

The Most Amazing Facts About Linen

by Rodney Pere'rah

Linen is **the strongest of all the vegetable fibers**, with 2 to 3 times the strength of cotton. It is lint free and gets softer the more it is washed. It can gain up to 20% moisture without feeling damp. It resists dirt and stains and is strong and durable. When the Tutankhamen's tomb was opened, the ancient linen curtains were found fully intact.

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 five petaled flowers that open up at dawn and close and fall at around noon when heat sets in. Each flower blooms for only a few hours.

The various colors that flax are found in are blue, violet, scarlet and white flowers.

Researchers found that one will fall asleep faster, sleep deeper, and wake up in a better mood after sleeping in and on linen! Linen actually helps repair the body by harmonizing with the cells.

No fabric can out perform linen in natural strength, luster 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. 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. It has been found that flax fibers retrieved from radioactive soils appear to be totally resistant to radiation.

Linen is the strongest of the vegetable fiber's, being 2 or 3 times stronger than cotton, with the added bonus of not shrinking or creating lint like cotton does! Linen fabric is highly durable and long-lasting.

Nobel prize winning 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 a 15 frequency was identified with those having been diagnosed with a life-threatening illness, such as cancer.

Atomic Frequency Signature of Linen

The atomic frequency measurement of linen fabric measures 5,000!

The frequency of wool measures 5,000.

The frequency of cotton measures 40 & organic unbleached cotton measures 100, which are not healing materials, but they don't harm the health.

Silk fabric only measures 10 units of energy, which would fail to support health in the human body.

Rayon (wood & bamboo fiber) measures at a 15 signature frequency.

Plastic materials such as polyester, acrylic, spandex, lycra, viscose and nylon measure zero.

If you want to maintain health & heal your body, it is recommended to wear wool or linen. Be aware of the Biblical warning of wearing wool and linen together, which scientific studies have proven to be accurate: the energy of these two fabrics worn together collapsed the electrical field.

Deut.22: [11] *You shall not wear a garment of mixed sorts, as of wool and linen together.*

While the two textiles both measure 5,000 signature frequencies individually, when put together, they cancelled each other out, and - in some cases - brought measurable weakness and even pain to sensitive persons.

Linen's Health Benefits

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 counter drugs) when using linen bandages and wearing linen clothing.

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 "hygroscopic" 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 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.

Miscellaneous Benefits

Linen provides an excellent filter protection against noise, chemical exposure and dust. Sleeping on sheets of linen can also provide a better night's sleep, absorb moisture, and is more durable than cotton bedding.

Flax thread appears to be the only natural material utilized for internal sutures in a surgical setting.

Symbology of Linen

The linen from which the clothing was made was symbolic of righteousness—and *ascribed* righteousness at that. Linen was made from flax, which grew up out of the ground—a picture of God's miraculous provision. It is a fabric that "breathes", making it not only comfortable to wear, but also an apt metaphor for receiving the Spirit of YHWH, since the Hebrew word for spirit, *Ruach Ha'Kodesh*, also means The Set-Apart Inspiration (of breath).

The corresponding opposite "fabric metaphor" would be wool, which symbolizes labor and sacrifice and not surprisingly, is said to make the wearer perspire and irritates the skin slightly. The comparison is spelled out plainly in Yahweh's instructions for the priestly wardrobe in the Millennial Temple.

*"And it shall be, whenever they [the priests] enter the gates of the inner court, that they shall put on **linen garments**; no wool shall come upon them while they minister within the gates of the inner court or within the Temple. They shall have linen turbans on their heads and linen trousers on their bodies; they shall not clothe themselves with anything that causes sweat."* (Ezekiel 44:17-18)



