

A Most Important Discovery

By Sha'ul bayn Yahukhenun ha'Yahudah

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The Way of the Most High

‘Exalting belief in our Father, the Most High יהוה (YaHUAH), through His Turah, the 5 scrolls of M'shih (Moses).’

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The spinal cord has some amazing parallels to the Tent of the Most High. It is the central post of the tent which everything else is connected to down the middle. Central to our health. When it comes to saving lives, people often think in terms of doctors and surgeons. What people need to know is that doctors and surgeons only have an important part to play in our lives when things are beyond repair, when immediate surgery is needed. On the whole they are mostly not needed. They dole out prescriptions and solutions that only treat symptoms, never dealing with the source of the problem. This is not to say that there is no need for them. If you get gangrene and a limb needs to be cut off to save your life, you would probably be best to see a surgeon (unless there is some natural cure we don't know about). But the shocking truth is that proper spinal care could save lives that have been lost. Scripture has some important lessons for us regarding the spinal cord and care of it, relating to our bodily tents.

The brain, a most wonderful creation in and of itself, sends out messages to the rest of the body. The spinal cord is connected to this most crucial element of the brain. *The cord is the messenger* of all messages from the brain. **The brain, as the ultimate power, sends the message to the spinal cord or messenger. The messenger brings the message to the organs and nerves of the body.** Of course, if the brain shuts down or its messages are not sent to the body through the messenger, we are going to die or have health problems.

The brain is protected by our skulls, and the spinal cord is protected with a column of bones. You see, the Almighty was pretty smart. He figured out that the brain and spinal cord should be protected by bone. The only problem is that when the protective bones around the spinal cord are damaged or shifted, it impacts the cord. You may think of it like putting your foot on the garden hose when the water is running. You won't get any water out of the hose if there is a kink in it. What if you applied a little pressure to the hose with your foot? There would be some water coming out of the hose, but not as effectively as when no one was stepping on it. We must ensure the spinal cord is free from kinks and pressure, in order for the messages of life to get through to the vital organs and nerves of the body. I am living proof of that.

When we first decided to look into chiropractic care, I heard an ad for a chiropractor in our area on the radio. When we first stepped into their office, we all had issues, and we could still use more care to correct the minor health problems our family has. The chiropractor heard of my symptoms and health history with an attentive ear. Prior to this, we visited an herbalist and had a live blood test done, which showed what spinal discs needed help. These spinal discs were impacting my neck and liver. Some x-rays were taken, and the chiropractor confirmed that I truly needed some serious work. She also confirmed exactly what the herbalist said, without our mentioning which spinal discs the herbalist said needed work. This was an answer to prayer for us.

We returned several days later to attend a teaching on chiropractic care and its importance. The chiropractor showed x-rays of people with much worse spinal problems than our family's own. Their stories of health problems were told. Then we saw x-rays of their recovery to a normal and healthy spine and heard of their magnificent health. After only two weeks of chiropractic care, I no longer had any twinges in my neck and was able to work with ease... not to mention the help my wife and daughter received. At the time, Alish'bai was pregnant and it helped greatly with the preparation for child labour.

Spinal care is obviously not the only thing a person must do to preserve their bodily tent, maintain health and vitality. Most importantly, we must be followers of the Most High and Scripture through prayer and life-observance in righteousness. Then we can care for our bodies. It is important that we have a **proper and naturally alkaline body**. For that, we need to check our ph balance. A live blood analysis helps to determine where an individual may be falling short of

this delicate balance. We should understand which foods are acidic and which foods provide an alkalinity to our bodies. We must understand our cultural background and the rural environment we are in. We need to get a hold of proper foods that are natural, not laced with chemicals, preservatives and sugars... as best we can in this polluted modern age. We also need to exercise, stretch, rest and other things that are a part of health care.

Prior to the tent of the Most High that was in the midst of the people in Sh'moot (Exodus), there was the body of Adawm (Adam – male and female – Gen. 1:27) as a tent. Wonderfully made and created from the ground and the breath of the Almighty Himself, the body of Adawm (man) was the original dwelling of the Most High. Anything else that came after the creation of Adawm, such as tents or houses, was only a mere reflection and symbol of the Almighty dwelling **in** Adawm (us).

As we look to Aibreit (Hebrew), the word for "cord" is "khebayl." This is where we get the English word "cable" from, as languages progressed from Aibreit (Hebrew) into English. You may imagine an electrical cable. A cable is like the spinal cord, passing energy and messages throughout the body, from the brain. When things go wrong and these messages are not getting to the body properly, then death or illness is not far. Another similar word for "cord" is "y'tar," first used in B'rasheet (Gen.) 29:3 in reference to the strength of one's lineage, being their sons. The sons provided strength and inheritance to the father and the tribal communities of Y'shr'Al (Israel). "Y'tar" describes a strong rope or cord, such as what a person would use on a hunting bow. It is something stretched out or remaining, and so also translated as "remaining" or "residue" and similar words. Ancient sages knew that health had a relation to their spine. We are not the only ones to have discovered truth. We pray that this discovery has been as eye-opening to you as it has been to us and that you will get checked by a servant who cares about your health. YaH will hear your prayers and perhaps even grant healing above and beyond your expectations. He did for us. Don't go to a chiropractor who is an atheist. Ask them also if they specialize in "acute" chiropractic care or if they believe in complete chiropractic care that deals with more than treating symptoms. Avoid "acute" care that only treats symptoms. We encourage you to use your back muscles in varying exercises, as the muscles will strengthen and pull the spine into its natural state. Chiropractic care is not an excuse for lack of exercise.

SOURCES

JPS Hebrew-English TaNaKh. Philadelphia, USA: The Jewish Publication Society, 1999.