

The 7 Benefits of Linen

Val Brinkerhoff, 3/12/2023 – 6 pages

Few today know much about *the plant flax* and *the fabric linen* that comes from it, even though it has unique and measurable, light-based **healing** qualities. In scripture, God stresses the use of **linen** above all other fabrics. This is especially true for those ministering unto the LORD in the Tabernacle of Moses (Ex. 39:1-31, specifically verses 27-29) as well as those doing so in the future temple built in Jerusalem (Ezek. 44).



*The four colors of flowers from the flax plant are white, blue, scarlet, and purple - the four colors of the veil of the Tabernacle built by Moses and the Temple built by Solomon in Jerusalem. Note that they have five petals and five “stigma” at the end of the five tube-like extensions called the “style” of the flower’s central reproductive area. These five extensions lead to the flower’s “ovaries” below. The number 5 is closely tied to our LORD’s mercy in the Atonement. It is also a covenant-oriented number leading to **life** – eternal life.*

Part I: Linen & Light Science

Nobel Prize winner Dr. Otto Warburg discovered that the average human gives off a signature frequency of 70 to 100 angstroms (or megahertz, mHz). If they were less than 50 in frequency, they were thought to have chronic disease. Badly diseased people (like those with cancer) typically have a frequency of about 15 mHz.

Dr. Philip Callahan, a noted American physician and researcher, discovered that **linen** cloth (from flax) acts as an **antenna for energy**. Dr. Callahan found that when linen 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, which measures the differing megahertz (mHz) of fabrics that are natural or man-made.

American inventor Dr. Royal Raymond Rife spent three decades studying specific **vibrational ‘kill’ frequencies** of hundreds of microorganisms. As far back as 1920, Rife theorized that disease-causing microorganisms vibrated at specific oscillation rates, and that if these were better understood, they might be safely eliminated by an opposing rate of vibration. The higher frequencies of **linen** and wool make them excellent candidates for fighting disease, plagues, and the like.

Jewish Dr. Heidi Yellen’s original 2003 study on the frequencies of **light reflectivity** in fabrics revealed that a healthy human body has a basic signature *frequency* of around 100 (mHz), and that wearing a fabric that measures less than this compromises health. Yellen’s research shows that natural or organically grown cotton has a tested value of about 100 mHz, whereas **linen** and wool both have a frequency of **5000** mHz, providing increased energy for the body when worn. Manmade fabrics range from about 0 to 10 mHz (see the chart farther below). Scripture tells us to not wear **linen** and wool together (a **linen** shirt with a wool sweater), as the their frequencies run in opposite current directions (wool=positive-male / **linen**=negative-female), canceling each other out, creating a 0 frequency state.

Fabric Frequencies

Science has discovered that **linen** fibers reflect *light* well, perhaps because of its crystalline (silica based) infrastructure. Both **linen** (from flax plants) and wool (from sheep) have the highest known frequencies (*light* reflectivity) among all fabrics. Note the numbers in the comparison chart on the next page.

Linen & Wool	5000 megahertz (mHz) or angstroms / from God’s creation
Organic Cotton	100 mHz / also from God / bleached, non-organic cotton is 40 mHz, however
Rayon	15 mHz / produced from chemically processed wood fibers
Silk	10 mHz / produced from an unclean insect, worms killed in the process of making the fabric. Spider webs are often used to strengthen silk threads
Manmade Fibers	0-10 mHz / these include polyester, acrylic, spandex, lycra, viscose & nylon

Seven Benefits of Linen (5 are tied to better health)

1. **Linen** surgical sutures completely dissolve inside the human body as part of surgery, unlike most other natural materials. Thus, at an electronic cellular level, the cells of the flax plant are complementary to those of the human body, providing healing effects.

2. **Linen** clothing and bed sheets are both cooler in summer (by about 4 degrees *Celsius* – or about 6 degrees *Fahrenheit* – as in from 93 degrees F to 86 degrees F). They are also warmer in winter over those wearing cotton or sleeping in sheets made from it. Heat conductivity of linen is 5 times that of wool and 19 times that of silk. Some studies suggest those wearing linen clothing sweat 1.5 times less than those dressed in cotton.

3. **Linen** under-garments and bedding possess rare anti-bacterial properties, and are said to heighten positive emotions. Linen clothing and bedding is said to resist fungus and bacteria, serving as an effective barrier for many disease. **Linen** also helps to eliminate skin diseases like eczema and the common rash. It is also effective in treating a number of allergic disorders, including inflammatory conditions, reducing fever, and providing healthy air exchange. According to one Japanese research study, bed-ridden patients lying between **linen** sheets do not develop bedsores. Because cotton sheets are cheaper, this benefit of **linen** is rarely utilized today.

4. **Linen** fabrics are “hydropic”, meaning they rapidly absorb and give up moisture. They also act as a surprisingly effective filter, neutralizing the odor of sweat. Linen fabrics can absorb as much as 20% of its dry weight. This explains why it is worn in hot climates, giving one the feeling of being dry, fresh, and cool.

5. **Linen** protects against chemically aggressive mediums, along with noise, dust, and odor generally. It is said to reduce gamma radiation by nearly half, protecting the body against solar radiation. **Linen** cloth originating in the fibers of the flax plant and grown in polluted or contaminated soils have no traces of unhealthy radiation.

6. **Linen** does not accumulate static electricity.

7. **Linen** is also known for its spectacular durability or long life, partly because of silica present in the crystalline structure of flax fiber. This is why Egyptian mummies are found wrapped in **linen**. The tensile strength of **linen** thread is twice as high as that of cotton and three times that of wool. This is why straw from the flax plant was used by the ancient Israelites to make bricks when they were slaves among the Egyptians.

Part II: Linen in Scripture

Rabbi's and other Jewish sages today believe that the original language of Genesis 3:21, tied to what Adam and Eve wore after partaking the forbidden fruit, should be “**linen garments of light**”, not animal “coats of skins”.

“Unto Adam also and to his wife did HaShem G-d made **linen garments of light**, and clothed them”
(see Jastrow 637, 681; 32; V. Supra, XIX, 1; BDGB 509b; Midrash Rabbah Gen. XX:12).

They were the robes of child-like faith in righteousness. The King James translation of this same verse reads:

“Unto Adam also and to his wife did the LORD God make *coats of skins*, and clothed them.”

As part of the first Passover and exodus out of Egypt, God asked Moses and the Israelites for specific items to be used as a willing *offering* to God. These would be utilized upon their arrival in their new wilderness destination, Mount Sinai. The *offerings* were to be used for all things tied to the ancient Tabernacle and pure worship of the LORD. In Exodus 25 we see the order in which God asked for these offerings; 1. gold, 2. silver, and 3. brass, along with 4. *blue*, 5. *purple*, 6. *scarlet*, and 7. *fine linen*. Other items were also included (see Ex. 25:4). The priests, Aaron and his sons were to wear coats of woven **linen** (Ex. 39:27-20). Note that “*fine linen*” is the 7th item (a number tied to “spiritual perfection”), and that items 4 -7 are tied to colored **linen**. This is because **linen** fabrics were to be utilized throughout the ancient Tabernacle. How?

The *colorful veil* between the Holy Place and the Holy of Holies of the ancient Tabernacle was made of fine

white **linen**, with multi-colored threads of blue, purple, and scarlet for décor on it such as the Cherubim. These four veil colors (white, blue, purple, and scarlet) are seen in the four *flower* colors of the *flax* plant.

A **linen cover cloth** was sometimes placed over the 12 loaves of shewbread in the Holy Place. Jesus said, “I am the bread of *life*” (John 6:35). He was *covered* in **linen** within His burial tomb (Matt. 27:59) and was *resurrected* on the third day thereafter. He said, “I am the way, the truth, and the *light*” (John 14:6).

White **linen** curtains surrounded the holy precincts of the Tabernacle (Ex. 28, 31, 35, 36, 38 & 39).

Linen was also used for the curtains in the House of the LORD built by Solomon (I Kings 10, II Chron. 2 & 3). Some of it was imported from Egypt. Solomon also used **linen** for his bedding (Prov. 7:16).

The future temple at Jerusalem addressed in Ezekiel Chapter 44 describes Levite priests wearing **linen** garments against their bodies. These include *undergarments* and *bonnets* as they minister unto the LORD. See Ezekiel chapter 44. The High Priest wore white **linen** undergarments and an outer colorful robe (mostly blue, a priesthood color) made of wool. Many believe linen has *female* / plant connections whereas wool has *male* / animal connections.

Like Moses, Abraham, and Joseph of Egypt, the LORD Jesus also spent time in ancient Egypt where **linen** was the primary fabric used by Egyptian kings and queens, the priests, and mummified bodies wrapped in this special fabric.

After the Tabernacle was constructed, God had Aaron and all Levite *priests* in the Old Testament wear **linen undergarments** (“breeches”) and *bonnets* upon their heads when they “*ministered*” unto the LORD in His “*sanctuary*” (the “inner courts” of Moses’ Tabernacle, *near* the LORD). They were told to *remove* these holy pieces of clothing when they interacted with others outside the “*inner courts*” (see Ex. 39:27 & Ezek. 44). Besides Christ the LORD, our great *High Priest* and *King*, the *priests* in Israel and the *kings* in Egypt, note others wearing “*clean and white linen*” in scripture.

The 24 elders surrounding God’s throne in heaven wore *clean white* garments (Rev. 4:4).

The 7 angels possessing the 7 plagues in the book of Revelation, who come out of the temple in heaven - the Tabernacle of the Testimony are clothed in “*pure and white linen*” (Rev. 15:5-6).

The armies in heaven who follow Christ the LORD in battling evil in the last-days, wear “*fine linen white and clean*” (Rev. 19:13-16).

All those who “*overcome*” the world, as mentioned 7 times in Revelation chapters 2 and 3, are dressed in *White*, including the *Bride* of Christ. There are 7 promises tied to each of our 7 “*overcomings*” there.¹

The Bride or wife of Christ (“*overcoming*” believers) are dressed in “*fine linen, clean and white*” (Rev. 19:7-9). It represents the purity of the *Bride*, her *righteousness*. This is supported by Matthew 22:11 where we read of the special *wedding garment* that must be worn by all those women (and men) who are considered the *Bride* of the Lamb. Righteous women *and* men are both the “*Bride*” of the Lamb (implying a more intimate relationship with Him), just as both sexes are “*sons*” of God (meaning “*heirs*” with Him of the greater blessings of heaven). The footnote for “*wedding garment*” in Matthew 22:11 takes us to Revelation 19:8, which states:

“Fine **linen** is the righteousness of saints” (Rev. 19:8). Like Israel’s kings and priests (and those of ancient Egypt), all of whom wore **linen** clothing, it symbolized a covering of *light* via one’s *righteousness*.

The “angel in *white linen* with an *ink horn* at his side” that marked the righteous followers of God at the temple in Ezekiel chapter 9, verses 1-7 (those to be preserved, not destroyed), may have been John the Revelator, also known as “the Beloved”. His book of Revelation describes many wearing *clean white linen* in the last-days, a symbol of righteousness and purity. Again, they are the *Bride* of the Lamb.

Somewhat like the long hair of the Nazarite (Numbers 6), **linen** may serve as an *antenna* for receiving light and revelation. This is most likely because of its *crystalline* (silica) infrastructure, one also revealed in its high frequency (light reflectivity) of **5000** mHz. The ultimate “*healing*” beyond the seeds of death in this world include *translation* and *resurrection* from death. *Resurrection* was a clear focus of ancient Egyptian royalty and their temple rituals and their mummified bodies, all wrapped in strips of **linen** fabric.

The Biblical Symbolism of Flax & Linen

The *flax* plant, along white **linen** fabric made from it, symbolize *light, truth, righteousness, purity, and holiness* in scripture. These qualities are necessary in approaching God. Priests ministering to God in the Tabernacle wore **linen** clothing including the ephod. Many Bible prophets record angelic beings appearing in fine **linen** garments (Ezek. 9 & 10; Daniel 10 & 12; Rev. 15). Revelation Chapters 15 and 19 address saints slain as martyrs, later clothed in fine **linen**.

Levitical law prohibited the *weaving together* of **linen** with wool (Deut. 22). Clothing of the two fabrics could be worn together, however, like that of the High Priest (**linen** undergarments with a outer robe made of *wool*). **Linen** comes from the *plant* kingdom (flax), whereas wool originates in the animal kingdom. Both are obtained without death. **Linen** is believed to be associated with the *female* and wool the *male*. God told Moses, “Thou shalt not plough with an *ox* and an *ass* together (Deut. 22:10). This scripture is believed to signify that the Israelites were not to be in two opposing states at once. They were to embrace *goodness* (Ox) and *truth* (flax), rather than stubbornness (ass). Verse 11 of this same chapter adds, “Thou shalt not wear a *bed garment of wool and flax* together (Deut. 22:11). This may suggest two things; (1) It is unwise to wear two different types of garments together, each with qualities that cancel each other out (wool keeps one warm in winter, whereas **linen** keeps one cool in summer); (2) In addition, God may have not wanted the average person to wear the same thing as the High Priest (undergarment of **linen** and an outer garment of wool). Likewise, the formula for incense burned within the Tabernacle was *not* to be used outside it for everyday use.

Note a few scripture examples involving **linen** hereafter.

“When Aaron enters into the holy place, he shall put on the holy coat of **linen**, and shall gird himself with the belt of **linen**, and he shall put on himself the miter of **linen**; these are *the garments of holiness*” (Lev. 16:4).

“The priests, the Levites, the sons of Zadok, when they enter at the gates of the inner court, they shall be clothed with garments of **linen**, and no wool shall come up upon them when they *minister in the gates of the inner court and inward*; miters of **linen** shall be upon their head, breeches of **linen** shall be upon their loins” (Ezek. 44:17, 18).

“Therefore also the priests wore ephods of **linen** (1 Sam. 22:18); and Samuel ministered before Jehovah and was girded with an ephod of **linen**” (1 Sam. 2:18).

King David was girded with an ephod of **linen** when he brought the Ark of the Covenant back into the Holy City, dancing before the LORD in joyous celebration of its return to Jerusalem (2 Sam. 6:14).

The Lord washed the feet of His disciples in a perfect example of service and love, while most likely girding Himself with a **linen** towel. He then wiped their feet with it (John 13:4, 5). This ordinance signified *purification* from sin.

The story of Jericho’s destruction by trumpeting and shouting in the book of Joshua features *flax* plants laid out to dry on the rooftop of Rehab’s home. The plant stalks hid two Israelite spies sent to get information about Jericho beforehand. After this ancient stronghold of evil was destroyed in miraculous fashion, Achan of the Israelite army hid forbidden spoils from the city under his tent. They included a “*Babylonian garment*” along with gold and silver. He and his family were severely punished for polluting the chosen people with these spoils brought into the camp of Israel, things tied to this evil city, protected by unique *cyclopean* walls (see the author’s paper, “*Jericho: Stronghold of Evil Created & Destroyed by Sound*”, www.7witnesses.com).

Jehovah said to the prophet Elijah, “Go and buy thee a girdle of **linen**, and put it upon thy loins, but draw it not through water. Take the girdle, and arise, go to Euphrates, and hide it in a hole of the rock. At the end of many days, when he took the girdle from the place where he had hidden it, behold the girdle had rotted, it was fit for nothing”

(Jer. 13:1-7). The girdle of *flax* upon the loins represented *truth* and *goodness*, such as the church that will be set up again by the LORD in the last-days. The corrupt churches of today are fit for nothing. Isaiah tells us, “They who make **linen** of silk shall blush, and the weaver, of curtains (Isa. 19:9). Egypt made **linen** of silk, denoting a counterfeit *truth*.”

“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, see also Matthew 12:20).

“And he brought me thither, and, behold, there was a man, whose appearance was like the appearance of brass, with a *line of flax* in his hand, and a *measuring reed* (judgment of the truth is measured via a measuring line and reed); and he stood in the *gate*” (Ezekiel 40:3, the gate of homes [Passover] and the House of the LORD is the place of judgment).

Jesus’ parable of the Rich Man and Lazarus, details what some scholars believe to be the ‘typical’, unconcerned, **linen**-clad rich man, oblivious to the plight of poor, hungry and sick Lazarus.

Part III: Historical Truths tied to Linen

In the Bible, the word **linen** occurs 104 times in 90 verses, and the word *flax* occurs 11 times in 10 verses. *Flax* is the plant that is processed to make the fabric **linen**. The *flowers* from *flax* plants are a pure pale **blue**, a *priesthood* color found in the Old Testament. The High Priest wore a *blue priesthood* robe each day he worked within the Tabernacle or House of the LORD, switching to a white **linen** robe on one day only, “*the Day of Atonement*”, the most holy of all holy days on God’s Bible calendar. *Flax* flowers are 15–25 mm in diameter, with 5 petals, a number tied to *life*, *covenant-making*, and the *grace* of Christ in scripture. In addition to white, other *flax* flower colors include those of the Tabernacle veil, blue, purple, and scarlet.

Flax was such an important crop that Bible prophets mention its destruction five different times in scripture, including during the first Passover in Exodus (see Ex. 9; Isa. 19:19, 42:3; Hosea 2:9 & Matt. 12:20). This is because it was considered a common, staple commodity along with wool, bread, oil, etc.

The straw that the Israelites used to make bricks, in their slavery to the Egyptians, was that of the *flax* plant. It featured a strong crystalline structure for the clay bricks.

Linen was the preferred fabric for kings and priests in the Middle East anciently, including that for underwear, bed sheets, and burial clothing. At the time of the Prophet Ezekiel, fine **linen** was being exported from Egypt and Syria (Ezek. 27). **Linen** underscored comfort, naturalness, health, and wellbeing. It retains a smooth surface with a mat luster and feels pleasant to the touch. The more linen is washed the softer and smoother it becomes.

Royalty in the Egypt, Israel, and Persia (Esther 1 & 8) made use of **linen** for garments, bedding, and décor. The tombs of the Pharaohs in Egypt show that **linen** was used for burial cloth, and *flax* seeds were considered crucial to the afterlife and thus found in tombs. Colorful walls in Egyptian temples had paintings on them of the flowering *flax*. Egyptian mummies were embalmed using strips of **linen** cloth. And like Israelite priests and kings, Egyptian kings and queens wore mostly **linen** as it was considered a symbol of *purity*. The Biblical account of Joseph in Egypt shows that he wore fine **linen** garments and was embalmed (mummified) with **linen** strips of cloth after his death (Gen. 41-42 & 50). In New Testament Both were wrapped in **linen** strips or bands at their burial, rather than a sheet like covering. Christ and Lazarus were “bound” hand, foot, and face with “grave clothes”. Our LORD Jesus was released from death by Father and His own power, and specifically from the binding strips or bands of white **linen** wrapped tightly around Him. In similar manner the LORD Yeshua loosed the bands of death that held Lazarus captive (see John 11:44), making him “free indeed” (John 8:36).

Linen had several ancient uses beyond clothing, including *wicks* (light) for candles (Matt. 12:2). Some Jewish sources note that priests used portions of their worn **linen** garments, tearing them into strips as *wicks* for candles (see Isaiah 42). The ancient measuring tool known as the *plumbline* was made of *flax*. It was used for measure (a form of judgment) in Ezekiel 40:3. The English words *line*, *linear*, and *lineage* are from the Latin word for *flax*. *Flax* seeds

along with barley and wheat berries are among the oldest known food staples. Daniel utilized a healthy natural diet of seeds, nuts and fruits, etc., that added greatly to his wisdom and beauty (see Dan. 1:12). *Flax* is used to produce *linseed oil*, the carrier for colorful pigments in the *oil* paints used by painters worldwide. Note also that the highest quality “*rag*” based *papers* used for fine art prints today (made on high-end ink-jet printers) comes from the *flax* plant and its fibers. Rag papers feature excellent *color* reproduction and very *long life*. Both of these qualities were necessary for the colorful veil inside the House of the LORD anciently.

Today, **linen** fabrics have been replaced by a number of man-made synthetic fabrics like acrylic, nylon, and polyester. Cotton, which is also based on a natural plant, was introduced with slavery in early U.S. history.

Practical Uses for Linen Today

It is clear in scripture that God encourages His servants and those that love Him to use **linen**. Clothing and bedding made of **linen** is warmer in winter and cooler in summer. **Linen** effectively suppresses disease, along with sweat and odor, while inviting in greater light for healing. The Bridegroom Jesus Christ is encouraging us as His bride to be completely healing from the seeds of death in this life. We can receive the many healing benefits of this amazing natural fabric through Him. He wants us to be healthy, happy, and able to receive much more, including **eternal life** in translation and resurrection, both available to believers during this life. Do you believe?

End Notes

¹ **God's 7 Promises to the Overcomers** – In the book of Revelation John tells about the **Blessed** ones who “**overcome**” the world. They “keep the commandments of God and have the testimony of Jesus.” They become part of God’s *kingdom* of peace, justice, and love on the earth in the last-days. The righteous are encouraged to “**overcome**” a total of 7 times in Revelation chapters 2 and 3, each in connection with one of the 7 blessings below.

1. The LORD will give them the fruit of the Tree of Life (Rev. 2:7).
2. They shall not be hurt by the second death (spiritual death, Rev. 2:11).
3. If they endure to the end (after overcoming) they will have power over the nations - with a rod of iron, and they will receive “the morning star” (Rev. 2:26-28).
4. They shall be clothed in white raiment and their name will not be blotted out of the book of life. Their name will be confessed by Christ before the Father and His angels (Rev. 3:5).
5. The LORD will make them a pillar in the temple of God. They shall “go no more out.” God’s name will be written on them, along with the name of city of God (New Jerusalem). And the LORD will write upon them my new name (Rev. 3:12).
6. They will “sit with with me in my throne” (Rev. 3:21).
7. God says, they will be like me, as “I overcame, and am set down with my Father in His throne” (Rev. 3:21).

John’s **7 types of “overcoming”** are related to the **7 “Blessed”** statements also addressed by John in the Book of Revelation as listed below. To be “**Blessed**” is to be in or of “*the state of the gods*”. There are **12 “Beatitudes”** tied to being “**Blessed**” in JST Matthew 5 (the Sermon on the Mount) and 3 Nephi 12. Only 7 of them are found in the KJV version of Matthew 5.

1. Revelation 1:3 KJV / **Blessed** is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand.
2. Revelation 14:13 KJV / **Blessed** are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labors; and their works do follow them.
3. Revelation 16:15 KJV / **Blessed** is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame.
4. Revelation 19:9 KJV / **Blessed** are they which are called unto the marriage supper of the Lamb. And he saith unto me,
5. Revelation 20:6 KJV / **Blessed** and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years.
6. Revelation 22:7 KJV / **Blessed** is he that keepeth the sayings of the prophecy of this book.

Attribution

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