the abbreviation **Σ**, is the Koine Greek version of the Hebrew Bible, translated in stages between the 3rd and 1st centuries BCE in Alexandria. It was begun by the third century BCE and completed before 132 BCE

¹⁰ In biblical terminology, a Statute (Hebrew *chok*) refers to a law given without a reason. The classic example is the Statute regarding the Red Heifer. The opposite of a *chok* is a *mishpat*, a law given for a specified reason, e.g. the Sabbath laws, which were given because "God created the world in six days, but on the seventh day He rested". (Gen 2:2-3)

According to one opinion in the *Talmud*¹¹, whenever the *Torah* speaks of garments without specifying the material, it only refers to garments of wool or linen. The *Torah's* prohibition of wearing linen and wool together is a prime example of a *chok*, a decree for which we do not know the reason. As one Rabbi wrote, "*The nations of the world and the evil inclination taunt us, saying, 'What is this command? What logic is there to it?'*"

Various explanations on the instruction on *Shatnez*

As seen above, the *Torah* prohibits wearing clothing made out of wool and flax together and is forbidden.

Rabbi Aaron Halevi of Barcelona wrote the following paragraph in his book, "*Sefer HaChinuch - The Book of Mitzvah Education*" as the reason why it is forbidden to mix wool and linen together, but I personally believe this is extreme.

He says, "*It is because it destroys the spiritual fabric of the universe and it can be explained as follows: Each and every thing on earth, except for man, has its own spiritual force that influences it. When some of these earthly items are mixed together, they cause their spiritual counterparts to become entangled. Once entangled, they cannot perform their tasks as originally designed, thusly destroying the spiritual fabric of the universe.*" However, after the explanation, the author tacked on "*We still need a Mystic to explain this.*"¹²

My opinion of this is that YHWH is not the author of confusion. What He says, in my mind, are clear instructions for man to **understand** and **do**. He will not leave us to mystify about any topic. All instructions from Him are clear and to the point as it is written ... **All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.**¹³ (Emphasis mine – KJV)

¹¹ *Shabbat* 26b

¹² *Sefer HaChinuch - The Book of Mitzvah Education* #62 – by Rabbi Aaron Halevi

¹³ 2 Tim 3:16

Another explanation on *Shatnez*, this time from the *Talmud*¹⁴, suggests that the reason stems from the fact that when Cain and Abel brought offerings to YHWH, one of them brought flax (the plant that linen is made from) and the other brought a sheep (where we get wool from). For some reason, this mixture ended up being lethal and Abel lost his life¹⁵. Again, just another opinion which does not give the “reason” why wool and linen can’t be used together and we are still in the dark to what YHWH actually wanted us to understand.

Early writers, like Maimonides¹⁶, argued that the prohibition was a case of the general law against imitating Canaanite customs – *“And ye shall not walk in the manner of the nations, which I cast out before you: for they committed all these things, and therefore I abhorred them.”*¹⁷

Maimonides wrote that: *“the heathen priests adorned themselves with garments containing vegetable and animal materials, while they held in their hand a seal of mineral. This you will find written in their books”*¹⁸. This could be a valid point that YHWH wants His people to be separated from any form of pagan practices.

Some modern apologists¹⁹, however, argue that the law was based on scientific reasoning. While wool absorbs water and shrinks, linen is water resistant; which they argue would cause mixtures to present a problem in relation to perspiration, and hence hygiene. Fabric scientists do not consider this a problem as they argue that a proportion of linen would help

¹⁴ *“The Talmud (Hebrew: תלמוד talmūd “instruction, learning”, from the root meaning to “teach, study”) is a central text of mainstream Judaism, in the form of a record of rabbinic discussions pertaining to Jewish law, ethics, customs and history. The Talmud has two components: the Mishnah (c. 200 CE), the first written compendium of Judaism’s Oral Law; and the Gemara (c. 500 CE), a discussion of the Mishnah and related Tannaitic writings that often ventures onto other subjects and expounds broadly on the Tanakh. The terms Talmud and Gemara are often used interchangeably. The Gemara is the basis for all codes of rabbinic law and is much quoted in other rabbinic literature. The whole Talmud is also traditionally referred to as **Shas** (שׁו”ס), a Hebrew abbreviation of shisha sedarim, the “six orders” of the Mishnah.”* - <http://en.wikipedia.org/wiki/Talmud>

¹⁵ See Gen 4:1-17 and the Midrash - Genesis Rabbah

¹⁶ **Maimonides** was the preeminent medieval Jewish philosopher and one of the greatest Torah scholars of the Middle Ages. He is also known by the names **Moses Maimonides**, **Rabbi Moshe ben Maimon** or the acronym the **Rambam**.

¹⁷ Lev 20:23

¹⁸ Maimonides, *Moreh*, 3:37

¹⁹ **Apologetics** is the whole of the consensus of the views of those who defend a position in an argument of long standing. The term comes from the Greek word *apologia* (απολογία), meaning a speaking in defense. Early Christian writers (c 120-220) who defended their faith against critics and recommended their faith to outsiders were called **apologists**. In modern times, **apologists** refers to authors, writers, editors of scientific logs or academic journals, and leaders known for defending the points in arguments, conflicts or positions that receive great popular scrutinies and/or are minority views.

woolen garments retain their shape while wet, and the proportion could be kept low enough to not cause water absorption issues.

According to modern Biblical scholars, the rules against mixtures are survivals of ancient magical taboos, and that mixtures were considered to be holy and/or were forfeited to a sanctuary. According to textual scholars, the rules against mixtures derive from the Holiness Code²⁰, predating the Priestly Code²¹ that forms the rest of Leviticus, and were only later extended by the Deuteronomist to include a prohibition against Transvestitism (see the booklet I wrote on *Homosexuals and Masturbation Refuted*). Nevertheless, transvestitism is not included in the category of *kilayim*²².

A final thought is that it is also interesting to note that linen is a product of a riverine agricultural economy, such as that of the Nile Valley, while wool is a product of a desert, pastoral economy, such as that of the Hebrew tribes. On a symbolic level, mixing the two together symbolically mixes Egypt and the Hebrews.

Very few of these reasons, if any, make any logical sense and we are still left in the dark.

Shatnez and Creation

So here we have one of the most misunderstood and neglected commandments and we find it appears twice in the Torah. Obviously it must be very important, yet very few pay attention to it.

Although the High Priest's vestments and *tzitzis*²³ were made from a combination of linen and wool, Lev 19:19 and Deut 21:11 both distinctly tell us that it is forbidden to wear a piece of clothing which combines wool from sheep and linen from flax in the same garment.

²⁰ The **Holiness Code** is a term used in Biblical criticism to refer to Leviticus 17-26, and is so called due to its highly repeated use of the word *Holy*. It has no special traditional religious significance and traditional Jews and Christians do not regard it as having any distinction from any other part of the Book of Leviticus. Biblical scholars have regarded it as a distinct unit and have noted that the style is noticeably different from the main body of Leviticus: unlike the remainder of Leviticus, the many laws of the Holiness Code are expressed very closely packed together, and very briefly.

²¹ The **Priestly Code** is the name given, by academia, to the body of laws expressed in the Torah which do not form part of Deuteronomy, the Holiness Code, the Covenant Code, the Ritual Decalogue, or the Ethical Decalogue. The Priestly Code thus constitutes the majority of Leviticus, as well as most of the laws expressed in Numbers. The code forms a large portion, approximately one third, of the *Mitzvot* (Instructions) of the Torah, and thus is a major source of Jewish Law.

²² The Torah in Lev 19:19 and Deut 22:9-11 prohibit an individual from wearing wool and linen fabrics in one garment, the interbreeding of different species of animals, and the planting together of different kinds of seeds collectively, this is known as *kilayim*.

²³ Tassels or fringes, the plural in Hebrew is actually *Tzitzityot*.

It is a common rabbinical belief that a positive commandment overrides a negative commandment from the fact that the *Torah* permits a mixture of wool and linen for the *mitzvah* of *tzitzit*. Thus, the positive commandment of *tzitzit* overrides the negative commandment of *Shatnez*.

"Do not wear a forbidden mixture, in which wool and linen are together [in a single garment]." – Deut 22:11. This forbidden mixture is known as *Shatnez*.

The *Torah* goes on to state, *"You shall make tzitzit on the four corners of the garment with which you cover yourself."* – Deut 22:12. Because these verses are contiguous (neighboring, adjacent, bordering), rabbis deduce that *tzitzit* may be made of *Shatnez*.

I personally cannot agree that any positive commandment can override a negative commandment, because what is the point, then, of the Scriptures opposing each other? YHWH is Sovereign, all-knowing, full of wisdom, and is definitely not confused.

To get back to the point of *Shatnez*, when the Jews received the *Torah* at Mount Sinai, they said: *"Na'aseh VeNishma!"* meaning *"We will do and we will hear!"* (Meaning, they first do and understand later why they do it). It is interesting that **they agreed to keep the mitzvot**²⁴ even though **they may not understand the reasons for them**. This is the mark of the Jew - do the *mitzvah* first, then figure out why later ... shouldn't all Believers have the same attitude? Well my attitude is, if God said it, then that settles it.

We should and may not at all reason, try to justify, or explain to YHWH how the *Torah* today is not applicable to us as Believers anymore (please see the booklet on *"Law and Grace, the True Doctrine Unfolded"*).

In the *Torah* we are also forbidden to mix different kinds of seeds together to create new foods. We're forbidden to graft one kind of fruit tree onto another to make a new kind of fruit. We're forbidden to breed different kinds of animals together to make new kinds of animals. I think these all have something in common: they hint that we don't think the world is perfect the way it is.

Imagine your friend painting a picture of you. Your friend looks and asks, *"How do you like my picture of you?"* You look, smile, and say, *"It's terrific! It's perfect!"* Then your friend picks up a brush and says, *"Well, how about if I put a little yellow here (dab) and some blue here (splash), and some green, no red, over here (splash)"* and the picture of you, which was perfect, is now totally distorted. How would you feel?

²⁴ Instructions

Well, that's the way Jews view the world. They say, "*The earth is God's and everything in it.*" God created everything, and, when God was finished, everything was **complete**, finished, and perfect. By making new kinds of plants, new fruit, new animals, and new materials, we are insulting YHWH. We're permitted to create synthetic materials (polyester is OK), but we're not allowed to tinker with natural materials. So *Shatnez* became an important *mitzvah*, an important commandment. Jews don't want to go around insulting YHWH, right? So they carefully checked their clothes to make sure they didn't contain *Shatnez*.

This thought emphasizes the importance of not wearing linen and wool together.

These two substances are the **extremes** of the **fiber spectrum**. One comes from an animal, the other from a plant. Wool is the warmest of natural fibers; Flax is the coolest.

While in practice, many garments do not have any *Shatnez* and may be assumed to have none, the particulars vary by garment type. The padding in many garments such as suits or the embroidery thread, such as designs on men's and women's sweaters, may cause *Shatnez* problems. The padding filler in many suits is made of assorted rags which may be mixed linen and wool in themselves; so it is not just a worry of linen threaded padding in a wool shell suit.

Why YHWH forbids *Shatnez* – Scientific approach

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 stitches in surgical procedures.

Scientists have also 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 winner Dr. Otto Heinrich 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 frequencies. How do other fabrics compare? Plant fibers like *cotton and hemp are not a healing fiber* when measuring its signature energy output. Standard

bleached and coloured cotton *measures 40* units of energy. The good news is that Organic **unbleached cotton measures 100 units** of energy which is a 'normal' but *not a healing fiber*.

The **silk fabric** measures 10 units of energy which would fail to support health in the human body. Could it be a low number because of its origin? Silk is produced from an 'unclean' insect. Could be that silk is also used **in** 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 5 000 units of energy.

For any individual *desiring to be well*, the best recommendation from the instructions of the Holy Scriptures **is to wear linen**.

The **Biblical warning, YHWH's Torah instruction** 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 coloured fabric. Where the two textiles measure 5 000 signature frequencies, *when put together*, these cancelled each other and brought measurable weakness; and, in some tests, **even pain to the human body**.

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 the Holy Scriptures certainly **emphasized this material over all other fabrics for the Holy attire**.

The original Hebrew language gives the attire of Adam and Eve as a **linen robe of light** (Gen 3:21). Moshe (Moses) received specific instructions in establishing the protocol 'statutes' of health. Cleansing a 'leper', meaning those 'incurable', gave only three distinct fabrics of attire: wool or linen or leather (Lev 13:47-48). It was emphasized as forbidden to wear linen and wool together (Lev 19:19 and Deut 22:11).

Historically, the beautiful white linen attire of the Hebrew people was with Almighty God's specific instructions, the decisions as given in the '*Torah*' instructions as ordinances (Exod 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.

Flax produces annually (once a year) from the plant family Linaceae. There are over 200 varieties of flax plants that depend on the regional conditions and climate. Flax blooms in clusters of bluish, navy-blue, less often, in 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 kilograms of honey from one hectare of flax field.

Researchers have 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 (shine) and durability. Ancient healing secrets revealed in the Holy Scriptures instruct that this fabric is considered Holy attire and part of the *sanctification path*. Linen is an ideal fabric not only for attire but for your table at every meal as a 'high energy' tablecloth and napkin.

No wonder the Scriptures say that the Bride's future attire will be *"should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints."*²⁵

Physical Properties

Flax fabric is an excellent filter protecting against chemical exposure, noise and dust. Linen clothing **reduces solar gamma radiation** by almost half, thereby **protecting humans wearing linen**. Flax fiber retrieved from contaminated soil appears to be totally resistant to harmful radiation.

Now get this, 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 bed sores 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 fluid 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.

²⁵ Rev 19:8

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** - Heat conductivity of linen is five times as high as wool and 19 times as that of silk. In hot weather, those dressed in linen clothing 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. Conversely, in cold weather, linen is an ideal warmth-keeper.

Silica present in the flax fiber protects linen against decaying. The preserved mummies of Egyptian Pharaohs were wrapped in the finest linen cloth. Linen rejects dirt and does not result in 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. And the list goes on and on.

Testimonies

Many individuals have testified that their healing was rapid when wearing 100% 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.

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. A most remarkable testimony was shared by a Karaite Jew²⁶: He testified of his linen *tallit* (prayer shawl), which was precious to him. This prayer shawl was so familiar to him that it was similar to a well worn Holy Scriptures 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 labour 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

²⁶ A person who believes in the literal interpretation of the YHWH's Written Torah and does not believe in the Rabbinical Oral Torah and their customs and traditions

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 colour change in 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* (prayer shawl) that would be 'swaddling' – wrapping close or around. Did this linen prayer shawl contribute to the healing of this infant, demonstrating the benefits of obedience to the specific divine requirements for linen as recorded in the Holy Scriptures? Testimonies from many individuals confirm that this Biblical clothing protocol brought healing to their bodies.

Biblical References to Linen

Listed below are various passages in the Bible which deals with 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 (Exod 26:1).
- The use of linen was to have Holy Garments for the Priests of the nation for glory and for beauty (Exod 28:2).
- On *Yom Kippur*,²⁷ the High Priest alone entered the Holy of Holies to make atonement for his house and for the people (Leviticus 16); on that occasion he wore only 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 accorded it is further demonstrated in the New Covenant. It 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. 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 (Rev 19:8).
- The use of linen for priestly vestments was not confined to the ancient Israelites. At the time of the birth of the Messiah, we know that linen was a common fabric used by the people and the Temple because of its purity.

Messianic Prophecies and *Shatnez*

What prophecy has been of flax relating to the true Messiah? *“A bruised reed shall he not break and the **smoking flax** shall he not quench: he shall bring forth judgment unto truth.”* – Isaiah 42:3 and Mat 12:20. These are

²⁷ Day of Atonement

prophecies that would identify the Messiah to be a light to the Gentiles (Isaiah 42:6).

Facts Established

- Despite the prohibition against wearing *Shatnez*, Exod 28:6, 8, and 15, and 39:29, require certain garments worn by the priests (kohanim) in the Temple to be a mixture of wool and linen, which is *Shatnez*. This requirement is an **exception** to the *Shatnez* prohibition.
- The Holy Scriptures **prescribe the wearing of linen or wool** (separately, of course) for those that are ill and 'incurable' as in Leviticus 13.
- Flax cells are **highly complementary with human cells; producing a benevolent effect on the human organism.**
- Scientists have also 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 Heinrich Warburg identified **signature frequency numbers** of the average human at 70-90.
- Linen fabric measures **5 000** signature frequencies.
- Pure wool measures **5 000** units of energy.
- The human body needs **70-90 for healthy living.**
- 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.*
- All material and the combination of wool and linen are **below 70-90.**
- **YHWH's Torah instruction** of wearing wool and linen together **proved in scientific studies to be accurate.**
- Where wool and linen textiles measure 5 000 signature frequencies, *when put together*, these **cancelled each other and brought measurable weakness** and in some tests **even pain to the human body.**
- The energy of these two fabrics put together (wool on top of a linen outfit) **collapsed the electrical field.**
- The wearing of **black coloured fabric** also collapses the electric field.
- Flax has been known to have **healing properties** since the **earliest times.**
- **Recent studies** out of Japan and posted from the linen textile manufacturers **confirm this truth.**
- Researchers found that one will **fall asleep faster, sleep deeper, and wake up in a better mood after sleeping in linen.**

- Flax fabric is an **excellent filter protecting** against chemical exposure, noise and dust. Linen clothing **reduces solar gamma radiation** by almost half, thereby **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**.
- Japanese researchers have shown that bed-ridden patients **do not develop bed sores** where linen bed sheets are used.
- Wearing linen clothes **helps to decrease some skin diseases**.
- Linen is **highly “hygroscopic,”** meaning it rapidly absorbs and gives up moisture. 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**.
- Linen cloth **does not accumulate static electricity**.
- Linen **possesses high air permeability and heat** - Heat conductivity of linen is five times as high as wool and 19 times as that of silk. Those dressed in linen clothing in hot weather are found to show the skin temperature **3°-4°C below** that of their silk or cotton-wearing friends.
- Linen is an **ideal warmth-keeper** in cold weather.
- **Silica present** in the flax fiber **protects linen against decaying**.
- Linen **rejects dirt** and does not result in a **furry texture**.
- The more linen is **washed, the softer and smoother it becomes**.
- When wearing 100% linen, **many sick individuals have testified that their healing was rapid. 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.
- And the list goes on and on and on.

Closing Thoughts

If you wear black clothing, ordinary dyed cotton, rayon, polyester and nylon stockings, these will hinder your health by **discharging and extinguishing one’s electrical field light**. When put into “nature’s law of weakening” in plain words, there will be ‘darkness’ in the body. The human body will struggle with nine 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**.

In other words, 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 or 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 the Holy Scriptures** in getting your holy wardrobe, knowing that you have the highest blessings available.

Bless YHWH for this new knowledge²⁸ and seek His ways.

We inform – You choose²⁹

Never be guilty of: ***"By your traditions you make the Word of God of non effect"***³⁰

²⁸ Dan 12:4

²⁹ 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

³⁰ **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.*

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