The Holy Tabernacle Ministries
Guide To Better Living

Purity And Neatness
And Maintenance Of Health

Study Book 20: Supreme Mathematics Class T
For The Students Of The Holy Tabernacle

Scroll #18
For Too Long Now, We Have Looked For Our Own Savior, Our Personal Savior, One Of Us. And Now Melchizedek As Dr. Malachi Z. York, The Lamb Is With Us, With The Right Knowledge, Wisdom And Overstanding: Today A Living God In Person. He Is One Of The Ancient Ones, A Moor By Nationality, A Nubian By Nation, An Anunnaki By Descendancy. This New Voice Is Strong. If You Think As Sayyid Issa Al Haadi Al Mahdi Was Strong, You Are In For A Surprise. Now You Have To Listen To Amunubi Rooshkptah, Our Pharaoh Who Is Raising Atlantis (Afland) Out Of The Earth Right Before Our Eyes. This Eloheem Is All Powerful. He Told Us For Years That He Was Not A Prophet, Apostle, Or Jesus Christ And That One Day He Would Tell Us Who He Really Is. He Simply Called Himself Al Khidr, The Green One Known As Melchizedek Having All The Ancient Wisdom Needed To Give Us An Overstanding Of What We Must Do To Become Gods Again. He Said He Lived Throughout Time From Body To Body Incarnating And Is Here To Dispel The Spell Of Kings (Leviathan) From Us; The Ancient Moors, The True Seed Of The Ancient Ones, The Nuwabians.

Dr. Malachi Z. York Has Helped Many Human Beings Of All Races Only For Them To Turn Their Backs On Him For His Love. We Have Seen Him Heal The Sick With One Touch Of His Hand. He Would Tell Us Everything That Was Going To Happen And It Always Came True. He Is A Dark Little Man, Reddish Brown Skin Color, Eyes Like Flames Of Fire And Hair Like Lamb’s Wool. He Is Here Right Now In Human Form. Don’t Believe The Lies.

Come Experience Him For Yourself. He Is The Key To Unlock The Doors, Our Salvation. I Came Giving You What You Want So You Would Learn To Want What I Have To Give

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Introduction

For Years The Holy Tabernacle Ministries (Formerly Known As The Nubian Islaamic Hebrews, Ansaaru Allah Community) Has Been Saturating The Public With Indisputable Facts. Facts About The Science And Origin Of The Creation Of The Universe, Prehistoric Man And Animals And How They Roamed And Became Tribes And Families; Facts About The Reconstruction And Procreation Of The Planet Earth; Facts About The Original Tablets Which Revealed Stories Of The Agreeable And Disagreeable Eloheem And The Many Times They Visited Your Planet, The Oncoming Destruction Of This Planet, Who God Is And Who God Is Not, Ceremonies From Childbirth To Funeral, Etc. As A Result Of Revealing These Facts, Which I, Dr. Malachi Z. York, Refer To As Kindergarten Knowledge, I Then Embarked Upon A Series Of Pamphlets That Consisted Of What I Refer To As The Missing Links Or Simply, The "How's, Why's And Why Not's!".


You've Often Heard The Phrase, "Cleanliness Is Next To Godliness!". However, In The Western World, Real Cleanliness Is Overlooked. Ask A Christian, Jew, Or Muslim To Show You In Their Scriptures (Old Testament, New Testament, Or Koran) Where Their Laws Are On Cleanliness; Laws Pertaining To Oral Hygiene, Raising The Children, Etc. Not Their Traditions Such As Hadith Or Talmud But In Their Actual Revealed Scriptures, Where Their God Tells Them How To Wash, Or What Soap To Use Etc. The Bible Contains The Foundation For Cleanliness, But The Intricacies (Such As What To Do When You Bathe, What To Use, Etc.), Are Not In The Scriptures. A Muslim Might Tell You That Wuduuw'u Or Ablution Is Mentioned In Qur'aan 5:6, However This Quote Doesn't Give You The Exact Process Of Purification, How To Wash, Etc.

The Muslim's Methods Of Purification Vary Slightly From The Hebrew's Way In The Torah (Old Testament). Their Methods Are Found In The Article Of The Mishna Entitled "Yadaim" Which Is Their Hadiyth. Qur'aan 5:6 Is Slightly Equivalent To The Quote In The Scroll Of Exodus 40:31-32 Where It States And I Quote: "And Moses And Aaron And His Sons Washed Their Hands And Their Feet There At: When They Went Into The Tent Of The Congregation, And When They Came Near Unto The Altar, They Washed; As The Lord Commanded Moses." In The Scroll Of Leviticus, There Are No Laws, Pertaining To The Intricacies Of Hygiene For Women, Men, Or Children. There Are, However, Laws Pertaining To Foods That Should Not Be Eaten. You, Nubians In America Are Confused As To What Is Proper And Correct. 1, Dr. Malachi Z. York, The Reformer Of This Day And Time, Have Come To Give You Right Knowledge, And To Clear Up The Confusion (Refer To Thought Nubian Tape, "Relaxing With The Etherians"). There Are A Lot Of Things That Are Not Spoken Of In The Old Testament, New Testament, Or The Koran, And It Should. They Should
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This Is Not A Racial Statement, However, If You Go Back And Check The Medieval Times, Many Of The Plagues Of Europe Were Due To Filth, For Example In 1348 A.D. The Bubonic Plague (The "Black Death") Struck, Europe's Population, Which Had Been Growing Steadily Since 1000 A.D., Was Decimated And Did Not Again Reach The Level Attained In 1348 A.D. Until After 1500 A.D. Bubonic Plague Is An Acute Infection In Humans And Various Species Of Rodents, Caused By Yersinia Pestis (Formerly Called Pasteurella Pestis), A Bacterium Transmitted By Fleas That Have Fed On Infected Rodents. The Caucasians, In The So-Called Great Periods Of American And European History Were Notoriously Filthy; They Did Not Believe In Hygiene Of Any Kind. They Rarely Bathed, And They Lived With Human And Animal Fecal Matter All Around Them. The Nearby Rivers Were Filthy, And Their Clothing Was Infested With Vermin (Lice Etc.). Many Died Young Of Diseases Because Of This, Or They Spread Their Filth And Disease To Other Native Peoples Like The Native Americans, Who The Caucasians Considered "Primitive". They Intentionally Spreaded Small Pox To Kill The Native Americans. The Native Americans Were Very Hygienic. They Used Sweat Baths For Mental And Physical Relaxation And Medicinal Treatment. When The Native Americans Encountered These Filthy People, They Didn't Have A Natural Resistance To Their Diseases Thus, Hundreds Of Thousands Of Them Were Killed By Them. Today, This Is Called Genocide.

Every Group Of People That He Has Touched On The Planet Earth, He Has Affected Or Should I Say, Infected And Destroyed. If You Do Some Research, You Will Find That No One Is Exempt. The Eskimos Who Migrated Across The Bering Strait Into Greenland, North America, Around The Bering Sea Area. They Also Scattered Into Many Other Lands. "Eskimo" Finds Its Origin In A Native American Word Which Means "Eaters Of Raw Meat". Many Of Them Prefer To Be Called "Inuit" Which Means "The People" Or "The Real People", Just As Many Native Americans Prefer Being Called Native Americans Instead Of Indians Which Is A Name Given To Them By The Same Europeans That Was Killing Them Off. They Had Developed Their Own Culture And Way Of Life, Living Quite Content Without Outsiders. As The Story Goes, They Were In Greenland, Alaska, Etc. Minding Their Business, When One Day These Savage Beast People, Discovered Their Wealth. Needless To Say, These Europeans Brought Diseases To Which The Inuits Had No Immunity. Thus, Many Of Them Died. You Can Find This Same Story In Every Culture Of How This Diseased Man Who Look Like Something They've Never Seen Before, Came Into Their Land And Lives And Destroyed It. Look At The History Of The Aborigines, Africans, Hondurans, And Any Other People You Can Think Of. Just Do Your Homework.

As I Previously Mentioned, The Scriptures Contain The Foundation For Cleanliness, The Ancients Passed On To You Information By Way Of Their Example. The Ancient Egyptians (Originally Called Kemites) Reached A High Degree Of Perfection When Involving Their Personal Hygiene And Cleanliness. They Were Very Particular About Washing And Had Bathrooms, Bathtubs, And Commodes In Their Homes. They Used Body Ointments, Skin
Conditioners, Deodorants And Fresh Linens. *Kemites* (Egyptians) Used Baths For All Illnesses, Which They Greatly Valued For Their Curative Effects, And Were Careful About Taking Purgatives. They Treated Skin Diseases With A Soapy Material Made Of Animal And Vegetable Oils And Alkaline Salts. They Sat In A Shallow Kind Of Shower Bath While Attendants Poured Water Over Them. They Also Cleansed Themselves In The Nile River, As Was The Case When *Bithiah*, The Daughter Of *Pharaoh Seti I*, Was Bathing At The River's Edge When She Found A Basket Containing The Baby Moses Son Of *Amram* And *Jochebed*. (*Exodus* 2:5). *Yahuwa*, As A Sign Of Purification, Instructed Moses To Tell The People To Wash Their Clothes, To Prepare To Hear The Word Of *Yahuwa* (*Exodus* 19:10).

Before Approaching The Tabernacle, Israelite Priests Had To Wash Their Hands And Feet In A Brass Laver (Basin). Even In The Time Of *Abraham* Son Of *Teraah* And *Nuuwna*, Servants And Companions Were Offered Water With Which To Wash Their Feet As Guests In The House Of *Laban*. (*Genesis* 24:32)
"NUWAUBU'S Guide For Better Living", is a book with information on such topics as: health, purification, dressing, conversation, organization. The one thing that separates this book from all the rest, is that it is supported by facts, both medically and scientifically.

As children of the ANUNNAQI, ELOHEEM, who want to live truly in the way of NUWAUBU, SOUND RIGHT REASONING, such a book is a guidance for helping you live better. You no longer have to adhere to the European rules on how you, as children of the Eloheem, should live. You can live according to the Laws Of Nuwaubu (Sound Right Reasoning) that existed before the procreation of Kadmon (Adam) son of Atum and Lillith, right up to now.
Ques: What Is Nuwaubu?

Ans: Nuwaubu Is The Science Of Sound Right Reasoning, And It's Followers Are The Sons And Daughters Of Sound Right Reason. The Science Of Nuwaubu Tells You Just How And When. Belief Is Ignorance, To Ignore The Facts Intentionally Or Ignorantly. If One Has To Believe, It Means He Or She Does Not Know. And If One Does Not Know, That Is Ignorance. Hence, Belief Is Ignorance And Religious Beliefs Without The Facts Is Ignorance (Refer To "Does Religion Breed Ignorance?" Scroll #98). The Most Deceptive Word In Religion Is "Believe" Or "Belief," Because A Person Can Believe Anything And This Means That A Person Can Believe And Be One Hundred Percent Wrong. But Knowledge Is Knowing, And Knowledge Is Correct Information. (Refer To "What Is Nuwau-Bu?" Scroll #42) "To Know" Gives One Confidence, But Belief Infers Doubt. Knowledge Is Always Logical And It Reasons Out.

Nuwaubu Is Also Right Knowledge, Right Wisdom And Right Overstanding It Is The Best Knowledge, Wisdom And Overstanding And The Equalizer Anywhere And Any Time. It Will Be Disclosed When The Minds Of All Nubian (9 Ether Woolly-Haired People) With The Ability To Identify Themselves, Have Been Qualified By "Accepting And Diligently Studying The Scrolls. The Scrolls Are Not The Science Nuwaubu Itself, But Is The Diligent Reading And Diligent Study And Profound Overstanding Of These Scrolls That Will Open The Mind, Tear Down Barriers, And Qualify The Mind For The Universal Science Called Nuwaubu, Facts Beyond Any Doubt.

As The Gate Of Mental Confinement Opens, Ignorance Will Flee And Right Knowledge, Wisdom, And Overstanding Will Become The Keeper Of Your Minds. Right Knowledge, Wisdom, And Overstanding Are Nuwau-Bu, And Nuwaubu. Is The Spiritual Science Of All Woolly-Haired People Throughout The Universes. As The Sons And Daughters Of Sound Right Reasoning, An Affirmation (Something That Affirms Another's Existence) Is Said Which Gives Birth To A Feeling That Awakens The Awareness And Your Whole Being, When Said Daily.

The Following Is Our Daily Affirmation Which Is To Be Memorized And Repeated As A Sacred Ritual By Every Child Of The Eloheem Three Times A Day

A. Upon Rising From Rest B. Midday C. Before Going To Rest

It Is Also Recited Together By Everyone At 3:00 P.M. Every Sunday Afternoon To Themselves Or In A Regular Tone Of Voice:

OUR DAILY AFFIRMATION

I Am In The Love Of The All And All Love Is In Me
I Am A Part Of The All And The All Is A Part Of Me
I Am One With The All And The All Is One With Me
I Can Succeed As A Part Of The All And Fail As An Individual
I Can Be All That I Wish In The All As Long As My Wish Is To Stay In The All

I Am Never Alone

The All Is - I Am
The All Can - I Can
The All Does - I Do

OUR 19 AFFIRMATIONS

1. I Listen For The Voices Of My Creators Sent By The Most High, And I Look For The Signs Of The Most High.

2. I Want To Help Open The Eyes Of The World To Right Knowledge, Truth And Facts.

3. I Will Follow The Lamb In True Faith; Our Savior, The Man Of The Times, DR. MALACHI Z. YORK, Forerunner Of The Real Messiah.

4. I Greet All In Peace, And With A Sincere Heart.

5. I Pray With An Open Heart, And I Seek The True Light Inward.


7. I Will Not Kill Or Even Commit Suicide, For It Is A Sin, Wrong.

8. I Don't Steal Or Lie, And I Am Not Cruel To Children And Animals.

9. I Don't Disobey The Laws Of The Government In Which I Live.

10. I Am Non-Violent.

11. I Don't Become Drunk Or Intoxicated, Or Eat Unclean Things.

12. I Don't Hate Any Race, Creed, Religion Or Sexual Orientation.


14. Let's Correct Our Wrongs. Let's Apologize To Those We Hurt Because Of Religion.
15. Let's Work Together To Build A Better Place For Our Children.

16. Let's Avoid Gossip And Slander.

17. Let's Forgive And Seek Forgiveness.


19. We Can Take That Which Is Evil And Turn It Good.

With That In Mind We Also Have A Nine Dimensional Program In Which All Children Of The Eloheem Should Memorize And Take To Heart Daily. Remember In Following All The Laws Of Nuwaubu, And Keeping Them In Heart, Living Them Daily, You Can Break The Barriers Of The Spell, Through Diligent Reading And Overstanding The Series Of Right Knowledge Books That Dr. Malachi York Presents To You, Who Seek Facts. Let's Work Together For The Betterment Of Our Family, And Make The Best Of Examples For Our Children.

**Our Nine Dimensional Program:**

**You Must Strive To Have:**

1. A Sound Mind
2. A Clean Soul
3. A Holy Spirit
4. A Clear Conscious
5. An Honest Heart
6. A Caring Person,
7. An Honest Personality
8. A Loyal Being,

**Nine To The Ninth Power Of Nine** $9^9$

As Striving Children Of The Eloheem, Memorizing And Living By Our Nine Dimensional Program, We Follow The Basic Laws In Which We Live By Daily, In Order To Make Our Lives, As Well As Our Homes In The Best Of Conditions, For The Betterment Of Our Youth Growing Up.

**Our Basic Laws**

**The Children Of The Eloheem Live By These Rules Daily:**

our Homes Should Always Be Neat And Clean. You Should Never Have Dirty Dishes In The Sink, Or Unclean Utensils. (A) The Bathroom Of Your House Should Always Be Kept Immaculate And Scent Free. And The Area Which Has Been Set Aside For Your Pets, Be It
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Cats, Birds, Aquariums Or Dogs Should Always Be Kept Clean And Odor Free. In The Case Of A Dog You Should Not Purchase A Dog As A Weapon By Feeding Him Hot Sauce And Depriving Him Of Meals In Order To Train Him To Attack And Be Aggressive To People. A Dog Should Be A Pet, A Companion And A Friend, Not A Carnivorous Beast. If You Get A Pet Always Get A Pedigree. They Are Bred For Health And Intelligence And Domestication.


3. Our Cars, Trucks, And Vans Should Always Be Neat And Clean And Kept Up To Par. It Is Not Safe To Drive Your Family Or Friends Around In An Unfit Automobile.


5. You Can Wear Any Type Of Clothing You Desire. There Are No Limits Or Restrictions On What You Can Wear. Any Kind Or Style You Wish To Wear Is Your Decision As Long As It Is Within Reason; Decent, Neat And Clean.

6. Our Bodies Should Always Be Clean And Smelling Good. We Should Bathe Before Bed And When We Arise After The Shadow Hours. Bathing Is More Sanitary Than Showers, But If Submerging In Water Is Impossible, Then Shower. We Add Pure Oil, For The Moistness To Our Baths For Our Skin. We Should Smell Clean And Fresh At All Times. You Can Also Wear Sweet Smelling Scents.

7. Our Oral Hygiene Should Always Be Up To Par. Our Teeth Should Be Clean And We Should Keep Our Gums Healthy At All Times. We Should Check Our Breath To Be Sure Not To Offend Others. It Should Be Clean, Fresh And Free Of Odors.


10. Wash As Many Times As Needed To Be Clean And Free Of Unclean Odors. Use Deodorants And Anti-Perspirants.


14. Men And Women Both Should Always Keep Their Private Parts Clean, And They Should Make Sure They Use Water To Rinse And Tissue To Dry Themselves Every Time They Use The Toilet.

15. You Should Take A Natural Laxative At Least Once A Month; Or Fast, To Keep Your Body Free Of Poison, Toxins And Backed-Up Food In Your Colon.

16. When A Woman Menstruates She Should Use Sanitary Pads Instead Of Tampons Because It's Very Unhealthy. She Should Also Change Her Pad As Often As She Can Or When She Uses The Bathroom To Keep Herself Fresh And Free Of Bad Odors.

17B Both Men And Women Should Soak Their Bodies As Often As Possible To Keep From Having Offensive Odors. Women Especially Should Take Internal Baths Often To Keep Themselves Clean And Smelling Fresh Internally And Externally.

18. You Should Drink A Lot Of Water And Keep Your Body Fresh And Free Of Unclean Odors And Bad Breath.

19. Try To Keep Your Ears Clean And Free Of Ear Wax.

20. Women Should Not Bathe Together Or Use The Same Internal Materials Such As: Douche Bags, Cleansing Bottles, Underwear, Or Enemas; To Keep From Catching Vaginal
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Diseases Which Can Become Harmful And Dangerous. When You Become Sweaty You Should Always Wash Up And Clean Your Body To Keep From Having Offensive Odors.

21. You Should Have On Socks When Wearing Closed Shoes To Keep Your Feet From Sweating And Having Bad Odors, Or Catching Athlete's Foot Fungus. Natural White Socks Are Healthier. Also Make Sure You Wash Between Your Toes When Bathing And Use Foot Powder When Necessary.

22. Rinse Your Nose With Water Often To Keep Your Nose Fresh And Clear.

23. Both Men And Women Should Keep Their Genital Areas Clean At All Times, To Keep From Having Offensive Odors As Well As Sexually Transmitted Diseases.


25. Make Sure You Keep Your Toilet Seats, Your Sinks And Your Tubs Clean And Disinfected And Free Of Dirt Or Cleansing Materials.


29. Traveling Widens The Scope, But Make Sure You Take Care Of Your Responsibilities At Home First.

30. Respect The Laws Of The Government In Which You Live.

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Through Following These Basic Laws Of Nuwaubu, You The Children Of The Eloheem Will Help Lift The Spell Of Ignorance That Was Put On The Nubians 6,000 Years Ago, Which Has Kept You In A Suppressed State Of Mind. Remember You Will Only Break The Spell Through, Right Knowledge, Right Wisdom And A Right Overstanding, Which Leads Into Right Thinking, Nuwaubu, Sound Right Reasoning.

The Spell

Ques: What Is The Spell?


We, Children Of The Eloheem Are Solely Concerned With Providing The Guidance And Direction Through The Teachings Of Dr. Malachi Z. York. I Came Here To Break The Spell, And The Spell Is Being Broken Right Now Through Right Knowledge, Right Wisdom And A Right Overstanding, Which Leads Into Right Thinking, Nuwaubu, Sound Right Reasoning (Refer To Thought Nubian Tape 1, The "Sounds Of Nuwaubu").

Ques: Who Cast The Spell On Our Seed, And Why?

Ans: Enqi, Also Called Nudimmud Was Jealous Of His Brother Enlil Son Of Anu And Antum. He Wanted To Have The Position Of Enlil Also Called Nunamnir. However, Because Enlil Was The Son Of Anu And His Half Sister Antum, He Became The Legal Successor According To Anunnaqi Laws.
This Made Enqi Jealous Of His Brother Enlil, And So This Started A Conflict And Rivalry Between The Two Brothers. So Enqi And Ishtar Daughter Of Nannar/Sin (Nanna) And Ningal Got Together And Planned A Plan With The Evil Reptilian Zuen Also Known As Anzu, Shakhar, (Humbaba, Tarnush). To Put A Spell On The Seed Of Enlil (You The Adamites, Enosites). This Spell Was Cast At The Beginning Of The First Moon Cycle, Which Occurred 6,000 Years Ago. This Evil Hypnotic Spell Was Cast Upon Nubians, The Original Melanin-Ite Children. The Descendants Of The Original Woolly Haired Beings, The Deities Bearing Nine Ether, Or Nine To The Ninth Power Of Nine (The Anunnaqi Eloheem).
Ques: How Did Zuen Cast The Spell?

Ans: Zuen Was Enlil's Gatekeeper. He Guarded The Dirga (Sacred Chamber), Where The Seven Tablets, The Akasha Or Akastic Records, Or Tablet Of Destinies, (The Scroll Of All) Were Kept. These Tablets Told Of The Coming Of The Elders. Zuen Snuck Into The Sacred Chamber While Enlil Was Bathing And Stole The. First Writings And All The Destinies Therein, Thus, He Changed What Was To Happen. At That Very Moment The Earth Was Void And Dark, And The Anunnaqi Eloheem Became Confused. Zuen Gave The Tablets To Enqi And Together They Conspired Against His Brother Enlil And The Descendants Of The Adamites, Who Are The Cainites And Enosites. Little Did Enqi Know The Evil Conniving Zuen Deceived Him And Cast The Spell On. His (Enqi's) Seed Also.

Ques: Did Enlil Ever Get The Tablets Back From The Hands Of The Evil Reptilian One Zuen?

Ans: Yes. Ninurta, The Son Of Enlil, Was The Only Anunnaqi Brave Enough To Go Against Zuen And Take The Tablets. (Refer To "The Holy Tablets" Chapter Twelve, Lowhat Anzu, The Tablet Of Anzu) When The Anunnaqi Had Come Together For A Meeting To Decide How They Will Get The Tablets From Zuen, None Of Them Wanted To Fight Against Zuen. So, Enqi Decided To Send Ninurta To Do Battle With Zuen. Ninurta Took On The Assignment And Defeated Zuen on The Mountain. With The Help Of Sharur Succeeded In His Battle With Zuen And Took The Tablet Of Destinies Back To Where It Belonged. This Made All Of The Anunnaqi Very Happy, And Ninurta Received The Title Superb Ninurta. Ninurta Then Fell In Rank With His Father Enlil And The Title Fifty.
Ques: What Do You Mean By Rank?

Ans: Twelve Of The Anunnaki Have A Rank. Anu Is The Highest Of All The Ranks, Which Is The Number 60, Then Enlil He Is 50, And Enqi He Is 40, Nannar 30, Shamash 20 And Adad Was 10. The Number 10 And Its Six Multiples Within The Prime Number 60 Were Thus Assigned To Male Deities, And The Numbers Ending With 5 Were Assigned To The Female Deities; Like Antu Was 55, Mulliltu (Ninlil) 45, Ninki 35, Ningal 25, Ishtar 15 And Ninti 5. Murdoq The Son Of Enqi And Damkina Had No Rank Because He Was Not The Son Of A Direct Descendant. Where As Ninurta Was The Son Of Enlil And His Half Sister Ninti, Who Also Used The Title Ninlil (Lady Of The Heavens) At One Time. When Murdoq Defeated Tiamat In The Battle, All Of The Anunnaki Had To Bestow On Him 50 Names, And That Signified That The Rank 50 Had Become His Also.
The Spell Has Brought About A Lack Of Discipline, Disorganization And Chaos. Nubian People Today Have Lost Their Self Discipline From The Way They Act, Talk, Dress And Eat. You Are Unable To Bring Yourself Out Of The State You Are In Because, You Always Create Excuses For Being The Way You Are And The State You Are In. For Example: If You're A Tramp You Lack Discipline, Because You Can't Control Your Own Desires. If You're An Alcoholic, You Lack Discipline Because You Can't Control Your Drinking. And If You Are A Glutton You Lack Discipline, Because You Can't Control Your Eating. You Always Find Excuses And Blame Someone Else For Your Condition Instead Of You Making The Change And Disciplining Yourselves. ou Can't Stop Your Bad Habits. Without Discipline. This Is All A Part Of The Hypnotic- Spell,. Keep The Nubian Suppressed And In A Depressed State Of Mind. That's Why I, DR. MALACHI Z. YORK Am Here. For My Job Is To Break The-Spell, Of Ignorance That Has Been On Nubians With RIGHT KNOWLEDGE, RIGHT WISDOM
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And RIGHT OVERSTANDING, Which Leads Into RIGHT THINKING, NUWAUBU The SCIENCE OF SOUND RIGHT REASONING. First You Must Begin With DISCIPLINE.

**Discipline And Organization**

Ques: How Do We Discipline And Organize Ourselves?

Ans: Self-Control Or Discipline And The Ability To Organize Is A Necessity In Nuwaubu. Every Aspect Of Nuwaubu Is Order And Discipline From The Physical To The Spiritual. In Order For You (Children Of The Eloheem) To Be Accepted In The Eyes Of The Most High You Must Constantly Make An Effort To Control The "I" And Ego And Practice Living A Life Of Order And Discipline. The Ego, Is The Self-Arrogating Aspect Of The Mind. It Is The Ego Which Separates The Individual From Unity With Others And Within Him Or Herself, For The Ego Asserts "1-Ness".

Ques: What Is Ego?

Ans: The Ego Is The Greatest Obstacle To Peace, For It Is That Which Occupies The Mind With Whether We Are Better Or Worse, Possess More Or Less, And Have Greater Or Lesser Power Than Others. The Ego Is Attended By Desire, Pride, Anger, Delusion, Greed, Jealousy, Lust, Hatred, Racism, And Leadership. The Ego Is The Most Difficult Aspect Of The Mind To Control, For Its Nature Is Such That It Deludes Even While One Is Striving To Overcome It. When The Ego Is Subdued, Energies Can Then Be Utilized Constructively For Personal Growth And The Service Of Others (Refer To "The Mind", Scroll #71).

**Uprooting Ego**

Ques: How Can We Uproot Ego?


The Petty Obstinate Egoism Behind The Mask Of The Human Personality Is One Of The Biggest Hurdles To Overcome, For It Veils The Light Within, Supports Sur-Face Thoughts, And Perpetrates It's Own Habitual Feelings And Actions. This Lower Self-Arrogant Nature Must Be Whittled Down, For If It Persist In Retaining Its Limited, False Values, No Amount Of Spiritual Practice Will Bear Fruit. Too Often People Profess Of Being Righteous, Yet They Are Unwilling To Eradicate The Lower Nature And Change The Old habit : Clinging To Them The Refuge Even to Admit The Need For Change. This Type Of Individual Will Never Make Any Real Progress, For Without Radical Transformation Of The Lower Nature, One Goes Nowhere.
It is not easy to change deeply ingrained habits, and the sincere person who's just attempting to change often feels helpless against them. By regular spiritual practice, untiring selfless service, association with spiritually minded people, and strong determination to eradicate egoism, a powerful but selfless will is developed. One must introspect and discover all weaknesses and defects. The transmitting of a lower nature to a higher nature demand full and heartfelt dedication.

Sometimes the old personality attempts to re-establish itself. Even after years of purifying, obstinately self-assertive, and self-supportive by the lower mind and will, it can make the aspirant incorrigible, unruly, arrogant, and impertinent, identifying with the ego, he or she breaks all the rules and disciplines, revolts against all things, and all is ever ready to fight with those who are unwilling to respect his or her views and opinions. Wallowing in self-justification, and denying faults and defects, the person may be unaware of the effects of his or her actions, for the intellect has been clouded by impurities, not knowing what he or she means and not meaning what he or she says, he or she is too self-willed and self-satisfied to see the error of his or her ways.

One who is not straightforward and cannot keep discipline or open his or her heart to others, cannot be helped by any teacher. Nothing can help one who deliberately shuts his or her eyes against the truth. Such a person, instead of making progress along life's path, remains stuck in the mirror of his or her own creation.

If there is any recognition that something is wrong, the slightest attempt to improve, or even a slightly receptive attitude, then the errors can be corrected. One who is frank with his or her teacher and him or herself, begins to realize the nature and source of his or her defects; he or she is soon on the way to improving his or her life.

You must begin by building a strong community foundation as those who walked the Siraat Al Mustaqiym (The Narrow Path) as the ones who did before you. In following the experience of past events you can see what does not work. Eter together; who have plan, who practice teamwork. As we unfold our creed and program, we endeavor to furnish the human race with all these essentials, and more.

El's Holy Qur'aan 13:1-3 (Original Order)

Persian Arabic Script

وايَرَى اِلْحُضْرٌ أَنَّ الْإِنسَانَ لَعِبْسُهُ إِلَّا أَنْ يَنْتَهِي إِلَّا أَنْ يَعْسَلْ وَعَفَّى مُفْلِحِيْت وَتَوَاصَّوْاْ بِالْحَقِّ وَتَوَاصَّوْاْ بِالصَّبْرِ

WA (AND) AL-'ASR (THE SQUEEZING) IN-NA (SURELY) AL-INSAA'NA (THE ENOSITES) LA-FEE (VERILY ARE IN) KHUS-RIN (A DEFEAT, LOSS) IL-LA (EXCEPT) AL-LAZEENAA
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(For Those Who) AA-Manoo (They Are Faithful) Wa (And) A-Miloo (They Work) Al-Saa-Lihaat (The Perfection) Wa (And) Ta-Waa-So (They Are Advocating) Be-Al-Haqq (With The Facts) Wa (And) Ta-Waa-So (They Are Advocating) Be-Al-Sab-Ri (By The Patience).

And Al 'Asr, 'The Time When The Squeezing Of Enosite's Soul, Will Be Squeezed' His Body. Surely, This Is The Age When The Insaan /Enosites Are Overcome By Defeat, 'Khusr.' Except For Those Who Are Faithful And 'Amil, 'Work' To Al Saalihaat, 'The Perfection Of Their Beings' And Are Advocates Of Al Haqq, 'The Facts,' And Patience And Endurance, 'Al Sabr.'

Right Translation In Ashuric/Syriac (Arabic) By:
Dr. Malachi Z. York
Mistranslation By Abdullah Yusuf Ali 1938 A.D.

Koran 103:1-3 (Wrong Order)

"By (The Token Of) Time (Through The Ages), Verily Man Is In Loss, Except Such As Have Faith, And Do Righteous Deeds, And (Join Together) In The Mutual Teaching Of Truth, And Of Patience And Constancy."

Foundation

Ques: How Do We Build A Foundation?

Ans: A Firm Foundation Is The Beginning Of A True Child Of The. Eloheem. When You Are Stable Emotionally And Utilize Sound Right Reasoning And Are Practical And Honest Yet, Critical And Skeptical, It Raises The Character To Re-Join Its Divine Oversoul. It Is Easier To Endure If One Is In Control Of The Intake, Digestion And Dissipation Of Information They're Confronted. With Daily. The Doctrine Is Not Only For Those Who Do Not Know The Truth, It Is Also For Those That Are Striving To Be The Best Examples. This Includes Those Within The Tabernacle That Are To Be Counted As Well As Those Outside Of The Tabernacle Who Aspire To Enter Within And Are Seeking Right Knowledge And Will-Eventually-Adhere To The Laws Of The Most High And Become A Part Of The Family Of The Holy Tabernacle Ministries.-And By The Same Token, Once You Are In The Tabernacle, You Should Not Make The Mistake That Most People Make And Think You Have It Made, Just Because You Are A Part; Then You Lessen Your Aim To Purify Your Soul. For You Are The Same Inside As You Are On The Outside And That's A Fact.

Keep The Facts - As The Truth - As Goodness

Living Together As One People, As A Nation, As A Family, As A Tribe; For, Of And By Each Other Is What The Most High Ordained. Facts Are The Foundation On Which To Build A Strong Community And Nation; Meaning Everything Is. Based On What The Most High Says
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El's Holy Qur'aan 87 (Original Order)

Persian Arabic Script

الذين يؤمنون بالله ويقيمون الصلاة وهم أرثّنهم يفقهون والذين يؤمنون بما أنزل إليك وما أنزل من قبلك والأخرّة وهم يوقون

(AND) AL-LAZEENA (THOSE ARE THEY WHO) YU-MENOO-NA (ARE FAITHFUL) BE-MAA (TO WHAT) UN-ZE-LE (WAS SENT DOWN) ELAYKA (TOWARDS YOU) WA (AND) MAA (WHAT) UNZELA (WAS SENT DOWN) MEN (FROM) QAB-LEKA (BEFORE YOU) WA (AND) BE AL AAKHIRA-TE (IN OF THE END) HUM (THEY) YOO-QE-NOONA (WILL CERTAINLY BE SUCCESSFUL).

These Are They Who Are Faithful To What Was Sent Down To You, Muhammad, And What Was Sent Down Before Your Time; That Is The Other Scriptures And Tablets, And In The One To Come They Will Certainly Be Successful.

Right Translation In Ashuric/Syriac (Arabic) By:

Dr. Malachi Z. York

Mistranslation By Abdullah Yusuf Ali 1938 A.D.
Koran 2:4 (Wrong Order)

"AND WHO BELIEVE IN THE REVELATION SENT TO THEE, AND SENT BEFORE THY TIME, AND (IN THEIR HEARTS) HAVE THE ASSURANCE OF THE HEREAFTER."

Responsibility

Ques: What Is The Main Part Of Upholding A Tabernacle?

Ans: Responsibility Is The Main Part In The Tabernacle. It Is The Ability To Respond To Certain Protocols, Commands Or Obligations.

Ques: What Is The Responsibility Of The Female?

Ans: First She Must Choose A Healthy And Intelligent Husband That She Can Love And Cherish For The Length Of Their Lives; Remember Beauty, Muscles And Handsomeness Fade In Time. She Must Provide A Strong Supporting Environment, A Clean House And She Must Work Hard To See That Her Family Has Nothing But The Best.

Her Responsibility Is To Acquire A Good Academic Education To Help In The Family Business Or In The Event Of Her Husband's Illness, She Will Be Able To Perform His Job As Provider For The Family Until He Is Able.

She Should Know How To Cook, Sew, Clean And Maintain Her House, How To Operate All House Hold Machinery, Know Herbology And Natural Cures, C.P.R (Cardiac Pulmonary Resuscitation), The Heimlich Maneuver, Have A Little Medical Knowledge And Know How To Use A Computer. She Should Know How To Style And Cut Hair, Nails, Fix Things Around The House, Drive, Protect Her Family At All Times, Survival Tactics, What To Do In The Case Of Emergencies And Physical Grooming.

She Should Utilize Her Talents To Support Her Family, Be Well Informed In Order To Keep Her Family Abreast Of Current Events That Affect Their Lives; Keep Abreast Of Community Events, Family's And Relative's Health Conditions To Make Sure That Cards Of Respect And Concern Are Up To Date.

She Must Have Virtues To Set An Example And Be A Role Model For Her Children. She Must Be Loyal To Her Husband And Discipline Herself In Order To Keep A Respectful Relationship, In Order To Maintain Honesty And Integrity. She Must Control Her Emotions And Be Strong Under Pressure And Keep Her Promises And Not Endanger The Family By Violating The Laws Of The Country, State Or City In Which They Live.

Ques: Are There Virtues Of A Woman In Nuwaubu?

Ans: Yes.
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The Ten Virtues Of A Woman In Nuwaubu

A. She Must Always Be Clean.
B. She Must Always Smell Good.
C. Obey Her Husband.
D. Be With A Smile.
E. Do Everything To Make Her House Comfortable.
F. Take Care Of Her Children.
G. Always Be Beautiful In Front Of Her Husband.
H. Help Others Kindly.
I. Be Quiet When Angry.
J. Keep Herself From Disagreeableness, And Not Give Herself To Any Other But Her Husband.

Ques: How Has Today's Society Prepared The Female For Womanhood?

Ans: In Today's Society, Where Everything Is New And Innovative, Women No Longer Have To Be Women. When A Woman Prepares A Meal Today, It Takes No Time At All, With Today's Innovations. Now All She Has To Do Is Open A Can And A Meal Can Be Prepared In A Matter Of Minutes In The Kitchen. Therefore When Your Daughter Is Watching You In The Kitchen, Opening Cans And Popping Prepared Foods Into The Microwave Oven, She Is Saying To Herself, "Is This All There Is To Being A Woman?" If Your Daughter Is Walking Around With That Type. Of Attitude About Womanhood, Then She Has Not Been Properly Nurtured And She Does Not Have The Correct Concepts Of What The Responsibilities Of A Woman Are.. Thus, Her Foundation As A Woman In Nuwaubu Is Not A Firm One And She Will Definitely Fail As A Wife And A Mother. The Young Girl Must Be Reared To Know That One Day She Will Become The Backbone Of Her Nation And She Must Stand Tall And Firm And Take Pride In Her Responsibilities As A Woman.

The Evil One Creates A Society In Which Both The Mother And Father Have To Work. Thus, You Go To Work At 7 A.M. And Get Home At 6 P.M. And So To Make Up For This Loss Of Time, He (The Evil One) Created "Fast Foods", Which Take The Love And Care Out Of Preparing Meals. Once All Of These Jewels Are Removed, Then A Woman's Only Value Is Sex.
He No Longer Looks To Her For Home Cooked Meals Or Someone To Lean On At The End Of
A Rough Day Or Someone Of Real Value. So All That Is Left Is For Him To See Her As
Something To Lay Down With, And Now A Man Can Buy Sex, From Call Girls, Or Prostitutes.
Also If A Relationship Is Based On Sex And There Is Hardly Any Communication When The
Women Gets Older, And Starts Having Children, Nature Will Begin To Take A Toll On Her
Body. This Will Eventually Have An Effect On Their Relationship Because Their Relationship
Was Only Based On Sex. When He Sees A Young, Vibrant, Attractive Woman He Will Be
Attracted To Her And Turned Off By His Own Wife When Their Relationship Should Have
Been Based On Friendship And Communication First.

Ques: What Should A Woman Know In Order To Be A Responsible Mother And Wife?

Ans: She Should Know That When She Prepares Food For Her Family, It Is Prepared With Love
So That The Food Becomes A Meal And Not Just Food. Food That Is Prepared With Love
Nourishes The Body. She Should Teach Her Daughter Such Things As How To Make Bread
From Scratch, How To Weave Cloth To Make Fabric For Sewing Clothes, Etc.

She Should Know That There Is A Special Feeling Of Contentment And Inner Satisfaction In
Sewing And Pressing Her Husband’s Clothes And Having Him Look Immaculate In The Eyes Of
His Peers. Wherever He Goes, People Will Know That She Takes Good Care Of Him From
Washing And Pressing His Clothes To Shining His Shoes, Just By Looking At Him.

A Woman Is To Be More Than A Cook Or A Sewer Or A Cleaner, She Is A Doctor, A
Nutritionist, A Psychiatrist, A Bookkeeper, An Accountant, An Analyst, And A Healer. She
Must Be An Evaluator Of Nutrition. As You Grow, Your Body Is Aging. Nutritionally Speaking,
The Foods That You Eat Should Be Foods That Will Preserve The Body While It Is Aging.
Since The Wife Is The One That Prepares The Meals, She Should Know What Type Of Foods
Are Good For The System And What Type Of Foods Mix Well In The Stomach, Etc. She Should
Be Feeding Her Husband Foods That Promote Longevity, So That He Will Not Become
Impotent.

A Woman Should Be Sensitive Enough To Know When Something Is Wrong With Her Husband
And Her Children And She Must Be Able To Reach, Console And Comfort Them. If A Woman
Cannot Reach Her Husband Mentally And Console Him When He Is Down, Then He Will Seek
Consolation And Comfort Elsewhere And It Is Usually With Alcohol Or Another Woman. He
Will Sit In A Bar And Drown His Sorrows In Alcohol. And Spell It Backwards You Get The Word
Bar, Which Is The Ashuric/Syriac (Arabic) Word For "Sustainer". This Is One Of The Ways The Evil One Has Tampered With Words By
Placing Hidden Meanings In Them.

Ques: What Is This Society Geared Towards?

Ans: The Evil One Has This Society Set-Up Where Everything Is Geared Towards
Self-Destruction, And The Man, With All Of His Responsibilities, Is The Prime Target. He Is
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The Breadwinner And The Provider. As A Child Of The Eloheem In The Western World, Life Is Made To Be Hard And To Work Against You. This Society Makes A Man Work On Friday With The Stipulation That If You Don't Work On Friday You Will Not Be Able To Work At All. Every True Child Of The Eloheem Knows That Friday Is The Day Of Gathering. Everything In This Society Is Structured To Work Against Nuwuabu. It Is The Responsibility Of The Man To Provide. The Most High Created Some Of You (Men) A Notch Above The Others (Women); Meaning That Men Shall Provide For The Women (Refer To "The Holy Tabernacle Family Guide", Page 100).

El's Holy Qur'aan 92:34 (Original Order)

Persian Arabic Script

الرجلاء قواهم على النساء، بما أنضمن الله بعضهم بعضًا، على بعض و بسما نفزوا من أمرهم، فأصابحت جنبات حفظت لله بحلفا، تامة تطوعًا

إله يعز، وأنفاسكم، وإله يعز، وأهجروها في المضايقات، وافضوها، فإن أطعناكم، فلا بعثوا عليهن سبيلاً، إن الله كنتم عليه صابرين.

AL RIJAAL (MEN) QAWWAMOON (ARE TO BE MAINTAINERS) ALAA (OF) AL NISAA (ENOSITE WOMEN) BIMAA (BY WAY OF) FADDALA (HAS PREFERRED) AL-LAH (THE SOURCE) BADAHUM (SOME OF THEM) ALAA (OVER) BADIN (OTHERS) WA (AND) BEMAA (BY WHAT) ANFAQ00 (THEY SHARE WILLINGLY) MIN (FROM) AMWAALIHIM (THEIR OWN WEALTH) FA AL SAALIHAAAT (THE WOMEN WHO ARE WORKING TO PERFECT THEMSELVES) QAANITAAT (OBEY WILLINGLY) HAAFIZAAT (GUARDING) LE AL GHAYB (BY NOT BEING SEEN) BEMAA (OF THAT) HAFIZA (HAS GUARD) AL-LAH (THE SOURCE) WA (AND) AL-LATEE (FOR THOSE) TAKHAAF00 (WHO YOU ALL FEAR) NUSHUZAHUNNA (LEAVE THE HOUSE) FA IZUUHUNNA (THEN GIVE THEM STRONG RELIGIOUS WARNINGS) WA (AND) AHJUROOHUNNA (GO TO BED WITH THEM) FEE (IN) AL MADAJJ-E (BEDS) WA (AND) ADRIBOOHUNNA (YOU ALL CAN HIT THEM) FA-IN (AND IF) ATAANAKUM (THEY OBEY YOU ALL) FALAA (DON'T) TABGHOO (YOU ALL SEEK) ALAYHINNA (UPON THEM) SABEEALAA (A PATHINNA (SURELY) AL-LAH (THE SOURCE) KAANAA (IS) ALIYYAAN (HIGHEST) KABEERAAN (OLDEST, BIGGEST).

Men, Are To Be The Maintainers, Providers Of Enosite Women, By What The Source Has Preferred; Some Of Over Others Women, And By What They Share Willingly, From Their Own Wealth; Men Ate To Take Care Of Their Women's Needs. So, The Women Who Are Working To Perfect Themselves,-Are- The Ones Who Guard Themselves, By Not Being Seen By Everyone - Not Going Out, Into The World As Allah Has Ordered Them To Guard Themselves; And As For Those Who You Fear, Will Leave The House, Give Them Strong, Doctrinal Warnings, And Don't Go To Bed With Them - Have Sex; And If You Have Reason To Hit Them, But If, They Obey You, Don't Seek, Or Desire A Path Against Them Don't Seek To Do Them Harm. Surely, The Source, Allah Is Al Aliyyu, Elyown Elyown El, And The Oldest.
Koran 4:34 (Wrong Order)

"MEN ARE THE PROTECTORS AND MAINTAINERS OF WOMEN, BECAUSE GOD HAS GIVEN THE ONE MORE (STRENGTH) THAN THE OTHER, AND BECAUSE THEY SUPPORT THEM FROM THEIR MEANS. THEREFORE THE RIGHTEOUS WOMEN ARE DEVOUTLY OBEDIENT, AND GUARD IN (THE HUSBAND'S) ABSENCE WHAT GOD WOULD HAVE THEM GUARD."

Ques: What Is The Responsibility Of A Man?


His Responsibility Is To Provide An Above Poverty-Stricken Environment By Working Hard To See That His Family Has Nothing But The Best And Earn A Living Honestly And Honorably. He Is To Know How To Repair And Fix Things Around The House. His Responsibility Is To Know How To Drive Everything On Wheels. He Is To Protect And Guard His Family At All Times. He Is To Know Survival Tactics; What To Do In Case Of An Emergency. His Responsibility Is Setting An Example And Being A Role Model For His Children. He Is To Be Loyal To His Wife And Discipline Himself In Order To Keep A Respectful Relationship. He Is To Maintain Honesty And Integrity.

His Responsibility Is To Not Endanger His Family By Violating The Laws Of The Country, State And City In Which They Live. He Is To Control His Emotions And To Be Strong Under Pressure And Always Keep His Promises. He Is To Be A Father For His Sons And His Daughters, And He Is To Be A Husband For His Wife. He Is To Set An Overall Good Example For His Family As Well As Be An Upright And Noble Member In The Family Of The Holy Tabernacle. He Is To Be A Hard Worker, Following The Laws Of NUWAUBU At All Times.


Within The Tabernacle There Should Be Employment. There Should Be Shoemakers, Dressmakers, Etc. There Should Be Accountants, Lawyers, Doctors And A Police Department All, Set Up Within The Tabernacle. Otherwise Living The Way Of Nuwaubu Would Be Impossible. If The Man Has To Go Out And Work For Someone Else, Then Bring That Money
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Ques: What Happened To All The Other Organizations That Existed Before The Holy Tabernacle Ministries?

Ans: The Sunni Muslims That Have Existed In The World Prior To The Holy Tabernacle Ministries Don't Even Have The Ability To Come Together And Be Cohesive And Organize As Well As We Do. Why? Why Did The Holy Tabernacle Ministries Come Along In 1970 A.D. (As Ansaar Allah) And They (Sunni Muslims) Were Here Since 1914 A.D., And We Are Able To Establish Tabernacle Living? The Answer Is Simple. Because Of The Principle Of Living For, Of, And By Each Other. The Men In The Tabernacle Are Constantly Taught That They Have A Responsibility To Provide For The Women And Children.

The Concept Of "I Am A Black Man And I'll Make The Money On My Own" Does Not Apply Within A Tabernacle. You Don't Eat A Meal Today And A Snack Tomorrow Because You Have Too Much Pride. Pride That Is Based On Tissue Paper Means Nothing. By That I Mean, Pride That Is Based On Different Black Leaders, Telling You What You Are And Were, Hindering You From Becoming Something, As Opposed To Telling You What You Are Not, Giving You The Ability To Stand Up And Become Something Of Worth. The Nubian Man And Woman In America Doesn't Have Anything To Be Proud Of Until They Are Buying From Each Other And Selling To You (Nubians); The Italians Buy From Each Other And Sell To You (Nubians); The Chinese Buy From Each Other And Sell To You. But Who Does The Nubian Buy From? He Buys From The Jews, Italians And Chinese. And Who Does The Nubian Sell To? No One!

Ques: Does Just Having A Child Makes A Man A..Responsible-Father?


Ques: If A Man And Woman Are Having Problems In Their Relationship, Should They Stay Together For The Children?

Ans: Firstly You All Make Mistakes And You Could Have Made Mistakes In The Spouse That You Chose. Blind Love Is For Those Who Are Blind And Do Not Wish To See The Faults Of Their Partner. I Don't Suggest An Abrupt Divorce Unless There Is The Threat Of Danger, A
Lack Of Provisions For The Family, Or Disloyalty. So If You Choose A Spouse, It Is Best To Investigate His/Her Family, Their Health Background, Their Mental Stability And Their Genetic Involvements. Be Extremely Careful In These Days And Times, For Great Deadly Diseases Plague The Human Body. Don't Be A Victim Of Your Lust To Your Death. For The Children's Sake If Any, Don't Stay In A Bad Relationship, It Can Affect Their Lives. If A Man Is Not A Provider, Which Is The Most Important Aspect Of A Man, Move On With Your Life Before It's Too Late. If A Woman Does Not Do Her Part As A Female, Move On. Remember, Women And Men, Whom You Meet At Parties Are Just That, Party-People. You Don't Go In A Night Club To Find A Wife/Husband, You'll Find A Night Club Girl/Guy.

Being A Nubian In America, You Are Forced To Provide The Things That This Society Has To Offer, If You Are Going To Put Your Child In The Mainstream Of America. By That I Mean, If There Is A Christmas Celebration Every Year In Which Children Receive A Lot Of Gifts, And Your Children See This, Whether They Are In A Religion Or Not, They Will. Want To Participate. That Is Why I Have Incorporated Our Own Celebrations And Holidays, Into Our Culture, And Way Of Life, So That Our Children Won't Feel Deprived. (Refer To "The 1996 Calendar"). Def - n Are Insane hi • - our Worldwide Killers, Drug Addicts, Murderers, Etc. Are Usually Adults That Were Deprived One Way Or Another During Their Youth. If You Are Going To Have A Peaceful Environment In America, Then You Must Adjust Your Environment To Suit America. Otherwise, If You're Going To Use Afghanistani Principles, Then You Should Be Living In Afghanistan And If You're Going To Use Saudi Arabia As Your Principles, Then You Should Be Living In Saudi Arabia.

Ques: What Is Our Language?

Ans: A True Child Of The Eloheem Should Have Their Own Language And Should Know How To Speak Their Language. This Is Why I Have Instituted Our Own Language Which Is Nuwaubic. Nuwaubic Is A Combination Of The Nubian Dialect The Ancient Cuneiform, Chaldean, Akkadian, Ashuric, And Aramic Languages. And No Matter What Country They Are In, It Is The Responsibility Of Both The Mother And The Father To Know The Language Of The Scriptures.

We Are Now Renewing Ourselves With Our Own Culture, Our Own Commitments, Our Own Name, Nuwaubians, Our Own Land. Mother Earth, Our Own Scriptures Which Is The Holy Tablets, And Naturally Our Own Language, Nuwaubic.

Having To Speak English (Someone Else's Language) Is Crippling To The Children And Also To Nuwaubu. Speaking English To Your Children Manufactures Renegades. A Renegade Is One Who Rejects His Religion, Cause, Allegiance, Or Group, For Another Group. All Of The Sunni And Shi'ite Muslims In America Who Belong To Different Groups And Sects And Who Do Not Speak The Original Language, Are Subjected To Men's Interpretations And Translations And Thus Men's Opinions And They Can Be Persuaded Into Wars, Rivalry And Sectism (Qur'an 3:105).
If all of the Muslims that you meet on a day-to-day basis were fluent in the Ashuric/Syriac (Arabic) language, they would be able to throw away all of their English translations and interpretations and confront the Qur’aan for what it says in the Ashuric/Syriac (Arabic) language. Because they are looking through the eyes of other men; the men become the women in the respect that they have to rely on someone else (Refer to "Is The Koran Authentic?", Scroll #118). Therefore, it is the man's responsibility...

To come together with other men and form a tabernacle. A tabernacle where everyone can live together is your Garden of Eden, where you shape the environment and you grow and nurture every plant, fruit, tree and every seed in the garden. This is done for the sake of the children, so that they will see what they are to become.

For example, you cannot be a true Muslim in America, living in New Jersey, visiting a masjid in New York on 72nd Street, where a multitude of men with different economic backgrounds and statuses, different educational levels, pile into one room for a 2-hour lecture on Friday. After which, they disperse back into the world. Some are vendors, some go to offices, some hold political positions and still some are visitors. It is the women and the children that suffer. The sole purpose of the tabernacle is to raise pure children together with pure souls, and not instilling the- "I-Ness" inside their minds. They should be taught that working together is the best way to get a job done better, not alone.

**Individualism**

**Ques:** What Causes Individualism?

**Ans:** As previously stated, it is the ego that separates the individual from unity with others making the individual see himself, or themselves as better or different from others. Nature decrees that the higher species look after its brother's life and guard against enemies. This philosophy being an aider of Ansaarullah, and not to each his own, or false loyalty. We as children of the Eloheem and the children of the Most High are responsible for the other animals of this most beautiful gift, the planet Tiamat (Earth).

Beware of introverts, or those who seem as such. An introvert is a person whose thoughts and interests are directed inward. They can be hypocrites. Some will come out of themselves when it is convenient for them. They hide from society so that no one can ever point the finger at them. But when it comes to something or someone that they like, they open up and let loose. Some open up when it is time to eat; they become a different person. Introverts do not want to face life. The Most High placed you on this planet to live and die and you have a span of time to make yourself known. The Most High does not intend for you to be alone, sitting off in a corner somewhere with idle minds. An idle mind is the evil one's playground (Proverbs 19:15). Communicating with others daily keeps your mind free from idleness.
Ques: What Is The Best Way To Communicate?

Ans: Communicate With Others Positively. It's The Lack Of Communication That Causes All Problems. Do Not Assume What You-Think Someone Might Say And Relay It To Others, And Don't Expect Someone To Know What You Are Thinking. -If-You -Want Or Need-Something Ask For It In A Courteous Manner. Also If You Have A Problem, It Is Best To Discuss It With The Person Or Persons And Solve It At The Time It Happens. Within The Holy Tabernacle, Communicating In Nuwaubic Is Necessary. Nuwaubic Is Your Own Language Whose Origin Began With The Huwa Symbol ( ), Which Is The Symbol Of Love In Every Language (Refer To "Nuwaubic: Our Own Tongue", Scroll #7). I Have Chosen To Call This Language Nuwaubic Because It Is Based On A Style That Originated With The Nubians, Browns And Latins Of Your Past Culture.

It Is Your Responsibility As Children Of The Eloheem To Spread Nuwaubu, Which Is Right Knowledge. (Facts, Beyond Any Doubt); Throughout The World. And Also To Become Worthy, Once Again In The Eyes Of-The Most High In The Holy Tabernacle Ministries, There Are Leaders And Teachers Who Help Teach And Spread Nuwaubu To Those Who Seek The Facts.

Leadership/Authority

Ques: What Are The Aspects Of Good Leadership?

Ans: A Leader Is A Person Who Directs Or Guides A Group Of People. He Is A Person Whose Leadership, Example, Pattern Or Model Should Be Followed. However, In This Day You Have Very Poor Examples Of Leadership, From Your Political, To Your Religious, To Your Social Leaders. Don't Be Fooled By These So-Called Leaders Like The Moorish Americans, Nation Of Islam, Five Percenters, Bilaalians, Sunni Shi’ite, Etc. Who Still Have Their Congregation Running Around Playing Muslim With The State The Islamic World Is In. They Need To Be For Real And Realize The Dangers That Their Ignorance Can Get Their Followers In. This Is Also Their Ego At Work. A Leader Knows When His Followers Are In Danger And Has The Ability To Guide Them To Safety. A Person In Whom All The Qualities Essential For Good Leadership Should Be Evident In His/Her Actions As Well As Their Conduct Being Able To Lead The Way Through Various Situations And Can Be Trusted With Your Life Both Physically And Mentally. And As A Leader, He/She Has The Authority To Make Decisions Backed Up By The Power To Enforce Them.

Isaiah 55:4

Modern Hebrew Script

ךז הילאמים יושרו יבדר יקחוה לאמים:
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Behold, I Have Given Him For A Witness To The People, A Leader And A Commander To
The People.

Right Translation In Aramic (Hebrew) By:
Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"BEHOLD, I HAVE GIVEN HIM FOR A WITNESS TO THE PEOPLE, A LEADER AND COMMANDER TO THE PEOPLE."

The Above Quote Confirms The Fact That A Leader Should Be An Example For All To Follow And Who Follows The Best Of Examples. In Order To Maintain. A Structured Environment For The Sake Of Your Children; erative That You Obey And Adhere To The Commands Of The Leader, Who Should Be Following The Laws Of Nuwaubu. A Leader Can Appoint An Assistant, Whose Job It Is To Carry Out The Other Responsibilities Of The Leader And To Enforce The Laws That Are Created by The Leader. In Nuwaubu We Have What Are Known As Divine Laws; Which Are Permissible And Prohibited. These Laws Are Usually Established By One Whose Words Carry Weight And Has Much Respect. The Assistant Upholds The Rules Of The Tabernacle That Are Made By The Leader, In Accordance With The Holy Scriptures And The Land In Which The People Live (Qur’aan 4:59).


Commitment/Obligation

Ques: What Are Our Obligations As Members Of The Holy Tabernacle Ministries?

Ans: It Is Important, When Living In A Tabernacle Environment, To Always Remember Your True Purpose For Being There. You Have Chosen Of Your Own Free Will, To Submit To The Most High. Your First Priority Is The Survival, Expansion And Advancement Of The Holy Tabernacle Ministries. To Achieve This Goal At No Price Is Too High, No Sacrifice Is Too Great, And We Will. And We Must Utilize Any And All Means Necessary To Achieve This Paramount Goal. Then And Only Then Can We Help All Others.

The Children Of The Eloheem Take This Stand: Yes We Are Proud To Be A Family, Living For, Of And By Each Other. We Are Prejudiced In Favor Of The Human Race At All Times, In All Things. We Are All The Children Of The Most High Of The Soul Of Nubia From One
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Common Ancestor Family-The Eloheem (Anunnaqi) Who Came Down To The Planet Earth. Only We Call This Loyalty, And Anyone Who Is Not Loyal Is Only For Themselves. We Only Seek And Accept The Facts, Not Beliefs, Or Myths.

What We Accept As Fact

The Daily Affirmation Of Loyalty Of The Children Of The Eloheem

1. We Accept As Fact The Eternal Laws Of Nature As Revealed Through Science, Past Events, Logic, And Common Sense Revealed As Right Knowledge, Wisdom And Overstanding.

2. We Accept As Fact The Highest Laws Of Nature Is The Cooperation And Harmony Of All Living Things.

3. We Accept As Fact Our Way Of Life As A Means To The Best End.

4. We Accept As Fact That Loyalty Is The Greatest Of All Honors And Treason Is The Worst Of All Crimes.

5. We Accept As Fact That What Is Good For The Holy Tabernacle Is The Highest Virtue And What Is Bad For The Holy Tabernacle Is The Ultimate Evil.

6. We Accept As Fact That The Holy Tabernacle Is The Finest And Noblest Organization For All Humanity Created By Circumstances.

7. We Accept As Fact That Creativity, Love, And Cooperation Are The Essences Of Success.

8. We Accept As Fact That Truth And Facts Are Always And Has Always Been The Originator And Creator Of All Success.

9. We Accept As Fact That All Worthwhile Cultures And Civilizations Came About From The Ancient Sumerians And The Eloheems From The Heavens, Without Which There Would Be None.

10. We Accept As Fact That For The Holy Tabernacle To Survive, Expand And Advance We Need First Of All, A Revolution Of Values And Thoughts Which Must Start Within Each Person By Being Truthful With Themselves And About Themselves. Therefore, We Completely And Categorically Reject All Myths, Fictions, Religions And Lies That Have Not Been Proven. That Would Include Your Heavens, Your Hells, Your Fire And Brimstones, Your Horn And Pitchfork Devils, Your Winged Angels And Your Old Man God Character Sitting On A Throne Up There Somewhere. We Deal Strictly With Facts. If You Can't Prove It We Don't Want To Hear It, That Doesn't Mean We Won't Listen To You, Just Don't Expect Us To Accept Your Beliefs By Virtue Of A Title Such As Reverend, Pastor, Deacon, Imaam, Shaykh, Rabbi, Minister, Theologian, Etc. That Is Your Sensationalism And We Deal With Just The Facts.
The Holy Tabernacle's Guide For Better Living
Purity And Neatness And Maintenance Of Health

We Accept As Fact That The Only True Revolution Is A War Of Good Against Evil, Right Against Wrong, Fairness Against Unfairness, Loyalty Against Disloyalty, Sincerity Against Insincerity, Honesty Against Dishonesty; And This War Is Fought Within Each Person Amongst The Agreeable And Disagreeable Eloheems That Make Up Your Will Power.

We Accept As Fact That The Unity Of Our Community And Its Success Will Only Happen With Cooperation With All Involved.

We Accept As Fact The Total Unification Of All Humanity On The Basis Of Truth, That Is: Accepting People And Races For Who And What They Are, And Respecting Their Culture, Their Languages And Their Beliefs.

We Accept As Fact That The Human Race, Its Biological And Cultural Heritage Is Now Under Attack By Our Own Morals, Our Self-Righteousness, Our Desire To Control Industry; And These Things Attack The Very Existence Of Humanity.

We Accept As Fact That Males As Well As Females Are Equal In All Things And Should Be Dealt With As Partners In All Matters.

We Accept As Fact That No One Race Of People Is Better Than The Other. In Fact, No One Wins The Race In Racism.

We Accept As Fact That Communication Between Different People Is The Cure To The Ignorance That Breeds The Disease Hate.

We Accept As Fact That A Good And Well-Rounded Education Could Prevent Most Of The Ignorance That Plagues The World.

We Accept As Fact That The All Is Just That, The All. You Can't Take From The All, You Can't Add To The All. We Are All Within The All As One. That Is Our Concept Of What You Call A Deity.

TO THE FULFILLMENT OF THESE FACTS WE CHILDREN OF THE ELOHEEM FOREVER PLEDGE OUR LIVES, OUR SACRED HONOR AND OUR SPIRITUAL ZEAL.

NUWAUBU! THE SCIENCE OF FACTS BEYOND ANY DOUBT!

You Are Aiders In The Way Of The Most High. You Must Remain Determined To Eliminate Disagreeableness And Establish Agreeableness. As Striving Children Of The Eloheem, You Are
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Obligated To Justify Your Existence As Firm Followers Of Nuwaubu. You Should Live To Achieve This Aim. The Most High Has Named You As The Best People On The Planet Earth Only Because You Live To Uphold The Truth And Sacrifice, Even Your Lives For This Noble Cause.

Goals And Purposes Of The Community Of Nuwaubu

Our Pledge

We Pledge Allegiance To Nuwaubu For The Unity Of All Nubian (Ptahite, Ethiopian, Kuwshite); And To The Holy Tablets, For Which It Stands; One People, Under The Most High, Indivisible, With Equality And Love For All.

What We Must Do

Let Me Examine Briefly The Importance Of Our Mission Here In The Western World (As Children Of The Eloheem), And How We Have Gone About Instituting Our Ideas, Based Upon The Firmest Of Foundations, Right Knowledge.


Worship/Faith

Ques: Is It Still Mandatory To Perform Selah?

Ans: When I Was Taking You Through The School Of Islaam, You Were Being Taught About Salaat (Selah) Under The Teachings Of Muhammad Son Of Abdullaat And Amina And The Mandi Son Of Abdullah And Aamina (Of Sudan). Muhammad Received The Injunction For Worship In Order That It May Be Brought To The Muslims. It Was Mandatory For You To Perform Salaat (Selah) A Minimum Of 5 Times A Day And A Maximum Of 7; Preferably In Congregation. However, Now I Say You Can Pray Whenever You Feel The Need To. If You Pray When You Feel The Need To Pray, Then Praying Becomes Your Ritual, And It Becomes Something Of Meaning To You, And Not Something Done Because You Are Told To Do It. In Making Selah, You Are Showing The Creator That You Are Not So Proud, Or Full Of Pride To The Point Where Praising The Most High Is Something You Will Not Do. By Making Selah, You Become Closer To The Most High. When You Make Selah, Make It With A Sincere Heart, As If It Were Your Last Selah Before Departing From This World Into The Next (Refer To "What Is Selah?", Scroll #12).
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You Must Study The Holy Tablets. In It Is Your Way Of Life, Nuwaubu. This Confirmation Of Scripture Has No Mistakes And No Contradictions. Learn To Turn To The Holy Tablets Whenever You Are Faced With A Problem; For In It Are The Answers. Constant Recitation Of The Holy Tablets Will Help To Instill It Firmly Within Your Hearts. You Should Also Read "The Unshakable Raatib" Of The Mandi, Scroll #9 And The Book Of Light By Dr. Malachi Z. York Every Morning And After Every Late Afternoon. Although The Raatib And The Book Of Light Are Not A Holy Scripture, They Are However, Books Of Worship For The Pure In Heart; Which Gives One Inspiration To Endure. Within The Confines Of Their Pages. You Shall Undoubtedly Find Words Which Shall Lead Your Soul Along The Path Of Right Knowledge, Facts Beyond Any Doubt. The Knowledge That Is Undeniable.

You Are A Proud People With A Rich Heritage, And Some Of You Possess A Great Deal Of Material Wealth. Living In A Tabernacle Does Not Mean Giving Up That Wealth; It Just Proves That You, With All Of Your Wealth, Are Still Willing To Serve The Most High. It Takes Hard Work, Diligence, Sincerity, Honesty, And Most Of All, Obedience To The Most High, To Endure Life In A Community Based On The Laws Of Nuwaubu. However, Just Remember That Those Who Endure Until The End Will See The Mothership Or Crystal City Coming Down From The Orion Skies As Stated In (Revelations 21:3). Within A Nuwaubic Society You Must Restrain From Habits, Such As Lying, Stealing, Backbiting, Gossiping, Conniving Etc., Which Are All Tools Of The Evil One.

Lying

ues: What Is A Lie?

Ans: A "Lie" "Is A False Statement Or Piece Of Information Deliberately Presented As Being True; A Falsehood, Anything Meant To Deceive Or Give A Wrong Impression. To Convey A False Image Or Impression." Those That Tell Lies Or Invent Lies Are Wicked. A Lie May Be Just Words But It Can Seriously Harm Someone, And Result In Death. And According To The Laws Of Justice, The One Who Initiates Any Wrong Deed Is An Aggressor Whose Wrongs May Cause A Chain Reaction Of Wrong Deeds, Meaning, The Doer Of The Wrong Act Is Responsible For All The Wrongs That Resulted From What He Or She Did. Therefore, The One Who First Sowed The Seed Of Wrongs Must Reap The Whole Harvest Refer To "Breaking The Spell", Scroll #43).

People Tell Lies Everyday; Regardless If They Are Big Lies Or Little Lies, A Lie Is A Lie. And When You Tell Lies, You Create Distrust And Disbelief. You Cause Others To Look At You In A Negative Way. A Person Who Lies Is A Deceitful Person. A Liar Is Also A Concealer Of Truth. And In (Qur'aan 2:6-7) It Says That Those Who Conceal The Truth Are Not Of The Faithful, They Have Seals On Their Hearts And They Will Suffer. And If The Most High Says That Liars Are Concealers Of Truth, And Nuwaubu Is Truth, Then This Means That These Liars Are Concealing The Facts. Anyone Who Tries To Cover The Science Of Nuwaubu Is Definitely Not The Type Of Person To Help Raise A Nation Or Live In A Nuwaubic Society. Beware Of Them, They Will Lead You Astray.
If You Want To Be Trusted, Then You Will Have To Fulfill All Of Your Promises And Keep Your Word. When Someone Trusts You Enough To Tell You Their Inner Most Thoughts And Trust You With Their Belongings, Then They Are Trusting Your Integrity. When Someone Has Integrity, They Adhere To A Certain Code Of Behavior Called Morals And They Respect Others.

You Must Speak The Truth Even Though It Is Bitter To Others. Sometimes The Truth Is More Painful Than A Lie, But It Cures The Sickness Called Ignorance, If You Continue To Lie, Back-Bite, Slander, Steal And Gossip Against One Another, Then You Are No Better Than Anyone Else.

**Slandering/Back-Biting**

Ques: Is There A Difference Between Slandering And Back-Biting?

**Ans:** When You Talk About A Person And Defame Their Name And Injure Their Reputation Or Well-Being; That Is Known As Slandering. You Hear It On The News, You Hear It On The Talk Shows, You Read It In The Newspapers And Slandering Has Become A Part Of Your Everyday Lives. When You Slander Someone's Character Or Reputation, That Is Known As Back-Biting. Back-Biting And Slandering Someone Is Against The Laws Of Nuwaubu. When You Back-Bite And Slander, You Damage A Person's Soul. At The Same Time, You Also Do Damage To Your Own Soul.

**The Holy Tablets**

*Behaymaw (The Human Beast) - Chapter 6*

"I Was Brought To A Gate Of Hell And Showed Human Kind Hanging By Their Hair, And Was Told These Were Those Who Let Their Hair Grow To Adorn Themselves For Sin. (136) Others, I Was Shown Hanging By Their Eyelids That They Had Followers, Their Eyes Were Lustful. (137) Others Hanging By Their Noses, They Had Perfumed Themselves In Sin. (138) Others Again By Their Tongues For They-Were Slanderers. _Others Again-By Their Skin, For They Robbed To Wear Precious Clothes."

**Gossiping**

Ques: Is Talking About Someone In A Positive Form, Still Considered Gossiping?

**Ans:** Yes. However, First Let Me Give You The Meaning Of The Word "Gossip" - "(1) Trifling, Often Groundless Rumor, Usually Of A Personal, Sensational Or Intimate Nature; Idle Talk. (2) A Person Who Habitually Engages In Such Talk"

Gossiping Is When 2 Or More People, Who Are Friends Get Together And Discuss Someone Else. They May Think That They Are Right, But Gossiping, No Matter How It Is Done, Is Wrong. It Doesn't Necessarily Mean A Conversation On Killing Someone Or Scheming Against Someone, Gossip Can Be About Anything. You Can Gossip About A Nation, A Person, Or A Community. It Is A Sick Disease And To Hide Their Own shortcomings. Nubians Suffer From. What Is Known As "The School Of The Monkey". Meaning, They Like To Laugh And Joke In The Face Of Seriousness Instead Of Facing Themselves And Reality. The Caucasian Has Made Nubians Feel So Paranoid And Insecure That They Must Always Talk About Someone Else (Usually Each Other) To Make Themselves Feel Secure And To Keep Others From Talking About Them. Often Times When The Mind Is Idled (And An Idled Mind Is The Evil One's Playground) This Leads To Gossip Which Leads To Slander And Back-Biting. (Romans 1:30).

The Evil One Will Use You Anyway He Can. If He Can Get You To Say Things To Hurt Someone Else And Destroy Their Soul, You'd Better Believe That He Will. People Who Will Say Whatever Comes To Their Minds Are Usually Gossip Spreaders. They Speak Before They Think And They Do Not Take Time To Evaluate What They Are About To Say Or The Effect It Will Have On Others.

A Child Of The Eloheem Will Never Steal, Lie, Gossip, Backbite, Scream, Betray, Connive Or Cover Up For Wrong Doing, For They Will Only Suppress And Repress Everyone's Growth As Well As The Growth Around Them, Or Themselves (Psalms 15:1-3).

Psalm 15:1-3

Modern Hebrew Serint

A MIZ-MORE' (SONG) OF DAW-WEED (DAVID "THE BELOVED"). YAHUWA, WHO WILL GOOR (SOJOURN) IN YOUR 0'-HEL (TABERNACLE)? WHO WILL SHAW-KAN' (Dwell) IN YOUR KO'-DESH (HOLY) HAR (MOUNTAIN)? HE THAT HAW-LAK' (WALKS) TAW-MEEM' (COMPLETE [SPRightly]), AND FA W-AL' (DOES) SEH'-DEK
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(RIGHTEOUSNESS), AND DAW-BAR (SPEAKS) THE EH'-METH (TRUTH) IN HIS LAY-BAWB' (HEART).

A Song Of David "The Beloved". Oh Yahuwa, Who Will Sojourn In Your Tabernacle? Who Will Dwell In Your Kodesh Holy Har "Mountain". He That Walks Complete And Does As A Zodoqite "With Righteousness", And Speaks The Truth In His Heart.

Right Translation In Aramic (Hebrew) By:

Dr. Malachi Z. York

Mistranslation For King James 1611 A.D.

LORD, WHO SHALL ABIDE IN THY TABERNACLE? WHO SHALL DWELL IN THY HOLY HILL? HE- THAT WALKETH UPRIGHTLY, AND WORKETH RIGHTHEOUSNESS, AND SPEAKETH THE TRUTH IN HIS HEART. HE THAT BACKBITETH NOT WITH HIS TONGUE, NOR DOETH EVIL TO HIS NEIGHBOR, NOR TAKETH UP A REPROACH AGAINST HIS NEIGHBOR.

Ques: What Other Disagreeable Habits Should A Child Of The Eloheem Strive To Relinquish?

Ans: Also As A Child Of The Eloheem Know That Hastiness Is An Enemy To Overstanding / And Impatience Will Consume Overstanding; Anger Is The Desires Of The Heart And The Sin Of The Soul Which Make The Spirit Ill. And Lust Can't Be Contained As The Oceans Can't Be Contained, Only You Can Contain Yourselves; For Lust Will Destroy You. Disagreeable Things Should Not Exist In Your Heart.

A Child Of The Eloheem Should Not Be Gullible, And Should Not Easily Accept Any Statement, Belief, Assertion, Or Assumption That Is Lacking In Proof And/Or Is Unreasonable In The Light Of His Own Experiences. Don't Be Superstitious And Do Not Waste Time Giving Credence To, Or Playing Silly Games With Imaginary Spooks, Spirits, Gods, Idols, And Demons.

A Child Of The Eloheem Is Interested In The Future Or Welfare Of/For; Her/His Family, And Shuns Racism Or Any Social Interaction Whatsoever With The Inferior Minds Of The Haters. He/She Should Shun Sexual Discrimination Or Gender Favoritism. Do Not Declare Homosexuals And Lesbians Anything Other Than Fellow Human Beings With Their Own Sexual Preferences. Do Not Whimper, Complain Or Indulge In Self-Pity, But Instead Face Problems Realistically.

A Child Of The Eloheem Gets To The Root Of A Problem And Determines How To Solve Them.; He/She Is Not A Glutton Or Greedy, Never Loud Or Rowdy, Never A Show Off, Selfish, Or Revengeful.
These Were Our Laws On Discipline And Organization, As Well As Commitment And Obligation To Nuwaubu. Now I Present To You The Laws On Hygiene. When You Take Care Of Your Body, You Are Also Taking Care Of Your Soul. A Clean Body, Keeps A Clean Mind And A Clean Heart.

**Purity And Neatness**

**Right Knowledge** Partly Consists Of Cleansing One's Soul And Partly In Keeping Physically Clean And Pure. Purity And Neatness Of The Body Denotes Keeping It Clear Of All External Filth And Adorning It With Neatness And Good Manners. You Were Given The Basic Rules To Follow In What The Body Needs In Order To Be Healthy And Beautiful. A Healthy Body Is Always A Vibrant, Powerful Body Of Energy Coming From One Source. Thus, You Must Follow These Rules In Order To Sustain A Healthy Body Inside And Out.


**Bathing**

There Is No Excuse For A Man, Woman Or Child To Have Odors, Genital Or Otherwise. Odors Are Caused When Bacteria, Normally Present On The Skin, Feed Off Of Secretions And Skin Particles And In The Process, The Bacteria Eliminates Waste, Which Cause The Odor. Nubians Should Be Clean And Smell Good At All Times (As Your Great Ancestors Did Before You). Upon Waking In The Morning Bathe, Brush The Teeth, And Rinse The Nose With Water To Remove Excess, Mucous Discharge. Wash Up During The Day As Needed, Especially During Hot Weather Or Heavy Activity. Women Should Never Use Feminine Hygiene Sprays.

Keep Your Body Clean By Taking A Bath Before Going To Bed And After Rising. Soaking In A Tub Hydrates The Skin, Which Helps In The Removal Of Dirt, Oils, And Dead Skin Flakes Deposited On The Skin. Soapy Water Acts To Penetrate The Skin, Causing The Flakes To Float Off. This Grime Then Floats To The Top Of The Bath Water, And Will Stick To Your Skin As
A Film When You Stand Up. So It's Best To Rinse Off Under The Shower Afterwards. Tub Baths Also Help To Keep Women Internally Clean. (Women In The Habit Of Taking Baths Rather Than Showers Have Fewer Vaginal Infections Or Problems Becoming Infertile).


Ques: What Is The Proper Way To Bathe And Insure That All Areas Of Your Body Are Properly Cleansed?

Ans: Men Must Take Care To Keep Their Genitals Clean, Remembering To Pull Back The Foreskin And Clean Underneath It. Women Too, Must Gently 'Clean Between The Folds (Labia) Of The Vagina To Ensure No Discharge Has Accumulated There. Remember To Remove Earrings And Nose Rings Once A Week To Clean Them. Oil And Dirt Collects On Them And In The Holes They Hang From, Becoming Rancid And Creating An Odor. Clean The Surrounding Skin, Hole, And The Jewelry With Alcohol. Males Are External, Meaning Their Sexual Organs Are On The Outside Of The Body. Females Are Internal, Meaning Their Sexual Organs Are Inside Their Body. Because Of This Fact, Females Must Cleanse Their Bodies Twice As Much As Men. However, This Is No Excuse For A Man Not To Take Baths Where You Sit In Water And Soak. You Should Wash Your Body As Often As Needed In Order To Be Free Of Unclean And Offensive Odors.

Females Should Sit In A Tub Of Water Each Day With The Lower Portion Of The Body, From The Waist Down, Submerged Under Water. The Water Travels Upward Into The Vagina And Helps To Cleanse The Walls Of The Vagina. However, Women Who Are With Child Should Not Sit Down In Water During The Last Six Months Of Pregnancy. The Temperature Of Water May Have A Harmful Effect On The Fetus. Whenever It Is Possible Or Available, Pure Rose Water Should Be Sprinkled Into The Bath Water. Rose Water Purifies The Water. Even Though It Is Not A Scriptural Law, This Should Be A Daily Practice.

Skin Care

"Beauty Is Only Skin Deep. So Have Beautiful Skin."

From The Sayings Of Dr. Malachi Z. York

Ques: Does Extremely Hot Water And Perfume Soaps Do Any Harm To Your Body?

Ans: When Bathing Do Not Use Extremely Hot Water Because It Damages The Skin. Cool Or Lukewarm Water Is Best For Your Skin. Use Soaps Without Perfumes And More Importantly, Use Soaps That Do Not Contain, Pork By-Products. A Very Mild Soap With Honey In It Is Fine

Ques: What Is The Difference Between Oil And Perfume?

Ans: Oils Are Natural Scents That Do Not Contain Alcohol And Chemicals. Alcohol Opens The Pores Of The Skin. Thus, Chemicals That May Be Poisonous To The Body Can Enter The Blood Stream Through The Open Pores. When Perfumes Are Made In The Laboratory (Place Equipped For Experimental Study), Sometimes The Chemicals That Are Used To Produce A Particular Fragrance Are Not Always Harmless. The Chemical May Be Harmless In The Eyes Of The Environmental Protection Agency, However, It May Still Be Harmful To Your System.

Henna Can Be Used To Decorate The Body And It Is Harmless To The Skin. In Fact, Henna Is Very Good For The Skin Because It Cleans The Skin. Henna Can Be Used To Deep Clean Your Face (Pull Out Impurities). After The Skin Has Been Thoroughly Cleansed, It Has A Healthy Glow. The Ancient Kemites Crushed The Leaves Of The Henna Plant To Make This Red Dye.

Henna Is Used By Nubian Women In Many Countries As A Cosmetic To Enhance Their Beauty. The Sudanese Have Made The Application Of Henna A Refined Art, Decorating Their Hands If They Are Not Married, And Feet If They Are Married. Decorating With Henna Emphasizes The Delicacy Of The Fingers, The Slenderness Of The Ankles, And The Grace Of Movement.

Ques: Are Loofahs Good To Use When Bathing?

Ans: Yes. A Loofah Or Vegetable Sponge Is Good To Use On The Skin When Bathing. It Comes From A Tropical Herb. It Is Very Good For Removing Dead Skin Cells, And Stimulates Circulation; Thus Making The Skin Smoother And Softer. If You Look Closely At Your Skin You Will Notice That Your Skin Is Like The Scales Of A Fish. This Is Because Before You
Evolved Into Homo Sapiens, You Were Sea Creatures. Everybody Has Scales When You Don't Put On Oil Or Lotion, You Easily See The Scales On The Skin, It Is What You Call Ash. However Oils, Lotions, Or Grease Is Suggested To Be Used At A Minimum, Because These Lubricants Clog The Pores, Causing Pimples And Blackheads, And Prevent The Shedding Of Dead Skin Cells. Olive Oil And Aloe, However, Do Not Clog The Pores. You Should Overstand That The Body Has A Lot Of Pores, And Pores Allow The Body To Breath And Excrete (Dispose Of) Waste Products. If The Skin Is Dry, Massage In A Little Olive Oil Or Put Some In Your Bath Water, And Remember To Drink Plenty Of Water.

Diagram 3
Cross Section Of Skin: Notice The Outer Layer Of Dead Cells (Scales)

Qum Is The Dry Skin On Nubians The Same As Canaanites?

Ans: No, The Canaanite's Skin Has Dead Tissue. The Top Layer Of His Skin (The Epidermis), Peels Because Of Dryness Due To Leprosy. Different From The Caucasian's Skin, Nubian's Skin Produces It's Own Natural Oils. But If A Nubian Is Not Drinking Enough Water Their Body Will Stop Producing This Natural Oil And Their Skin Will Become Dry And "Ashy". And If You Were To Scratch The Skin It Will Flake. Theses Flakes Are Actually Scales.

Ques: When Engaging In Sexual Intercourse, Should Both Parties Bathe, Before Or After Intercourse?

Ans: Yes. Before And After Engaging In Sexual Intercourse, Men, As Well As Women Should %dorm Ghusl In The Same Manner As If She Was To Get Clean. After Intercourse, You Should Never Lie Around Or Go To Sleep Without Performing Ghusl Because The Impurities Can Cause Infections, Especially In Women. Note: Always Wash Your Body Before And After Intercourse.

Leviticus 15:18

Modern Hebrew Script
The Female And Also The Male Who Have Sexual Intercourse And The Semen Is Exchanged While Having The Sexual Intercourse, Both Of Them Are To Take A Bath In Clean Water And Be Unclean Until Dusk.

Right Translation In Aramic Hebrew) By:
Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"THE WOMAN ALSO WITH WHOM MAN SHALL LIE WITH SEED OF COPULATION, THEY BOTH BATHE THEMSELVES IN WATER, AND BE UNCLEAN UNTIL THE EVEN."

Ques: Can Women Go Into The Manzil El Rabb While Menstruating?

Ans: Nowhere In The Scriptures Does It State That Women Are Not To Go Into Or Pass Through The Manzil El Rabb "House Of The Sustainer" A State Of Impurity, Because The Manzil El Rabb Is A Place For Meetings, Ceremonies, And Other Purposes In The Manzil El Rabb (Leviticus 15:31) Is Being Used As The House Of Worship Or Prayer Or A Holy Place, Where They Talk Of Defiling The Tabernacle, They Use This To Say She Cannot Enter The Holy Place During Her Period Of Menstruation Because She Is Considered Unclean; Under The Three Schools We Pass Through Namely Mosesism, Christism, And Muhammadism. Yet in Nuwaubu She May Enter El Gudush Haykal Also Called El Haykal Shil Nuwr In Qodesh Because We Don't Consider A Natural Cause Of Nature Menstruation", As Rendering A Woman Unclean.

Diagram 4
The Female Process Of Complete Purification

Diagram 5
The Male Process Of Complete Purification
Menstruation

Ques: How Should Women Cleanse Themselves Properly When Menstruating?

Ans: When Women Menstruate, It Is A Cleansing Process, And One Must Be Especially Clean During. This Time. Use Sanitary Napkins And Change Them Frequently. Wash Up During The Day With Soap And Water, Changing Underwear As Needed. Perfumed Or Deodorized Pads Provide No Additional Benefit And The Chemicals They Contain Can Cause Skin Allergies.


Ques: Is Their Anything Else A Woman Should Be Mindful Of When Menstruating?

Ans: Yes, You Should Be Very Mindful That You Are In An Impure State And That Your Emotions Are Heightened At This Time. Some Women Suffer More Severly From Menstrual Cramps And Pains Than Others. You Should Be Careful Of The Things That You Say And Do. The Following Is A Prayer That You Should Recite When You Are Unclean.

Prayer For Unclean Women

"0 El Eloh, Our Heavenly Father, Help Me To Slow My Tongue And Observe Silence, For I Am Not In Control Of My Own Mind. For I Am Ruled By My Emotional Body. Please Help Me To Keep My Thoughts Pure This Day And My Soul Full Of Love And Tenderness. 0 El Eloh, Our Heavenly Father, Help Me To Have Patience And Tolerance For I Know That People With Hot Tempters Do Foolish Things; Wiser People Remain Calm. As I Go Through This Internal Purification, Please Help Me To Purify My Spiritual Body. 0 El Eloh, Our Heavenly Father, I Humbly Beg You For Your Help And Guidance."
Ques: Are Tampons Safe To Use?

**Ans: No.** Tampons Should Not Be Used At All. Because They Do Not Allow The Blood Or Uterine Lining To Flow From The Body Properly. When Tampons Are Not Changed They Provide An Environment In Which Bacteria Multiply And Produce Poisons Called **Toxins.** **Toxic Shock Syndrome** Is A Life Threatening Illness.

Figure 32
Tampons

During Menstruation, A Woman Is **Forbidden** By Law To Be Intimate With Her Mate. *(Leviticus 15:18)* No One Is To Touch Her Issue (Blood), For They Will Become Unclean Until The Evening. Also Remember To Exercise Regularly, It Helps Relieve Cramps And Premenstrual Syndrome (Irritability, Depression, Etc.). Never Douche When Menstruating, Discharged Material May Be Forced Back Into The Uterus It May Cause Infections.

**Performing Ablution After Menstruation**

Ques: Are There Rituals For Performing Ablution After Menstruation?

**Ans: To Perform Ablution Is A Custom That We Follow.** The Descriptive Way That It Is Presented Is Not In The Scriptures, But This Is The Way To Purify Yourself After Being Unclean. After Menstruating A Total Of Seven Days, A Women Must Purify Herself *(Leviticus 15:19-28)*. This Is Done By Performing Ablution, Translated In Aramic/Hebrew *(Rakhats)*, Ashuric/Syriac (Arabic) *(Ghusl)* Is A Derivative Of The Root Word *Ghusala*(.), Meaning "**To Bathe**" *(Leviticus 15:13)*.

To Perform Ablution First You Must Say Your Intentions For Ghusl:

**Intentions For Ghusl**


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"I Make Ablution To Take Away The Impurities. I Seek Refuge By Way Of The Source From Shaytaan The Cursed. In The Name Of El Eloh The Yielde, The Merciful, In The Name Of The Supreme. The Gratitude Is Due To The Source For The Truth, Right Knowledge."

Fill The Bathtub Up With Water And Sit Down To Soak And Wash Your Body. After Soaking And Washing Is Done, Let The Water Out Of The Tub And Turn On The Water From The Shower And Proceed To Wash The Body. Wash The Upper, Right Half Of The Body First, Front And Back; Then The Lower, Right Half Of The Body, Front And Back; Then Wash The Upper Left Half Of The Body, Front And Back, Then The Lower Left Half. Make Sure That The Water Hits Hard To Reach Places Such As Between The Buttocks, Behind The Knees, Navel, Etc.


The Essenes Are A Brotherhood Who Existed During The Time Of Jesus Of 2,000 Years Ago. They Had Such Rituals As Mikwah Or Bathing In Large Tubs Of Water Every Morning. Jesus Himself Was A Member Of The Essenes (Refer To Christ: The Final Messenger Edition #87, The Holy Tablets, Chapter 15).

Also Rinse Your Mouth And Your Nose. Women Should Make Sure That They Remove (Shave) The Hair From The Armpits. Hair That Is Left Underneath The Arms Is Very Unsanitary; It Is A Haven For Odors And Bacteria. To Complete The Purification Process, The Private Area Should Also Be Shaved.

In Shaving The Private Area, A Woman Should Only Remove Pubic Hair From The Area Immediately Around The Vagina Where It Is Easy For Moisture To Build Up; And The Hair Outside Of That Area May Be Clipped Down To 1/4 Of An Inch. Do Not Shave All Of The Pubic Hair Off. It, The Hair, Acts As A Cushion And Shock Absorber.

Douching

Ques: How Should A Woman Cleans Herself Internally?

Make Sure That All Of Your Equipment Has Been Thoroughly Washed With Hot Water And Soap Before You Begin To Douche. Never Use A Strong Antiseptic Solution As A Douche, For If It Is Too Harsh, It Can Cause Serious Harm To The Womb. Vinegar And Water (One Or Two Tablespoons Of Vinegar To One Quart Of Water) Can Be Used As A Douche Solution; Using Warm Water. Remember To Clean The Nozzle And Tubing Properly, And Allow The Whole Apparatus To Dry Thoroughly Before Putting It Away.

A Boric Acid Solution Is Advisable To Use In The Case Of Relieving Inflammation; And Water Should Be As Hot As Can Be Tolerated. This Is Also True For The Relief Of Swelling In The Pelvic Organs.

Cleansing Of A Woman's Internal Organs Is A Necessity. Women Are To Be Clean And Smelling Pleasant At All Times. You Should Douche At Least Once A Month Or As Recommended. Do Not Douche Too Frequently As The Vagina Is Naturally Self Cleansing, Clearing Out Old Cells And Menstrual Blood. This Will Remove The Beneficial Bacteria Which Help Maintain The Acidic Balance In The Vagina. Douching Too Often Can Cause A Washing Away Of The Protective Mucous Plug That Covers The Cervix; To Prevent Organisms From Entering The Uterus. Also This Acidic Balance Prevents Yeast, Fungi, And Other Harmful Organisms From Multiplying And Causing Infection Up Into The Uterus And Fallopian Tubes. Never Douche When You Are With Child, It May Harm The Fetus.

Normal Vaginal Discharge Is Skimpy And Spotty, Clear Or White And Sticky, With A Mild Odor. It Dries As A Yellowish Stain On Underclothes. Regular Douching May Spread A Vaginal Infection Into The Uterus And Fallopian Tubes. This Can Be Done By Forcing Contaminated Water Upward From An Infected Vagina.

When You Douche, Use Gentle Water Pressure Forcing Fluid Into The Uterus. Some Commercial Douches May Disturb The Chemical Balance Of Your Vagina. Vinegar-Water Is Less Likely To Cause This Problem. Because A Solution Of Vinegar And Water Is Closest To The Ph Of The Vagina Which Is Alkaline Balanced, Use One Or Two Tablespoons Of Vinegar Per Quart Of Water.

**Douching Is Used For Various Reasons:**

A. To Clean The Vagina And Remove Odors  
B. To Prevent Infection  
C. To Relieve Inflammation  
D. To Reduce Congestion.  
E. To Reduce Irritable Discharging
The Holy Tabernacle's Guide For Better Living
Purity And Neatness And Maintenance Of Health

Eyes

"When You Open Your Eyes, All The Lights Of Earth Come On."

From The Sayings Of Dr. Malachi Z. York

Take Good Care Of Your Eyes. Do Not Expose Them To Glaring Lights And Do Not Stare At The Sun. Do Not Read In Either Faint Or Intense Light; Always Study Under Clear And Soothing Light. Never Strain The Eyes, It Weakens The Eye Muscles. If You Do A Lot Of Reading Or Close Work, You Can Prevent Or Relieve Eye Strain By Periodically Shifting Your Gaze Off To The Distance; Or By Rubbing Your Hands Together Rapidly Until Very Warm, Then Immediately Cupping Them Over Both Eyes For A Few Minutes While Allowing Your Eyes To Relax. Cool Compresses Are Also Soothing. Avoid Keeping Yourself Awake For Too Long; Fatigue Makes Your Eyes Weak. Protect Your Eyes From Filth And Dust.

Sties, Sores, Or Inflammations Can Be Relieved By The Use Of Herbal Teas Such As Eyebright, Fennel, Or Goldenseal, In An Eye Bath. Dip The Face Directly Into A Bowl Of Warm Tea For Thirty Seconds To One Minute, Then Dip It In A Separate Vessel Of Cold Water For A Few Seconds. Alternate These Warm And Cold Baths Two Or Three Times A Day. Eyebright Tea Strained Can Also Be Used As An Eye Wash.

Ques: Are Eyeliners Harmful To Your Eyes?

Ans: Yes, You Should Apply Kohl To Eyes Instead Of Synthetic Eyeliners Adulterated With Harmful Ingredients Such As: Lead And Dye. Kohl Was Used By The Ancient Egyptians. Joseph The Son Of Jacob And Rachel Also Wore Kohl. Pharaohs Applied It To Their Eyes To Make Them Appear Flawless And Perfect As Gods, And To Ward Off Evil. Kohl Is Natural, It Relieves Pressure In The Eyes And Helps Clean Them. Men Can Use It Too For This Purpose (Medicinal), Applied Inside The Lower Eyelash Line. Use The Pure Powder For Medicinal Purposes. Avoid Using The Eye Makeup From Others, As This Can Cause The Spread Of Infection, If One Is Present.
If You Need Glasses, Wear Them. Do Not Think That Glasses Make You Unattractive. In Fact, They May Be Used To Enhance Your Beauty. Wear Tasteful Frames And Colors That Fit Your Face Well, And Are Not Too Heavy. If You Wear Contact Lenses Keep Them Clean As Directed, And Do Not Leave Them In The Eyes Too Long, As This Can Damage The Eyes.

The Eyes Are The Visions Of Your Deepest Thoughts And Emotions Which Radiate Through Them, Consequently, Rendering Them As Windows Of The Soul, Revealing That Which Is In The Spirit.


The Ancient Pharaohs Also Represented The Third Eye By Wearing A Symbol Of The Serpent On Their Forehead, Which Also Represented Medicine, And Purity. The Serpent Was Not A Wicked Symbol To You When You Ruled Ancient Kemet (Egypt), And Is Not The Symbol Of The Evil One, As The Christians Would Have You Believe. That Is Not In The Torah. In Genesis 3:1 Where They Have Written "Serpent", Is Really Written The Word "Nakhash", 
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Which Means, "Whisperer". Nakhash ( ) in Aramic (Hebrew) ( ) Is "Khanass" ( ) In Ashuric/Syriac (Arabic). We Know This Because It Was A Serpent Of The High Priest Aaron, Son Of Amram And Jochebed, That Consumed The Serpent Of The Pharaoh Rameses II.

Now Why Would Aaron Use A Wicked Being To Consume Another Serpent? To This Day The Symbol Of The Sword With 3 Serpents Around It, Called The Caduceus, Symbolizes Healing And The Kundalini (Life Force); Originated In Ancient Egypt. This Is Also Used As The Symbol Of Modern Medicine.

The Following Verse Refers To The Third Eye, And Illustrates Its Connection To The Solar Plexus.
Matthew 6:22

Modern Greek Script

THE LOOKH'-NOS (LIGHT) OF THE SO'-MAH (BODY) ES-TEE (IS) THE OF-THAL-MOS (EYE): EH-AN (IF) 00n (THEREFORE) SOO (YOUR) OF-THAL-MOS (EYE) O (BE) HAP-LOOCE (SINGLE), SOO (YOUR) HOL 'OS (WHOLE) SOWAH (BODY) ES'-0M-AHEE (WILL BE) FO-TI-NOS (FULL OF LIGHT).

The Light Of The Body Is The Eye: If Therefore Your Eye Is Single, So Your Whole Body Will Be Full Of Light.

Right Translation In Greek By:
Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"THE LIGHT OF THE BODY IS THE EYE: IF THEREFORE THINE EYE BE SINGLE, THY WHOLE BODY SHALL BE FULL OF LIGHT."

Diagram 8
The Twelve Cranial Nerves Entering The Brain
Eye Brows

Ques: Should Women Pluck Their Eyebrows?

Ans: Women May Pluck Their Eyebrows As Long As The Shape Of The Eyebrows Is Not Altered.

Diagram 9 Shows An Unnatural Slant Which Tends To Make A Person Appear Vicious. Some Women Think That Slanting The Eyebrows, And Looking Like A Cat Is Attractive, However, It Is Not.

Diagram 10 Shows 1/4 Of An Eyebrow. This Is Unnatural. Some Women Shave The Eyebrow Until It Is Almost Gone; And Then Draw The Rest In With A Pencil.

Diagram 11 Shows The Correct Way To Wear Your Eyebrows. Notice The Natural Arch. When Shaping The Eyebrow, You Should Only Remove Excess Hairs.

Ears

Ques: How Do You Thoroughly Clean Your Ears?

Ans: When Cleaning The Ears Do Not Remove All Of The Cerumen (Ear Wax) From Inside The Ear Canal. The Cerumen (Ear Wax) Protects The Ear From Infections And Prevents The Entrance Of Insects. You Can Use Cotton Swabs, But Q-Tips Are Best To Clean The Ears. Just Be Careful Not To Push Them Past The External Auditory Canal, As This Can Damage The Ear Drum Or Cause Infections. Ear Inflammation And Infection Are Known To Be Relieved With Lobelia Herb Drops, Dripped Into The Ear.

"The Kind Of Music You Like Says What Kind Of Person You Are."

From The Saying Of Dr. Malachi Z. York

Ques: Do You Lose Your Hearing At A Certain Time In Your Life?

Ans: Your Hearing Decreases As You Get Older, But Not By Much. However, You Must Be Careful Of Exposure To Loud Noises Around You. Prolonged Exposure To Noises Of 85 Decibels (A Measure Of The Intensity Of Sound), Produces Gradual Hearing Loss. Noise Above 100 Decibels, Even Briefly, Can Cause Permanent Damage. Sudden Intense Noise Like A Gunshot Or Explosion (At 130 Decibels Or More), Can Damage The Hearing Instantly, By Tearing The Delicate Tissues Of The Inner Ear.
Sustained Noise, As When One Frequently Listens To Loud Music, Can Be Just As Dangerous. The Noise Flattens Tiny Hair Cells Within The Inner Ear, That Transmit Sound To The Nerves. As The Hair Cells Wilt, One May Feel A Pressure, Buzzing, Or A Ringing In The Ear, Called Tinnitus. If The Ears Get Some Rest The Symptoms Will Subside And The Hairs Will Regain Their Normal Upright Position. However, Continuous Exposure To Loud Noise Eventually Causes The Hair Cells To Lose Their Resistance; Gradual Hearing Loss Is The Result.


Nose

Ques: How Should You Clean Your Nose?


The Nose Is The Main Entrance To Your Respiratory System. The Nose Is Linked With A Mucous Membrane That Contains Many Tiny Blood Vessels. Avoid Putting Your Fingers In Your Nostrils To Clean Them. Whenever The Need Arises, Clean The Nose And Clean It Well Out Of The Sight Of People. The Proper Way To Clean The Nose Is To Sniff Water Lightly Into The Nostril And Then Blow It Out Of The Nose.

Diagram 12
The Nose Is A Very Delicate Membrane
Do Not Clean Your Nostrils In This Manner Too Often; Or Inhale & Exhale The Water Too Hard Because This Could Cause Damage To The Membrane. There Is No Reason For You To Put Your Fingers In Your Nose. Once Again The Importance Of Water Must Be Stressed. It Cleanses The Body Externally As Well As Internally. When You Put Objects In Your Nose Such As Tissue, You Irritate Certain Nerves And You Could Possibly Damage Them. Avoid The Practice Of Spitting Phlegm Into The Folds Of A Handkerchief And Rubbing Them Together, Then Looking At It. This Is A Despicable Habit And Must Be Avoided Except When It Can't Be Helped.

Proverbs 16:13

Modern Hebrew Script

*TSEH'-DEK* (RIGHTeous) *LIPS ARE THE RAW-TSONE’* (DELIGHT, PLEASURE) OF *MEH'-LEK* (RULERS); AND THEY A *W-HAB’* (LOVE) HIM THAT DA W-BAR’ (SPEAKS) *YAW-SHAWR’* (RIGHT).

Righteous Lips Are The Pleasure Of Rulers And They Love Him That Speaks Correct.

Right Translation In Aramic (Hebrew) By:
Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"RIGHTeous LIPS ARE THE DELIGHT OF KINGS; AND THEY LOVE HIM THAT SPEAKETH RIGHT."

Ques: What Types Of Moisturizers Should We Use On Our Lips?


Teeth

Ques: What Is The Procedure For Brushing Your Teeth?

Ans: Upon Waking, In Addition To Cleansing Your Body (By Bathing, Then Showering), Brush Your Teeth Using A Toothbrush, And Toothpaste (Preferably "The All") Manufactured By The Holy Tabernacle Ministries Or A Water Pick Which Is Very Good. And A Good Mouth Wash.
Brush Your Teeth And Your Tongue Regularly To Help Keep Your Breath Clean And Fresh And Your Teeth Healthy. The Tongue Is What Holds Most Of The Odors In Your Mouth So It Should Be Brushed Thoroughly, Especially The Back Of The Tongue. An Angular Toothbrush Is Better Because It Reaches The Hard To Reach Places. Dental Floss Should Also Be Used To Clean Between The Teeth To Dislodge Food Particles And Plaque. You Have To Be Careful When Using Dental Floss As Not To Cut Your Gums With The Floss. Brush Your Teeth Thoroughly At Least Three Times Each Day, In The Morning, After Each Meal, And Before Going To Bed. A Mouth Rinse Or An Equal Amount Of Peroxide And Water Cleanses Your Mouth. Be Sure Not To Swallow Or Take It Internally.

**Oral Hygiene**

Observe The Rules Of Dental Hygiene And Protect Your Teeth. Clean Teeth, Keep Your Mouth Fresh, And Produce A Good Effect On Digestion. The Mouth Is One Of The Least Clean Parts Of The Body In Terms Of The Number Of Bacteria Present. And Remember That Bacteria Grow In Dark. Warm, And Moist Places, And The Mouth Is The Prime Target. The Mouth Is The Largest Open Body Cavity And Because It Is More Exposed To Air, It Is A Natural Place For Bacteria To Enter And Collect; Therefore, It Is Essential That You Keep It Clean.

Remember To Brush Your Teeth Well After Every Meal, And Floss Your Teeth At Least Once A Day. Brush Your Tongue Too. As It Can Harbor Odors Also. It Is Alright To Use Mouthwash (Preferably With All Natural Ingredients); But You Should Be Careful Not To Swallow It, Or Use It When You Have Sores In Your Mouth.

**Ques: What Type Of Tooth Brush Should You Use?**

**Ans:** Always Use A Soft Toothbrush. Try Not To Use An Excessive Amount Of Toothpaste, Baking Soda. Or Whatever Is Used To Clean The Teeth. It Is Best To Use Toothpaste Once In The Morning (When You Get Up), And Throughout The Remainder Of The Day, Just Use Your Toothbrush With Some Water. One Can Also Use Mishwak A Natural Plant, To Clean The Teeth. Also, Remember That Chewing Gum And Eating Excessive Amounts Of Candy, Is Bad For The Teeth, It Promotes Tooth Decay. Tooth Decay Is The Result Of Negligence And Laziness. You Should Never Have Bad Breath Or Unclean Teeth. If Mouth Odors (Bad Breath) Persists Even After Good Oral Hygiene, You May Have Cavities Or Gum Disease.

**Ques: Are There Any Procedures For Cleaning Dentures Also?**

Reduce Your Sugar. Intake And Eat A Balanced Diet. Candy, Other Sweet Snacks, And Sweet Drinks Between Meals Are Especially Harmful, Because After You Eat Or Drink Them, Your Teeth Are Attacked For Up To One Hour By Acid. Rotten Teeth And Cavities Are A Result Of Neglect And Laziness. Cheese Is Particularly Effective In Neutralizing Acid Formation. When You Eat Starches; They (The Starches) Break Down Chemically Into Sugars, And Sugar Causes Tooth Decay. The Sugar Then Breaks Down Into Carbohydrates And Then Back Into Sugar Again. Baking Soda And Warm Water Could Be Used As A Mouth Wash To Gargle. It Will Eliminate Breath Odors.

You Should Take Care In Observing The Rules Of Oral Hygiene. Bad Breath Is A Result Of Improper Cleansing Of The Mouth And Mainly From An Impure System. When You Are Not Hungry, The System Does Not Digest The Food The Way It Would If You Were Hungry. This Causes The Food To Sit In The Stomach Waiting For Digestion. During This Waiting Period, The Food Spoils And Becomes A Toxin. This Toxin In Turn Has An Odor, Like Spoiled Food, And The Odor Comes Out Of The Body By Way Of Your Pores And Your Mouth Thus Causing Bad Breath. Eating Food Only When You're Hungry And Flushing The System Daily With Water Helps To Alleviate This Problem.


At The Bottom It Opens Up Into The Windpipe Or Trachea Which Runs Parallel To The Esophagus And Leads To The Lungs. The Larynx Contains The Vocal Cords Which Is Two Delicate Folds Of Elastic Tissue Separated By A Narrow Space. The Cords Are Attached To The Walls Of The Voice Box Somewhat Like Shelves And Can Open And Close To Let The Air In And Out (See Diagram 13 & 14). The Opening Of The Larynx Is Protected By The Epiglottis, A
Small Piece Of Cartilage Located On The Upper End Of The Voice Box. The Epiglottis Acts As A Trapdoor At The Entrance Of The Larynx. The Epiglottis Prevents Food From Entering The Windpipe.

When You Swallow The Wrong Way, Instead Of Passing Into The Esophagus, Food May Fall Into The Larynx. Usually, You Begin To Cough Which Rid The Air Passage Of This Foreign Object. Sometimes If You Are Talking And Laughing The Epiglottis Does Not Move Fast Enough To Block The Food And Choking May Result. Also, Be Aware That Heavy Drinking Paralyzes The Swallowing Mechanism, Causing Food To Go Down The Windpipe And Not The Esophagus.

Ques: What Can I Do To Avoid Choking?

Ans: 1. Don't Talk With Your Mouth Full. 2. Chew Your Food Thoroughly Before Swallowing. 3. If You Wear Dentures, Make Sure They Fit Properly. 4. If You Choose To Drink Alcohol, Go Easy On Alcohol With Meals. As I Previously Stated, Alcohol Relaxes The Larynx And Makes It More Likely To Fail To Close The Epiglottis In Time.

*You Should Learn What To Do In Emergency Situations And Techniques Such As: CPR (Cardiopulmonary Resuscitation), The Heimlich Maneuver, Etc. For Adults And Children.

Hair

In Ancient Kemet (Egypt), One's Social Position Is Determined By Your Hairstyle And Dress. In The Early Period Hairstyles Were Simple And Natural. Later The Customs Of Head Shaving And The Wearing Of Wigs, Became The Practice For Both Men And Women; Which Began As A Status Symbol Of The Elite. Wigs Were Made Of Human Hair, Wool, Cotton, Or Palm-Leaf Fibers, Resting On Well Ventilated Caps. They Were Dyed Black For Every Day Wear; And
Green, Blue Or Red For Ceremonial Occasions. After A Wig Was Curled, Twisted, Or Braided, It Would Usually Be Stiffened With Beeswax To Preserve The Style. Priests And Hi h Ranking Officials Often Shaved Their Entire Bodies. Young Boys Were Required To Shave Their eads, Except For A Long, Curled Lock Of Hair Over The Right Temple, Called The "Lock Of Youth". Rarely, Young Egyptian Princesses Wore Braided "Locks Of Youth".

Ques: How Do We Keep Our Hair Healthy?

Ans: Your Healthy Kingly Hair Starts With A Proper Diet (See Section On Diet). Keep Your Hair In Its Most Beautiful Natural State. You Shouldn't Put Lye Or Any Other Chemicals In The Hair To Straighten Or Curl It, Or Use Hot Combs (Straightening Combs). These Damage Your Hair. Relaxers And Other Chemicals Break Down The Compounds Of Your Hair Structure And Chemically Alters The Natural Curls Of Your Hair. You Shouldn't Destroy Your Hair However, It Is Your Choice.

Ques: What Type Of Styles Can We Wear In Our Hair?

Ans: Hair Is Your Beauty And It Is Also Your Strength, And You Should Make The Most Of It. You Can Twist Or Braid Your Hair, Or Wear It In An Infinite Number Of Beautiful Styles, Or You Can Cut It Short, Or Leave It As Is In A "Natural" (So-Called Afro).
Ques: Can We Dye Our Hair?

Ans: Yes. Henna Or Other Natural Substances May Be Used To Dye The Hair, It Is Best Not To Use Commercial Hair Dyes Or Bleaches. You Can Twist Your Hair Into Locks But Keep Them Neat And Clean, And Comb Your Hair Regularly. Never Let Your Locks Become Matted, Because It Can Not Be Thoroughly Washed And Does Not Allow For The Removal Of The Dead Hair. Do Not Braid The Hair Too Tight As This Can Cause Inflammation And Infection Of The Hair Follicle, And The Hair Can Become Weak And Fall Out.

Ques: What Type Of Oils Is Best For Grooming Our Hair?

Ans: Avoid The Use Of Commercial Oils On The Hair, Meaning Oils That Have Been Altered Chemically For Sale To The General Public. Heavy Grease Rubbed On The Scalp Clogs The Pores Preventing The Scalp From Breathing, And Can Cause Infection Of The Hair Follicle (Folliculits). Instead, You Can Use "Mandi", Hair Pomade That Is Made From Natural Ingredients Or Pure, Natural Oils (Unadulterated) That Nourish The Scalp And Hair And Help It To Grow, Such As Coconut Oil, Olive Oil, Almond Oil, Sage Oil Or Vitamin E. When Dressing The Hair Use Herbs Like Sage, Rosemary, Thyme, Indian Hemp, And Nettles Are Also Excellent For Grooming Your Hair. Remember To Wash The Hair At Least Once A Week With A Mild Shampoo. Too Much Washing Will Dry The Scalp Out And Rob It Of Its Natural Oils. Wear Your Nubian Hair Like The Natural "Royal Kingly Crown" It Is.
To Keep Hair In Good Condition You Must Handle Hair Gently And Carefully. You Should Wash, Condition, Comb And Brush Your Hair Everyday Unless It Is Braided Or Twisted. Braids Or Twists Should Not Be Left In No Longer Than 3 Days. If It Is Left In The Hair Longer Than 3 Days It Means That Soap And Water Did Not Touch Your Scalp For 3 Days Which Is Unsanitary. You Should Keep Your Hair Clean, Washing It With A Mild Natural Shampoo That Has No Chemicals Or Additives. If The Purpose Of Soap Is To Wash Away All Impurities, Why Use A Soap That Contains Some Sort Of Fruit, Vegetable, Or Flavoring, When It's Also Going To Be Washed Away? These Are Also Impurities. The Root Of Any Shampoo Is Soap. Avoid Using These Impure Shampoos And Stick To Something Natural. "The All" Shampoo. And Conditioner And Other Hair Products Distributed By The Holy Tabernacle Ministries Are Perfect For Any Hair Textures, Even If Its Chemically Treated Or Processed. A Woman May Cut Her Hair If She Chooses Or She May Grow Her Hair As Long As Possible, There Is No Limit.

Ques: Can We Wear Wigs, Or Weaves?

Ans: Wearing Wigs, Weaves, Relaxers And Perms Is Strictly Your Choice. Wearing These Things In Your Hair Smothers Your Natural Hair And Keeps Your Hair From Proper Grooming. Hair Should Be Kept Clean. It Should Be Combed And Brushed And Kept In A Neat Style, Twists, Braids, Or Naturals. In The Holy Tabernacle, What You Do With Your Hair Is Up To You. You Have To Use Your Own Discretion When Choosing A Hairdo. What You Look Like Represents You And The Holy Tabernacle Family. There Are No Limits To What Hairstyles You Choose. As Long As They Are Neat And Clean. And I Repeat, If You Choose To Braid, Or Twist Your Hair. You Should Remove The Braids After 3 Days. In The 50s And 60s You Wore Hair Cuts Called The Caesar. It Was Named After Julius Caesar. His Hair Was Cut In A Rounded Style.
The Greeks and Romans cut their hair and shaved their mustache and beards completely off. This was because they were emulating women. Alexander the Great introduced shaving into Greece. It was the Roman and Greek homosexuals who started men shaving off their beards. The mentality of the Roman and Greek men was to emulate women, right down to the smoothness of their faces.

In other words, they wanted to look feminine. True Nubian men wear beards, all of your great teachers did. Initially Nubians did not have any hair on their bodies. Due to mixing and breeding we now have hair on our bodies. The Roman hairstyle, the Caesar has resurfaced today. Also high top fades are nothing but a crew cut or bowl cut, which implies that you belong to some institutional organization like the police or the military. They have weaved this hair style back into today's society, "It's The Fade." The Caesar style is to counteract the buckwheat look which is the first stage to locks, twists, the Samson look or the Samson judges complex. That is why they brought back the fade look because of fear.
Ques: What About Dreads, Can We Wear Dreads?

Ans: Again, You Can Wear Whatever You Want To Wear; The Choice Is Yours. I Am Not Here To Dictate To You What You Should And Should Not Do. My Job Is To Teach The Facts. So Dreads Are Permissible To Wear. It Is Not Fair To Turn Someone Away From The Tabernacle Because They Wear Dreads. If A Person Wears Dreads They Have To Make Sure That The Dreads Are Always Kept Clean, Neat And Tidy. This Also Goes For Men Who Wear Beards. Your Beards Should Always Be Neat And Clean.

Beards

In Ancient Egypt, Men Generally Wore Beards Without Adornment; The Longer The Beard, The Higher The Status Of The Wearer. Ceremonial False Beards, Made Of Gold And Braided Beards Were Worn By The Pharaohs And Kemite (Egyptian) Queens; As Queen Hatshepsut Did.

It Has Been Said That Wearing A Beard Is Unsanitary And That Facial Hair On Men Should Be Completely Removed. This Is A Myth!! The Levitical Law Given To Moses Addressed Men That Did Grow Beards And That You Were To Keep Them Clean And Well Groomed At All Times.
In Times Of Your Great Teachers, It Was Considered Humiliating And Degrading To Have One's Beard Shaved Off. Such As The Case When The Servants Of David, Son Of Jesse And Hillman. Had The One Side Of Their Beards Shaved Off By Hanun, Son Of The Ruler Nahash Of Ammon. They Were Too Ashamed To Return Home Until Their Beards Had Grown Back Again.

The Most High Did Not Want Men To Look Like Women. Don't Let Anyone Tell You To Cut Off Your Beard Or To Shave Off Your Mustache And Don't Listen To Teachers That Do Not Want Beards And Mustaches. They Are Following Polytheism. Your Beard Should Be Cut Into. A Median Cut Or Trim.

Leviticus 19:27

Modern Hebrew Script

YOU SHOULD NOT NAW-QAF' (CUT DOWN) THE FAYAW' (CORNERS) OF YOUR ROSHE (HEADS), AND YOU SHOULD LO (NOT) SHAW-KHATH' (CAST OFF, SHAVE) THE FA Y-A W' (CORNERS) OF YOUR ZAW-QAWN' (BEARD).
**The Holy Tabernacle's Guide For Better Living**  
*Purity And Neatness And Maintenance Of Health*


**Right Translation In Aramic (Hebrew) By:**  
**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

"YE SHALL NOT ROUND THE CORNERS OF YOUR HEADS, NEITHER SHALT THOU MAR THE CORNERS OF THY BEARD."

Shaving Became Unlawful Because Many Men Have A Disease Called **Pili Cuniculati**: The Word "**Pili**" Means "**Hair**" And The Word "**Cuniculati**" Means "**Burrowing**".

This Results To Ingrows Because Of The Curl In The Hair, Which Gave The Impression Of A Skin Disorder Which In Those Days Was A Sign Of A Curse; Thus, It Became Forbidden For Men To Shave Their Beards.

The Word "**Cuniculati**" Means "**Ingrown Hair**" (Which Only Nubian Men Have), Derives From The Word "**Cuneiform**" Which Is The Language Of The "**Kunini**" People, The Original Nubians. Also, Nubians Should Not Shave Off Their Beard Because It Can Cause Ingrown Hairs (Razor Bumps), And Infections Of The Hair Follicle (Folliculitis).

**Figure 55**  
Problem Skin

**Shaving**

**Ques: What Is The Best Way For Shaving Your Beard?**

**Ans:** You Should Pick The Shaver That Is Best For Your Skin. Some Men Do The Wet Shave By Using A Blade, Or The Dry Shave, Using An Electric Shaver. Dermatologists Agree That Shaving With A Blade Gives You A Closer, Cleaner Shave. With A Blade, You Also Have Less Stubble And Fewer Of The Jagged Edges That Can Lead To Ingrown Hairs. The Blade Does Strip Your Skin Of More Surface Oil, Though, Which Can Be A Disadvantage To A Man With Extremely Dry Skin; For Him, The Electric Shaver May Be Preferred For Daily Use. The Electric Shaver Is Also Quick And Convenient, But Contrary To Its Reputation, An Electric Shaver Can Still Deliver The Same Nicks, Abrasions And Razor Burns That Plague The Blade User. Coated Blades (With Platinum Or Teflon Coatings) Are A Big Help In Saving Your Face.
They Lessen The Pull On Hair Follicles As The Hairs Are Being Sliced, And Also Cut Down On The Amount Of Friction And Abrasivness Generated By Razor Drag.

The Key Ingredient Of A Good Blade Shave Is Water. Your Whiskers Soften As They Absorb The Moisture, Making Them Easier To Cut Through. Two To Three Minutes Of Soaking Your Beard In Warm Water Or Shaving After You Shower Greatly Reduces The Amount Of Force You Need To Apply To Your Razor. The Purposes Of Shaving Preparations Are To Lubricate Your Skin So The Blade Moves Across It As Easily As Possible, Keep The Whiskers Hydrated (Full Of Water), And Help Keep Them Lifted Off The Skin So The Razor Blade Can Remove Them More Easily. Men With Very Dry Or Soap-Sensitive Skin Are Probably Better Off With A Brushless Cream. These Contain The Most Lubricants And The Least Soap.

Because Your Beard Is The Coarsest In Your Chin And Mustache Areas, It's A Good Idea To Give Them The Longest Softening Time Possible By Shaving Them Last. As You Shave, Draw The Razor In The Direction Of Hair Growth, Not Against It. Your Shave May Not Be Quite As Close, But You Can Help Avoid Ingrown Hairs That Occur When You Shave "Against The Grain." Actually, Cutting Whiskers Off Below The Surface Results In A Very Pointed Whisker Tip, Which Makes It Likely That The Whisker, As It Grows Out, Will Embed Itself In The Skin, Causing The Familiar Pimplelike Inflammations Of Ingrown Hairs. Use As Light A Touch As You Possibly Can. All That Pulling On Your Skin, To Rearrange Your Features For Better Razor Access And A Closer Shave, Can Backfire. Too Much Tension Can Cause Little Bumps To Rise, Which Then Get Sheared Off Or Irritated By Even Moderate Razor Pressure.

. You Use An After-Shave When Your Skin Is At Its Most Vulnerable. You've Removed At Least Some Of Its Protective Surface Oil As Well As The Top Layer Of Cells. This Forced Exfoliation Exposes New Cells To The Elements Before They've Had A Chance To Toughen Up.

**Face/Cosmetics**

**Ques: What Type Of Makeup Can We Wear?**

**Ans:** Wear Any Kind Of Make-Up You Prefer, However Do Not Apply So Much As To Look Like A Clown. Use Makeup To Enhance Your Beauty, Not Cover It Up. Be Careful Not To Wear Makeup That Contains Talc (Especially Eye Powders), Talc Is Ground Up Glass. Wearing Natural Kohl (Eyeliner) Is Fine. The Ancient Egyptians Wore Kohl As A Cosmetic To Enlarge Their Eyes. Pure Kohl Keeps Your Eyes Clear Of Particles Thus Keeping Them Moist. Kohl Also Relieves Pressure Of The Eyes. The Word "Make-Up" Actually Means "To Make Something Up Or To Fabricate". And Usually Women Wear An Abundance Amount Of

But Women These Days Are So Busy Trying To Emulate The Blond Hair Blue Eyes Image And Therefore They're Actually Lying About What They Look Like By Wearing Blue Contacts, Wigs Or Weaves. They Get Silicones To Make Their Breasts Larger, And They Are Altering The Creation Of The Most High.

Ques: Do Lipsticks Harm Your Lips, By Clogging Them?

Ans: Lipsticks Are Fine As Long As They Do Not Contain Pork Or Pork By-Products (Refer To The Listing Of Pork Free Products). The Ancient Egyptians Used Pulverized Minerals, Vegetable Oils And Extracts, And Animal Fats As Cosmetics To Beautify Themselves, Such As Red Ochre Powder (Red Oxide Of Iron) To Color Their Cheeks; And Lips.

You, The Children Of The Eloheem, Should Smell Sweet And Should Use Natural Oils, And Natural Makeup Provided For You By The Most High, From The Plants And Minerals Of The Earth, And Not Makeup That Is Chemically Altered With Artificial Dyes And Other Chemicals That Cause Eye And Skin Irritation And Infection.

It Is Best That You Do Not Wear Neon Colors; Or Black Lipstick Or Makeup, Except For Eye Liner, Mascara, Or Eye Brow Pencil. Black Makeup Is Associated With The Worship Of Haylal (Satan). Women Can Wear Henna, A Natural Dye Obtained From The Henna Plant. Make A Paste With Warm Water And Apply. Let Set For A Few Minutes To Several Hours And Then Rinse Off With Clear Water. It Cleans The Skin And Enhances The Tone Of The Skin. Women May Apply Henna To The Face. Hands, Nails, Feet, Or Even The Hair.

In The Holy Tabernacle A Woman Can Wear As Much Or As Little Make Up As She Desires. However, Take Into Consideration. That Women Who Wear Lots Of Make-Up Tend To Look Like Clowns Or Women Of The Shadow Hours (Evening). Harlots And Prostitutes.
AND WHEN YOU ARE SHAW-DAD' (POWERFUL), MAW (WHAT) WILL YOU DO? KEE (BECAUSE) YOU LAW-BASH' (CLOTHE) YOURSELF WITH SHAW-NEE' (SCARLET), KEE (BECAUSE) YOU AW-DAW' (TAKE AWAY) THE AD-EE' (ORNAMENTS) OF Z4 W-HAWB' (GOLD), KEE (BECAUSE) YOU QAQ-RAH' (ENLARGE) YOUR AH-YIN (EYES) WITH POOK (PAINT), IN SHAW (VAIN) WILL YOU MAKE YOURSELF YAW-FAW' (BEAUTIFUL); YOUR AW-GAB' (LOVERS) WILL MAW-AS' (REJECT) YOU, THEY WILL BAW-QASH' (SEEK) YOUR NEF-FESH (SPIRIT).

And When You Are In Your Glory, What Will You Do? Because You Clothe Yourself In Fine Scarlet And Take Away The Ornaments Of Gold Because You Enlarge Your Eyes In Makeup In Vanity Will You Make Yourself Beautiful? Your Lovers Will Reject You And They Seek Only Your Spirit.

Right Translation In Aramic (Hebrew) By:

Dr. Malachi York
Mistranslation For King James 1611 A.D.

"AND WHEN YOU ARE SPOILED WHAT WILL YOU DO? THOUGH YOU CLOTHE YOURSELF WITH SCARLET THOUGH YOU DECK YOURSELF WITH ORNAMENTS OF GOLD. THOUGH YOU DISTORT YOUR FACE WITH PAINTING IN VAIN WILL YOU MAKE YOURSELF BEAUTIFUL YOUR LOVERS WILL DESPISE YOU THEY WILL SEEK YOUR LIFE."

It Is Imperative To Cleanse Your Face At The End Of The Day. In The West, Women Put On Make-Up Without Washing Their Faces, They Apply New Make-Up On Top Of Old Make-Up That Is Already On Their Faces. Women Should Remove All Traces Of Make-Up At The End Of The Day. To Remove All Traces Of The Make-Up And Dirt, A Mild Natural Cleanser Is Suggested.

Most People Have Sensitive Skin. Women Should Not Use Abrasive Pads Or Scrubs On Their Faces. For They Remove The Natural Oils From The Skin, Leaving It Dry And Brittle. Women Should Stick To Being Natural. Remain Natural Or Use Only Natural Make-Up On The Face At All Times. Women In The Holy Tabernacle Should Avoid Wearing Too Much Make-Up As Not To Be Associated With Women Who Society Identifies As Sluts, Whores, And Prostitutes.
We’ve All Heard That Old Cliché “Beauty Is In The Eyes Of The Beholder”. That’s Why There Are So Many Different Concepts Of Beauty In The World. Everyone Has Their Own Opinion Of What Beauty Means To Them. However, Because The Caucasians Are In Control Of The Media, Meaning, Television, Magazines, Billboards, Newspapers, Etc., They Are The Overruling Factor When It Comes To The American/European Concept Of Beauty.

He Has Stripped The Nubian Woman Of Their Natural Beauty And Has Them Believing That A Multi-Colored Face And Processed Straight Hair Is Beautiful. They Even Have The Nerve To Wear Blue Contact Lenses In Their Eyes. He Had Made You Lose Your Dignity And Self-Respect By Undressing Your Women And Exposing Their Almost Naked Bodies To The World. This Promotes Crimes Such As Rape, Molestation, Sexual Abuse, Sexual Harassment, Prostitution, And I Can Go On. You Are Destroying The Eloheem In You. By Giving Up Your Natural Look And Imitating The Caucasian's, You Are Saying That Looking Like Your Ancestors, The Rizqiyian (Anunnaqi, Eloheem), Is Ugly. Remember, You Were Created In The Image And After The Likeness Of The Eloheem. You Should Be Proud Of Who You Are And What You Look Like.

Nails


Ques: How Do We Groom Our Nails, To Keep Them Healthy?

To Polish, Start With A Coat Or Two Of Clear Nail Polish, Then A Colored Polish If You Prefer, And Finish With A Top Coat. Wear Any Color Polish You Prefer, Except Black (Which Is Associated With The Worship Of The Evil One), And Neon Colors. Remember That Commercial Nail Enamels Contain Chemicals Which Can Be Irritating Or Cause Allergic Reactions In Those Sensitive To Them. Choose Natural Products Containing Oils, Vitamins, And Herbs.


Diagram 18 A
Keep The Nails Neat And Clean

Ques: Do You Recommend Women To Wear A Variety Of Colors, Of Finger Nail Polish?

Ans: Again, Women Can Wear Any Color That They Desire. However, It Is Not Recommended To Wear Black, Because It Is Associated With Devil Worship. You Should Wear Colors That Compliment Your Complexion. If There Are Chips In The Polish. Try To Touch It Up Instead
Of Using Polish Remover. Nail Polish Remover Weakens The Nails And Makes Them Brittle. If You Have To Use It, Do Not Use It More Than Once A Week. Also, Try To Wear Your Nails Natural Or Wear Clear Nail Polish. If You Want Your Nails To Grow Try Fresh Garlic Or Orange Peels. They Aid In Making Nails To Grow Strong And Healthy. You Should Never "Crack Your Knuckles," Because You Can Develop Arthritis As Well As Large Knuckles. You Are Also Causing Friction On Your Bones.

Feet

Take Good Care Of Your Feet, After All We Do Need Them To Walk With. Your Feet Should Be Well Groomed, Smooth To The Touch Of Your Mate. Toenails Should Be Trimmed And Cleaned At All Times. Keep The Skin Of Your Feet Moisturized As They Are More Likely To Become Dry Than Other Parts Of The Body.

Genesis 18:4-5

Modern Hebrew Script

LET A MEH-AT (LITTLE) MAH-YEEM (WATER), NAW (I BEG YOU), BE LAW-QAKH (BROUGHT), AND RAW-KHATS (WASH) YOUR REH'-GEL (FEET), AND SHAW-AN (RECLINE) YOURSELVES TAKH'-ATH (UNDER) THE ATES (TREE): AND I WILL LAW-QAKH (BRING) A FATH (PIECE) OF LEKH'-EM (BREAD), AND SAW-AD (STRENGTHEN) YOU YOUR LABE (HEARTS); AKH-AR (AFTER) THAT YOU WILL AW-BAR (GO ON): FOR AL (BECAUSE) YOU HAVE AW-BAR (COME) TO YOUR EH'-BED (SERVANT), AND THEY DAW-BAR' (SAID), KANE (SO) AW-'SAW' (DO), AS YOU. HAVE DAW-BAR (SAID).

Let Now A Little Water Be Brought, And Wash Your Feet, And Recline Yourself Under The Tree: And Let Me Bring A Piece Of Bread, And Strengthen You Your Heart; After That You Will Pass On: Because You Have Crossed Over To Your Servant. And They The Anunnaqi In The Form Of Enosite Said, So Do, As You Have Said.

Right Translation In Aramic (Hebrew) By:

Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"LET A LITTLE WATER, I PRAY YOU, BE FETCHED, AND WASH YOUR FEET, AND REST YOURSELVES UNDER THE TREE: AND I WILL FETCH A MORSEL OF BREAD, AND
Ques: What Are The Procedures For Taking Care Of The Feet?


Soak The Feet To Invigorate Them Or When They Feel Sore Or Tired. Add Epsom Salt (3/4 Cup), Or Baking Soda (1/4 Cup), Or Salt (1/2 Cup), Or Vinegar And Lemon (1 1/2 Cup Vinegar, 1/2 Cup Lemon Juice) To A Foot Bath; Use Lukewarm Water, Then Rinse In Cold Water. Proper Development Of Children's Feet Is Most Important. Their Feet Grow Very Rapidly, To Almost Half Their Adult Size During Their First Year.

Genesis 24:32

Modern Hebrew Script

"AND THE EESH (MALE LIVING BEING) BO (CAME) INTO THE BAH'-YTTH (HOUSE): AND HE FA W-THAKH (UNLOADED) HIS GA W-MA WL (CAMELS), AND NA W-THAN (GAVE) TEH'-BEN (STRAW) AND MIS-FO (FODDER) FOR THE GAW-MAWL (CAMELS), AND MAH'-YEEM (WATER) TO RAW-KHATS (WASH) HIS REH'-GEL (FEET), AND THE EN-OSHE (HUMAN BEING) REH'-GEL (FEET) THAT WERE WITH HIM"

And The Male Living Being Came Into The House, And He Unloaded The Camels; And He Gave Straw And Fodder To The Camels, And Water To Wash His Feet And The Feet Of The Enosites (Ulla And Elon) That Were With Him.

Right Translation In Aramic (Hebrew) By:
Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.
To Help In The Development Of Your Child's Feet:

A. Let Babies Lie Uncovered Allowing Them To Kick Or Otherwise Exercise, In Preparation For Weight Bearing.

B. When You Teach A Baby To Stand Don't Let Him/Her Stand For Too Long Because You Will Put Excessive Strain On Feet And Legs.

C. Let Children First Beginning To Walk, Do So Without Shoes. This Helps Them Develop Strength And Grasping Action Of The Toes.

D. Change Children's Shoe Size Frequently To Ensure They Fit Properly. Allowing Room For Feet To Grow.

Your Feet Support All Of Your Weight, Function As Shock Absorbers, And Provide Leverage When We Walk, So You Must Protect Them. You Can Wear Any Style Of Shoes Or Boots That You Prefer, But Never Wear Shoes That Do Not Fit, They Can Cause Corns, Bunion, Calluses, And Other Irreversible Foot Problems. You Should Be Able To Wiggle Your Toes Easily, There Should Be One Quarter To One Half Inch Of Space Between The Longest Toe And The Space In The Shoe. Also, Women Should Be Careful Not To Wear Heels That Are Too High. You Are More Likely To Have Accidents In Them. They Disturb Your Equilibrium (Balance), And Lead To Curvature Of The Spine. They Also Are A Result Of Hip And Back Pains.

It Is Unsanitary To Have Foot Odors. Foot Odor Is The Result Of Poor Hygiene Or Improper Drying Of The Feet After Bathing, Especially Between The Toes. The Moisture (Or Sweat) From The Feet Makes Socks Wet And Mildewed. Mildew Is A Fungus That Causes Odors. Try To Avoid Wearing Colored Socks. The Dye In The Colored Socks Is Bad For The Feet. Wearing Sneakers Without Socks Or Wearing Other Than Leather Shoes Is Bad For The Feet Because They Don't Allow Proper Ventilation Of Your Skin. It Is Good To Give Yourself A Pedicure Once A Week (Men, Women And Children). You Can Follow These Simple Steps Toward Smoother, Softer, And More Healthy Feet:

A. Remove All Nail Polish From Feet. Soak Feet In Warm, Sudsy Water Or For Five Minutes; Then Dry Them Carefully.
Scents

Ques: What Kind Of Scents Should We Wear?


Clothing

Ques: What Is The Best Way For Taking Care Of Our Clothing?

Ans: Outer Garments And Under Garments Should Be Cleaned And Changed Everyday. Women Should Wear Undergarments/Underwear When They Are In A State Of Impurity, Menstruation. It Is Not Necessary To Wear Underwear All Of The Time Because They Hold Moisture And Odor And This Can Cause Vaginal Infections And Penal Infections. The Best Underwear That Should Be Worn Are Cotton (White).

You Can Wear Any Type Of Clothing You Desire. There Are No Limits Or Restrictions On What You Can Wear. For Example, For Every Day Attire You Can Wear A Suit And Bow Tie, Or Casual Clothes, Or The Nubian Nation Jackets, Or Sweat Shirts And Pants Or Any Uniform Or Dress Required For Your Occupation Or Enlistment.

For Instance, If You're In The Military You Can Wear A Military Uniform, Or If You Are A Policeman, Or Firemen, Or Doctor, Or Lawyer, You Can Wear The Uniform That Fits Your Occupation. You Should Wear Sweat Pants When Indulging In Sports Or Physical Exercise And Bathing Suits For Swimming, Not As Everyday Wear. To Be Over-Covered Or Too Revealing Are The Extreme. Try To Avoid The Extremes. You Can Also Wear Any Jewelry Of Your Choice.. However, Wearing Holy Tabernacle Jewelry Is Suggested (Refer To "The Holy Tabernacle Family Guide"). Men, Women, And Children Should Wear Clothes That Fit Properly. Your Clothes Should Not Be Too Baggy Or Too Tight. Everything Is Worn With Modesty.
B. Use A Pumice Stone On Rough Spots (Never Use A Razor).

C. Apply Cuticle Remover On The Base Of The Toenails.

D. Carefully Push Back The Cuticles With An Orange Stick Or Similar Tool. E. Then Clip The Toenails Straight Across And Smooth Them Over With An Emery Board. F. For Women, If You Decide To Polish The Toenails. Begin By Separating Your Toes With A Thick Wad Of Cotton To Make The Application Easier, Then Proceed To Polish Them.

The Holy Tabernacle's Guide For Better Living

Purity And Neatness And Maintenance Of Health

Scents

Ques: What Kind Of Scents Should We Wear?

Ans: You can wear any kind of scents, that you wish, as long as it suits your body chemistry. Some scents give a sense of joy and offers a countenance of cheerfulness, while others can upset your stomach. *(Wearing The Holy Tabernacle Ministries Fragrance, Which Are: The All, Lotus, Divine Love, Frankincense, Sandalwood, Etc. Are Suggested).* Scents are widely used in the East, where people specialize in aphrodisiacs. Perfumes and oils should be put on in moderation, do not apply excessive amounts. If you put too much on, it can become overbearing and offensive to others. Also, put oils and perfumes on your body, not your clothing. Never put perfume or oil on without bathing. **Only "The All" Oil Is To Be Worn To The Holy Tabernacle For Ceremonies And Services Such As Guma'a (Juma'a) And Sabbath Services Or Any Other Special Services Where We Have To Gather Together.** Sweet scents and perfumes were spoken of in *Exodus 30:35* and I quote: "And Thou Shalt Make It A Perfume, A Confection After The Art Of The Apothecary, Tempered Together Pure And Holy"

Clothing

Ques: What Is The Best Way For Taking Care Of Our Clothing?

Ans: Outer garments and under garments should be cleaned and changed everyday. Women should wear undergarments/underwear when they are in a state of impurity, menstruation. It is not necessary to wear underwear all of the time because they hold moisture and odor and this can cause vaginal infections and penal infections. The best underwear that should be worn are cotton (white).

You can wear any type of clothing you desire. There are no limits or restrictions on what you can wear. For example, for every day attire you can wear a suit and bow tie, or casual clothes, or the Nubian nation jackets, or sweat shirts and pants or any uniform or dress required for your occupation or enlistment.

For instance, if you're in the military you can wear a military uniform, or if you are a policeman, or firemen, or doctor, or lawyer, you can wear the uniform that fits your occupation. You should wear sweat pants when indulging in sports or physical exercise and bathing suits for swimming, not as everyday wear. To be over-covered or too revealing are the extreme. Try to avoid the extremes. You can also wear any jewelry of your choice. However, wearing Holy Tabernacle jewelry is suggested *(Refer To "The Holy Tabernacle Family Guide")*. Men, women, and children should wear clothes that fit properly. Your clothes should not be too baggy or too tight. Everything is worn with modesty.
You Should Wear Clothes That Fit Properly Casual, Or Normal Day Wear

If You Continuously Wear Clothes That Are Too Baggy, For Instance, If The Waist Of Your Pants Hangs Down To Your Buttocks, Your Waist Line Will Eventually Try To Reach The Waist Line Of Your Pants, And You Will Regress Back To The Monkey From Which You Evolved From Homo Erectus. The Evil One Is Doing Everything In His Power To Make You Regress Back To The State Of Homo Erectus. If You Regress Back To That State, Then The Elders Have No Reason Whatsoever To Come For You, For It Is Homo Sapien That Is In Our Image And After Our Likeness.
Trends And Fads Label You So, Avoid Fades.


Ques: What Do We Wear When Attending Services Of The Holy Tabernacle?


Ques: Why Do We Call Our Garb Religious?

Ans: We Call It Religious Attire Because That Is The Only Way You Can Overstand. There Is No Other Way I Can Describe Or Explain Some Things To You Without Using Religion Because Unfortunately, That Is The Only Thing That You Can Relate To.

Ques: Wouldn't We Be Classifying Ourselves With Other Religious Groups Then?

Ans: As Ansar, We Always Separated Ourselves From Any Other Group. We Didn't Do Anything The Way Other "Religious" Groups Did Things. The Muslims Said "Diyn" Is Our Way Of Life- However I Always Said, No I Don't Have A Diyn, I Have A Millah, Which Was Millat Ibrahiym (The Rites Of Abraham) Or The Way Abraham Learned And Did Things. We Looked At Anybody Who Did Anything Other Than That As Wrong. However, I Have To Refer To Our Garb As "Religious" Because That's The Only Thing You Overstand Which Is A Part Of The Hypnotic Spell Cast On You 6,000 Years Ago By Zuen By The Command Of Enqi Son Of Anu And Iyd (Refer To "The Spell Of Kingu, Leviathan 666", Scroll #15).

Ques: What Is Our Religious Garb?

In 1992 A.D. We Started. Wearing The Budlah Nubi And Forfeited The Garb Of The Righteous And What It Stood For, Which Was Yet Another Stage In Our Growth. Then In 1993 A.D. We Began To Hear About The Chaos And Turmoil In The Middle East Amongst The Muslims That Made A Great Impact And Affected All The Muslims, Or Anyone Associated With Them In America. Foreseeing These Events, And The Danger Of Being Identified Or Associated With Any Sect Of Muslims, In 1994 A.D. We Began To Wear Cowboy And Native American Clothes.
Ques: Why Did We Undergo So Many Changes?

Ans: The Answer Is Quite Simple, Growth, For Everthing That Lives Is Constant, As Constant As Change. For All Is Real In Change, For Change Is The Only Absolute. I Took You From One Stage To Another Trying To Perfect Your Way Of Life. However, You Remained The Same Negroes And Regressed To Wearing The Garb Any Kind Of Way And Became An Insult To The Cultural Artifacts. Yet, Each Stage Of Your Metamorphosis Opened Your Minds And Brought You To The Awareness Of Different Aspects Of Your Culture And Your True Identity.

They Don’t Want To Say That. Our Religious Dress Is A Renovation Of The True Dress Of Your Inheritance. We Do Not Want To Be Mistaken For Muhammadans, Jebusites, Or Confused Negroes, Saying That They’re Hebrews, Israelites Or Both. Our Dress Is Unique To Us Alone, So That When We’re Seen, People Will Recognize Us As The Holy Tabernacle Ministries. We Prefer To Wear Our Cultural Garb During Our Festive Days And Ceremonies. The Qamiys Can Be Multi-Colors, Except The Qamiys For The Priesthood; And They Are Not To Be Mistaken Or Confused For The Garb Of The Priesthood. The Garb Of The High Priest Consists Of Linen Parts, Linen Undershirt, Linen Mitre (Turban), Linen Girdle, Woven Blue Robe, Ephod (Exodus 28:9), Breastplate (Exodus 39:30). This Is A Garb That Only A Man Of Great Faith And Wisdom Can Be Worthy To Wear Because Of The Responsibilities Involved In Such A Title.

It Is A Fact, That There Are Things Such As The Way One Dresses, That Distinguishes One Nation Of People From Another; One Culture From Another; One Way Of Life From Another And One Custom From Another. Likewise, The Holy Tabernacle Ministries Will Be Distinguishable For What We Represent And Our Lifestyle. Whatever You Wear, Your Clothes Should Be Worn With Modesty. Now That We Are In 1996 A.D., We Have Gone To Another Level And So Has Our Dress. The Females Of The Holy Tabernacle Will Be Adorned In A Beautiful New Garb And The Males Will Be Dressed In Their Handsome Garb. Both Will Wear Their Crown Or Fez As A Headdress. The Garb Is Only To Be Worn On Special Occasions.

![Diagram 24](image1.png)  
Diagram 24

![Diagram 25](image2.png)  
Diagram 25

The New Garb Of The Holy Tabernacle
Modesty Today

Whatever Happened To The Modest Woman? Sadly Enough, There Are But Few Left In The World Today. Most Women Walk Loosely About, Not Knowing Their Duties Or Roles As Women. Don't Be Fooled By The Fair-Seeming "Single Women" Philosophy That Has Been Perpetrated By This Society. Today's Society Does Not Project Modesty. Modesty Means Being Reserved, Conservative, And Having Lack Of Conceit Or Vanity. This Definition Of Modesty Does Not Define The Typical Western Woman. Women In This Society Act As If They Are Modest However, They Would Wear A Micro-Mini Dress And Then Have The Nerve To Wear A Slip Under It. They'll Go To The Beach In The Summer And Wear A Bikini And Then Have The Nerve To Hide When A Man Comes To The Front Door And All They Have On Is A Slip. How Ridiculous!


When Are You Going To Wake Up To The Truth Of The Holy Tabernacle Ministry? Heed Now Before It's Too Late. Get Your Daughters Out Of This Society Before They Become Harlots. Know That Your Eyes Have A Language Of Their Own, So When A Woman Looks Into The Eyes Of A Man And Vice Versa, This Shows A Sign Of Attraction. Your Daughters Should Be Raised With An Example Of Sarah Daughter Of Terah And Aiyda, Who Always Covered Her Face Whenever A Man Came To Her House, Or Rebecca Daughter Of Bethuel And Ziklag Who Covered Her Face When Isaac Came To Her House, Or Hadrat Faatimah The Daughter Of Muhammad And Khadijah. She Was A Pure Modest Woman.
Children

If Your Children Were Always Spotlessly Clean, Never Made Any Noises, Were Always Pleasant When Spoken To, Jumped Up At Every Request, And Never Talked Back, There Would Be Something Very Much The Matter With Them. They Aren't Born That Way, And It Is A Very Long Time Before They Come To Believe That There Is Some Virtue In What You Ask Of Them. However. There Are Certain Manners That Children Should Be Continually Encouraged To Cultivate.

Manners:

A. They Should Always Excercise Using Please, Thank You, And Excuse Me. They Are Words That Can Save Everyone A Great Deal Of Trouble And Anxiety.

B. A Child Should Get In The Habit Of Greeting Their Friends, As Adults Do One Another.

C. A Child Should Also Be Taught To Share And Be Generous To Their Acquaintances.

D. A Left Handed Child Is Just That, Left-Handed.

E. A Child Should Be Discouraged About Asking For Gifts, Money, Etc., Especially From Strangers.

F. A Child Should Not Be Encouraged To Make Derogatory Or Negative Statements About Anyone.


H. A Child Should Know How To Answer The Telephone Properly, Greeting The Person On The Other End Politely, May I Ask Who This Is, And May I Take A Message, Etc.

I. A Child Should Know Not To Give Any Type Of Information To Anyone Over The Phone.

M. A Child Should Never Be Disrespectful, Especially To Elders.

Ques: How Should Children Be Taught?

Ans: The Children Should Be Taught How To Greet People And Be Kind And Courteous Around Adults, Authority, Family Members, As Well As Their Own Peers. Keep In Mind That
Parents Teach Their Children According To Their Own Responses And Actions. By That I Mean, How The Parents Show Attitudes Towards Each Other, Authority, Etc. Determines The Mindset Of Their Children. How You As An Adult Show Courtesy And Respect Towards Others Are Their Example. If A Child, Right From The Beginning, Is Spoken To With The Same Politeness And Consideration One Would Give An Adult, He Is Usually A Gently Spoken Child. Shouting Parents, Makes Shouting Children. Children Deserve Respect As Well As Adults. If They Don't Get Respect, How Are They Going To Know How To Give It.


Ques: What About Teen-Agers, How Should They Be Taught?

Ans: Teen-Agers, Especially In Recent Years, Feel That They Inhabit A World Of Their Own In Which They Can Make Their Own Rules. Parents Who Break Through Can Make Their Teen Sons And Daughters Realize The Discourtesy To Other People, Who Also Have Rights, When They Are Noisy In Public, Or Any Other Convenience Or Possession Meant For General Sharing. Every Teenager Needs To Be Reminded To Show Respect And Courtesy Towards Adults And To Be Protective And Kindly Toward The Younger And Weaker.

Teenagers Rightly Complain That Parents Nag. Nagging Is Irritating And Virtually Useless Particularly Between Parents And Teenagers. Rather Than Nag, It's Better To Get Their Full Attention First, Tell Him/Her Once, And Then Perhaps Leave Written Reminders Of What You Want Him/Her To Do. It Is More Effective To Tell A Teen-Ager That You Know He Has Done Something Of Which You Disapprove Than To Ask Him If He Has Done So. It Is Good To Teach Children To Freely Confess Their Wrong-Doing.

Ques: Does The Salvation Still Lie In The Hands Of The Children?


Women Must Overstand Their Role In Society And Stop Allowing The Evil Ones To Make You Feel That Being A Mother, Teacher Of Your Children And A Housewife Is An Inferior Role For Women. For Example After Having A Baby They Are Quick To Give You A Pill To Dry Up

Many Parents Have Been Ruined By The Immortality Of Living In The Image And Likeness Of The Harlot (Beast). And They Pick Up These Examples. The Children That Are Being Born Today Are Extraordinarily Alert, Inquisitive, And Intelligent, They Sleep Less, They Walk Earlier And Are Able To Learn Faster, Therefore, Their Inquisitiveness Must Be Guided Positively. They Must Be Educated And Cautioned Against The Evils Of This Steadily Deteriorating Society.

They Must Be Informed Of Their True History And Their Purpose. They Must Be Taught About The Wiles Of Becoming Involved In The World And It's Dangers Of It's Fair-Seeming Attractions. Their Education Must Start At Birth.

In Infancy A Child Is In A Most Inquisitive And Perspective Stage In Which He Is Highly Intune With His Sense Of Touch, Taste, And Sight. These Senses Are So Strong Because The Infant Has Not Yet Learned To Formulate Words For Expression. Infants May Not Be Able To Tell You What They See, But They Can Let You Know In Other Ways.

The Children's Education Is Not Only In Learning Scriptures. They Are Taught Many Skills Such As Carpentry, Sewing, Cooking, Etc. As Well As Their Basic Studies And Etiquette.

Playtime Is Also Very Important Because It Allows The Child's Imagination To Flourish, And His/Her Creative Abilities To Develop. Spend Some Time Planning Their Leisure So That It Will Be Educational As Well As Fun. Give Them Books With The Nuwaubic Alphabet (Refer To "Nuwaubu Nubic Alphabet Coloring Book") As Well As English. Have Story Time Relating Our Stories To Them (Refer To "Nuwaubu Coloring Books" And "The Holy Tablets"); Stories Of Upcoming Holidays And Festivals (Children's Day, Friendship Day, Prophets And Angels Day, Etc.), How They Should Be Celebrated, And Instill Their Meanings In The Hearts And Minds Of The Children.

Childcare Is Very Important For A Healthy Child. Babies From Infancy To Two Years Old Should Not Be Left To Sleep Alone In Another Room Or In The Care Of Anyone Other Than Parents Or Family Members. From Two To Seven They Are Like Computers And Whatever Is Put In Them Becomes A Part Of Their Life. Around Seven They Inherit Imagination. At This Stage In Their Life It Is Important That They Get Proper Direction. Between Seven And Fourteen They Are Predominantly The Kind Of Character They Will Be In Life. And If A Child Grows Up Around Lies, Deceit And Trickery, Then That Child Will Be A Conniving, Deceitful Liar That Cannot Be Trusted. From The Age Of Fourteen On, Is When A Child Is Taught To Put Away The Myths And Fables And Begin To Accept The Facts Of Life.
Fifteen To Nineteen They Are Taught To Stop Acting Silly And Start To Make Vivid Plans For Their Future. A Child With Too Many Responsibilities Too Soon Inherit Mental Problems And A Child With Not Enough Responsibilities Becomes Lazy. So Balance Their Work Habits And Teach Them That They Have To Earn What They Get In Life. They Must Be Taught That Hard Work Pays Off And Appreciate What They Have In Life, Value Of Family, And Value Themselves And Respect Their Bodies.

Children Should Be Taught Neatness, Cleanliness, And Good Manners. They Should Respect Their Elders And Authority. They Should Be Taught Generosity, Charity, And Self-Help. They Need To Learn The Habit Of Work And Fair-Dealing, So That They Will Appreciate All The Little Things In Life And To Begin All Acting And Thinking By Using Al Kuluwm.

A Child Should Never Be Left To Think That He Has Gotten Away With A Thing. This Breeds Nonchalance And Sneakiness. Objects Such As Belts, Switches, Coat Hangers, Extension Cords, Etc., Are Not Advisable To Use For The Chastisement Of Children. However, Chastisement Is Necessary For Discipline, Not To Inflict Harm Or Damage.

Proverbs 22:6

Modern Hebrew Script

KHAW-NAK (INITIATE, DISCIPLINE) IN A NAH-AR (CHILD FROM INFANCY TO AGE 13) IN THE DEH-REK (COST OF LIFE) HE SHOULD FEH (GO); AND KEE (WHEN) HE IS A ZAW-QANE (ELDER), HE WILL NOT SOOR (DEPART).

If You Initiate Proper Discipline In A Child From Infancy To The Age Of 13 On The Right Way Of Life That He Should Take When He Is An Elder He Will Not Depart From That Way.

Right Translation In Aramic (Hebrew) By:

Dr. Malachi Z. York

Mistranslation For King James 1611 A.D.

"TRAIN UP A CHILD IN. THE WAY HE SHOULD GO: AND WHEN HE IS OLD, HE WILL NOT DEPART FROM IT."

If You Chastise Your Child For Not Saying His Blessing Before He Eats, Make Sure You Always Say Your Blessing Before You Eat. You Must Be An Example To The Children Or All The Chastisement Will Be In Vain. The Child Will Not Take Chastisement To Heart And Soon Will Become Lax.

Ques: Can We Put Cosmetics On A Child?
The Holy Tabernacle's Guide For Better Living

Purity And Neatness And Maintenance Of Health

Ans: Do Not Put Cosmetics On A Child, Male Or Female. This Adds To Their Vanity, Especially Girls More So Than Boys. When A Female Child Is Young, Her Vanity Should Be Directed In Another Direction, Instead Of Teaching Her How To Be Vain, Her Mother Should Be Grooming Her To Be A Beautiful Young Lady.

If A Girl Is Not Groomed Properly She Will Only Grow Up To Be A Filthy, Disgusting Woman. But If She Is Groomed From An Early Age By Her Parents, She Will Become Just The Opposite. It Is Important That Parents Be There For A Young Girl Or Lady Turning Into A Woman. For She Tends To Go Astray Far More Easier Than A Boy, When She Gets To A Certain Age. Menstruation Is A Step Into Adulthood For She Can Now Bare Children. A Young Girl Who Has Begun Her Menstrual Cycle Receives Her Bane Mitzwah (Refer To "Bane Mitzwah", Scroll #13). She Needs More Guidance. Some Topics That A Mother Can Discuss With Her Daughter Who Is Growing From A Young Lady To Becoming A Woman Are:

A. Her Body.

B. How To Take Care Of Her Body As Far As Washing Is Concerned.

C. How To Wear Perfume And Underarm Deodorant.

D. How To Take Care Of Her Own Clothes, Washing, Ironing, Sewing, Etc.

E. What Is Menstruation And Why It Occurs.

F. What Should She Do During That Period Of The Month (As Far As Cleaning Is Concerned).

G. What Is Sex, Pregnancy, Etc. And How To Take Care Of Her Body When She Becomes Sexually Active. The Odors Your Body Can Carry If You Are Having Sex And Not Washing Internally. Etc. Teach Her Cleanliness And Good Habits So That She May Be A Clean Adult.

I Can Go On And On About This Topic But These Are Just A Few Things That A Parent Should Address To Her Daughter When She Is Becoming A Woman. This Is Important, Because When She Grows Up, If She Hasn't Had Proper Grooming, She Will Blame The Parent And May Never Forgive You For It.

Ecclesiastes 11:10

Modern Hebrew Script

THEREFORE SOOR (REMOVE) KAH'-AS (ANGER) FROM LAVE (YOUR HEART), AND AW-BAR' (PUT) SOOR (AWA Y) RAH (DISAGREEABLENESS) FROM BAW-FAWR' (SKIN
OF YOUR FLESH): FOR YAL-DOOTH (CHILDHOOD) AND SHAKH-AR-OOTH (YOUTH)
ARE HEH-BEL (VANITY)

So, Remove All Anger From Your Heart And Out Away All Disagreeableness From Your
Flesh: For Childhood And Youth Are Vanity.

Right Translation In Aramic (Hebrew) By:

Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"THEREFORE REMOVE SORROW FROM YOUR HEART AND PUT AWAY EVIL FROM THE
FLESH: FOR CHILDHOOD AND YOUTH ARE VANITY."

Boys Are Also Vain And If Not Directed Or Groomed From Youth; Will Grow Up To Be Slobs.
In The Western World People Always Associate Proper. Grooming With Being Feminine. Boys
Need Grooming Also. They Need To Be Taught Things Such As:

A. How To Take Care Of Themselves As Far As Physical Hygiene Is Concerned.
B. He Should Always Be Smelling Good.
C. How To Groom His Hair, Combing. Cutting, Styling, Etc.
D. Why He Will Have To Wear Facial Hairs.
E. How To Shape And Trim Facial Hairs.
F. Sex And His Body. Etc.

This Too, Like The Girl's List, Can Go On And On, But This Is Just A Basic Idea Of What A
Boy Needs To Know As He Becomes A Young Man. He Receives A Bane Mitzwah As Well
(Refer To "Bane Mitzwah", Scroll #13).

Ques: What Are The Best Remedies For Curing Sick Children?

Ans: It Is Better To Give Children Natural Remedies, Instead Of Overloading Their Systems
With A Lot Of Artificial Chemical Medications That Have Side Affects Which Further Stress
The Body. Babies With Colic Can Receive Catnip Tea, Fennel, Or Peppermint Tea. Catnip Also
Has A Sedative Effect On The Nervous System. Slippery Elm Acts To Neutralize Stomach
Acidity And Absorbs Gas. Diarrhea Can Be Worrisome, But It Should Be Remembered That It
Is Nature's Way Of Removing Toxins From The Body. Cooked Carrot Soup (Carrots And Water)
Is Very Beneficial For Diarrhea Because It Coats The Inflamed Small Bowel, Soothes It, And
Promotes Healing. Constipation Can Be Relieved By Insuring The Child Gets Plenty Of Water
And Fresh Foods Which Contain Fiber; Babies Can Use Weak Licorice Tea, Or Barley Malt Powder.


Ear Infections Are Relieved With Lobelia Extract, Garlic Oil, Or Mullein Oil In The Ear. Marigold (Calendula), Aloe Vera, And Vitamin E Oil Are Effective In Treating Skin Problems Such As Diaper Rash, Eczema, And Dermatitis.

**Bathroom**

**Bathroom Etiquette:**

A. Each Person Should Have His/Her Own Towel, Washcloth, Toothbrush, Iistinga Bottles, Douche Bags And Razors.

B. Always Wear Slippers In The Bathroom.

C. Always Use A Clean Washcloth And Towel After Bathing, Wet Towels Hold Bacteria.

D. Always Clean The Shower Stall And Bathtub After Bathing.

E. Do Not Eat And Drink In The Bathtub.

F. Always Leave The Bathroom Neat And Clean After Using It.

G. Do Not Flush Sanitary Napkins Down The Toilet.

H. Always Properly Dispose Of Sanitary Napkins.

I. Your Bathroom Should Always Smell Good.

J. Never Let Children Play In The Bathroom.

K. Always Check To Make Sure Waste Is Flushed Down The Toilet Before Leaving The Bathroom.

L. Don't Bathe With Children, They Should. Bathe In Their Own Bath Water.

M. The Bathroom Should Always Be Well Supplied With A Detergent, Sponges,
And A Brush, So That Everyone Can Easily Clean The Bathtub Or Shower Stall If It Needs It.

N. If The Mirror Is Dirty When You Enter The Bathroom Make Sure You Clean It.

O. The Bath Mat Should Be Neatly Hung Over The Side Of The Tub To Dry And The Shower Curtain Should Be Cleaned And Spread Wide To Dry, And The Window Should Be Opened To Air Out The Room If Needed.

P. If The Shampoo, Soap, Toilet Paper, Or Facial Tissue Has Run Out, The Last Person To Use It Should Go To The Supply Closet And Immediately Replace It.

When Using The Toilet, Make Sure The Toilet Seat Is Clean Before Sitting On It. Bleach Is The Best Disinfectant To Use When Dealing With Germs. Bleach Disinfects 99.9% And Is A Greenish-Yellow, Gaseous Element Found Mainly In Combination With Sodium As Common Salt, Used In Bleaching And Disinfecting. Chlorine Is Bad-Smelling And Very Irritating To The Nose, Throat And Lungs. Its Atomic Number Is 17, And Its Symbol Is C1, On The Element Chart. Do Not Use Bleach In Combination With Ammonia (Another Disinfectant), It Can Be Fatal If Inhaled Or Digested. Please Keep This And All Other Chemicals Out Of The Reach Of Children. Don't Discharge Urine On The Floor Of The Bathroom.

Clean Yourself Thoroughly After Toilet Use. Always Wipe From Front To Back To Avoid Contamination Of Feces. Rinse Thoroughly With Plenty Of Water (Using A Squeeze Bottle, Cup, Or Cloth), And Use Soap As Needed, After Urine Or Stool. Pat Yourself Dry. Avoid Straining When Moving Your Bowels As This Can Cause Hemorrhoids. Use White, Scentless Toilet Paper, As Artificial Perfumes And Dyes Can Cause Adverse Reactions, Especially In Women.

Once You Have Relieved Yourself Of Urine Or Stool, Use Water And A Wash Cloth, Which Should Only Be Used For This Purpose And This Purpose Only, To Clean The Private Parts Or Purify Yourself With Water Only. Do No Use This Same Wash Cloth To Bathe Yourself With. This Process Is Called Iistinga. Also Remember To Disinfect And Rinse Your Washcloth Well After Iistinga. So It Doesn't Hold Any Foul Odors.


Always Relieve Yourself By Using A Toilet. However, When A Toilet Is Not Accessible, It Is Permissible To Discharge Urine On Soft Ground So That The Drops Do Not Splash. In Some States Depending Upon Where You Live It May Be Against The Law To Urinate Outside, Therefore, Use Your Own Discretion. And Abide By The Laws Of Your State. Be Careful Not To Let The Urine Splash On Your Clothes, Or You Will Be Walking Around With A Foul Odor.
Also, If You Make Ablution For Prayer You Will Still Be Unclean Because The Urine Is On Your Clothing. It Is Better To Piss Urine In A Sitting Position; Standing Is A Very Dirty Habit And Should Be Avoided. As Children, Men Were Taught To Stand In Front Of Urinals With Their Genitals In Their Hands And This Was Said To Be The Proper Way To Urinate. However, The Proper Way To Urinate For Both Men And Women Is To Sit Down. But If You Prefer To Stand Up And Urinate, It Is Your Choice.


Before Entering The Bathroom, It Is Sanitary To Put Shoes Or Slippers On Your Feet.

**Eating**

**Etiquette For Eating:**

A. **Do Not Talk While Eating, This Is To Avoid Spillage Of Foods, As Well As Unpleasant Topics Which Would Spoil The Meals For Others. It. Also Eliminates The Diners Talking With Their Mouth Full.**

B. **Eat Silently: Don't Slurp Drinks And Beverages, Nor Chew Loudly As To Let Anyone Else Hear.**

C. **Close Mouth While Chewing. There Is Nothing More Disgusting Than Observing Someone While In The Process Of Chewing Their Food.**

D. **Never Put Liquids Into The Mouth If It Is Already Filled With Food.**

E. **Don't Over Fill Your Plate, Take A Sizable Amount, If You Want More Ask For It Politely.**

F. **Never Criticize The Food Served, If The Food Is Not Wanted, Politely Say: I Don't Care For Any, Thank You.**

G. **Get Into The Habit Of Complimenting And Being Gracious After A Meal Is Done, For Example Say: I Enjoyed My Dinner, Thank You.**

H. **Do Not Look From One Dish To The Other During Mealtime.**

   **When Washing Hands Before Meals Be Exceedingly Careful In Cleansing Your Nails And Between Your Fingers.**

   **When Leaving The Table One Should Excuse Themselves As Discretely As Possible And Return The Same Way.**
K. One Should Always Put His/Her Food Into Plates Or Bowls. Never Eat Out Of Cans Or Boxes.

L. Pleasant Surroundings Contribute To Pleasant Experiences.

M. The Host/Hostess Of The House Should Always Be Sure To Have The Cleanest And Most Attractive Atmosphere Possible. Attractive Tableware, Tablecloths And Napkins. The Beautiful Preparation And Arrangement Of The Food Are Equally Important.

N. Don't Put Elbows On The Table.

O. Don't Reach Over Anyone While At The Table, If Something Is Needed Ask For It To Be Passed To You.

P. Drink Out Of Glasses Or Cups, Not Out Of Jars Or Bottles.

Q. It Is Better To Eat Out Of Glassware, Rather Than Plastic, Because Plastic Holds Germs And Odors.

R. If Something Is Distasteful That You Are Eating, Do Not Spit It Out On The Plate, Use A Napkin.

S. Do Not Wipe Hands On The Tablecloth, Or Clothing.

T. Always Use Utensils For Serving, Do Not Use Your Hands.

U. Do Not Use The Same Utensils That You Are Eating With To Serve Food.

V. Eat Neatly, Without Dropping Food On Table Or Floor.

W. When One Has To Burp Or Cough, Always Place A Napkin Or Hand Over Your Mouth And Turn Away From The Table.

X. You Should Always Come Fully Dressed, And Dressed Neatly To The Table.

Y. You Should Sit Up Straight In Your Chair.

Z. You Should Not Lay Or Stand While Eating, It Is Unhealthy For Your Body.

Table Manners For Children;

In Encouraging Children In The Proper Table And Eating Etiquette, It Is Very Important That The Child's Plate Is Never Overwhelming. Too Much Food Presented Before A Child Inspires Gluttony. Always Place A Moderate Portion Of Food On The Plate. You Don't Want The Child
To Feel That He/She Is Being Pressured Into Eating More Than He Wants. However, You Should Encourage Them To Eat All Of Their Food As Not To Be Wasteful. They Should Be Taught To Be Appreciative And Thankful For A Healthy And Nourishing Meal. If He/She Wants Seconds He Will Ask.

A Child Should:

A. Be Taught Table Manners And Etiquette As Soon As They Are Enough To Feed Themselves.

B. Always Wash Their Hand Before Eating At The Table, Hair Is Combed Or Brushed Neatly, And Clothes Clean And Neat.

C. Chew Quietly And With His/Her Mouth Shut.

D. Be Taught What Utensil Is Used For What Types Of Food.

E. Learn Not To Reach Across The Table But To Ask For Whatever Is Needed With A Polite "Please", And Say "Thank You," When She/He Receives It.

F. Not Play With His/Her Food, And To Be Careful Not To Spill Anything Over.

G. Learn To Politely Ask To Be Excused From The Table If She/He Wishes To Leave After She/He IsFinished Eating.

H. Learn To Sit Up Straight And Keep Their Hands In Their Laps When Not Occupied. This Should Be Insisted Upon To Prevent A Careless Attitude. They Must Not Be Allowed To Play With Napkins, Etc.

I. Never Gesticulate With Her/His Knife And Fork.

J. No Talking With Food In Your Mouth.

Setting The Table:

Ques: How Do You Set The Table?

Ans: Every Table, No Matter How Informal, Should Be Laid With Care And Attention To Detail: 1. The Flatware Is Placed One Inch Or So From The Edge Of The Table At Place Settings That Are Equally Distant From One Another On A Table. 2. The Napkin May Be Placed On The Place Plate. 3. The Table Is Set With Whatever Silver Will Be Needed For The Meal. 4. To The Left Is A Fork, For Meat And Salad. 5. On The Right Is The Knife For Meat. 6. Spoon For Soup Is To The Right Of The Knives.
For a formal dinner setting. In addition to the place plate, the butter plate, and the napkin is the following silver: knives to the right, never more than three (appetizer, fish, or meat, salad): to the left are the forks. Never more than three (appetizer, fish or meat, salad). With the exception of the spoons for soup or melon, there are no spoons to the right of the knives. The dessert fork and spoon lie at the head of the plate. Individual silver or silver and crystal salts and peppers may be placed, pepper first, a little below the glasses (one set for each or every two guests). Glasses are placed in order of the use above the knives in a variety of ways (glasses for sherry, white, red, and champagne, as well as water goblet).

We, the children of the Eloheem have a certain way we hold our eating utensils (forks, spoons, knives etc.) while eating as shown in the diagram below. This is a part of our own tradition. When cutting your food hold your fork the same in whatever position is comfortable for your hands. You should never use your fork as a gesture while talking.

Diagram 28
The Way We Hold Our Eating Utensils
It is sanitary to wash your hands before and after you eat because your hands carry a lot of germs. The ritual of washing your hands before you eat or touch anything sacred came from Mother Ninti, the daughter of Anu and Si. When Mother Ninti was in the process of creating the human being, she washed her hands first and then said her affirmation. From then on, the custom of washing your hands became known.

Never sit down to eat when your bowels and bladder are under pressure, this causes undue stress. Relieve yourself of stool and urine before eating and remember to wash your hands afterwards with soap. Use the hand you don't use for every day normal usage for eating.

Whenever you use the bathroom whether its urination or defecation, do it immediately. Your body basically tells you how to take care of it. Holding urine for long periods of time can cause bladder and liver infections.

For cleaning the private parts of the body, the feet, and for cleaning the nose, also use the hand you don't use for every day usage, be it your right hand or your left. Whichever hand you use most often, you should teach yourself to use the opposite hand just as well.

If you are left handed, it is not considered a negative state because that is the way your brain functions. This happened when the meteorite hit the planet and shifted the planet to a 23° degree axis (Refer To "Mythology", Scroll #35). Before this meteorite hit, everybody on the planet was ambidextrous. Meaning they used the right hand as well as the left hand. You can even find people today that are ambidextrous. You find many people tend to lean to the left side. This is because the earth is tilted on a 23° degree axis. The heart was once in the middle of the chest, and now it's on the left side of the body.

"As you eat, think of those who don't have and give thanks."

From The Sayings Of Dr. Malachi Z. York

All of your great teachers of the scriptures gave blessings and thanks to The Most High before partaking of their food. However, there are no references in the holy scriptures to
Tell You Exactly What Your Great Teachers Said Before And After Eating Their Meals. You And Your Family, In Order To Give Thanks To **The Most High** For Providing You With All Your Needs, Can Say Whatever Is In Your Hearts. Remember That All Gratitude Is Due To **The Most High**, For Giving Us Food, Drink, Good Health, Well-Being And **Nuwaubu**.

**Our Grace Before Meals**

*Begin All Prayers And Thinking By Using Al Kuluwm*

*Hassa' Amma Na Najlesua Ja Haza Tarabuz Fi Mahulnaa,*  
*Naseelua El Elyown Liyya A'rudnaa Na'um,*  
*Wa Na Atha Hamudmul Ha El Elyown*  
*Li Haza Aklu Na Sofa Nakelua, Liyya Fayud Gisunnaa*  

**Maintenance Of Health**

"*Nature Has Already Helped You Succeed If You Are Healthy.*"  
*From, The Sayings Of Dr. Malachi Z. York*

Health Is A Great Blessing And A Valuable Trust From **The Most High**. Regard Your Health With Great Value And Take Every Care To Safeguard It. Health Once Lost Is Hard To Recover. A Little Negligence Of An Ordinary Sickness Can Ruin Your Well Being And Even. Your Life.

To Neglect The Rules Of Hygiene And To Be Indifferent Towards The Proper Maintenance Of Health Is To Reject The Natural Responsibility To That Which Is Great Within You. The **Eloheem** Like Qualities Which **The Most High** Has Bestowed Upon You. It Is An Act Of Ingratitude. There Was A Period Of Time When You Had Knowledge, Not Beliefs Or Faith. This Is **Right Knowledge**, Knowledge Based On Facts Of That Which You Can Prove And See, Not Based On Faith Or Belief. We Don't Want To Just Believe Things Anymore. Belief Is Ignorance, The Acceptance Of Things That You Do Not Know. When You Were In The Right State Of **Eloheem**, You Did Not Have Beliefs, You Knew (Had Facts), Because You Were The **Eloheem** That Everybody Worshipped (Genesis 3:22).

You Are The Caretakers Of Your Bodies. Your Bodies Being Merely A Shell Or Temporary Housing For The Soul And Spirit; Our Essence As Ether People, Supreme Beings, The **Eloheem** (Refer To "What Is Soul And Spirit?", Scroll #110).
It is imperative that you, as striving children of the Eloheem, be of sound mind (intellect) and that your bodies be physically fit and clean at all times, and that you set an example for the children who come after you. By these principles you cultivate healthy individuals with the strength, energy, and will, necessary to build a nation.

Ques: Without my health can I still get in touch with the higher senses?

Ans: Preserving your health is of primary importance, for without good health (a well-functioning body and mind), it would be increasingly difficult to get in touch with the higher senses. When the body is sick, it is weak; and a weak body means the mind cannot function to its full capacity, imposing limits and confirming the thoughts. All faculties are needed to expand the mind. Senses, creativity; and those latent powers that you as nubians had long ago. The ancient kemites (Egyptians), directed their energies toward nature, and made nature work for them.

Figure 72

The pyramids and the sphinx are evidence of great kemite engineering

The ancient kemites built the pyramids. Controlled the weather, and practiced healing sciences. These powers are still present within you; you have. long forgotten how to use them. Once developed, you can use these powers within to heal yourselves. The etheric connection with the most high is your source.

However, there are no promises. Health does not come without effort or thought. There is no magic pill or instant prayers that will produce it. If you live according to the laws of nature of the most high, then good health and peace of mind will be yours. However, if you become careless and neglect your health. Sickness and death can also be yours. Many have systematically ruined their health, with poor diet, drugs, bad living, stress, and a depressed state of mind. No matter what your condition, it's not too late. Start now, with the basics, nourishing the body and mind. Take responsibility for your actions, that is the key to success! It is your choice, you have the power to change your life.
The Holy Tabernacle’s Guide For Better Living

Purity And Neatness And Maintenance Of Health

Ecclesiastics 3:1-3

TO EVERY THING THERE IS A ZEM-AWN (SEASON), AND A AYTH (TIME) TO EVERY KHAY-FETS (DELIGHT [PURPOSE]) UNDER THE SHAW-MAH-YIM (SKIES): A AYTH (TIME) TO BE YA W-LAD (BORN), WA (AND) A AYTH (TIME) TO MOOTH (DIE); A AYTH (TIME) TO NAW-TAH (PLANT), WA (AND) A AYTH (TIME) TO AW-KAR (PLUCK UP) THAT WHICH IS NAW-TAH (PLANTED); A AYTH (TIME) TO HAW-RAG (KILL), WA (AND) A AYTH (TIME) TO RAW-FAW (HEAL); A AYTH (TIME) TO FA W-RA TS (BREAK DOWN), WA (AND) A AYTH (TIME) TO BAW-NAW (BUILD UP);

To Everything There Is A Season, And A Time To Every Delight Under The Sky. A Time To Be Born, And A Time To Die; A Time To Plant, And A Time To Pluck Up That Which Is Planted; A Time To Kill, And A Time To Heal; A Time To Break Down, And A Time To Build Up;

Right Translation In Aramic (Hebrew) By:

Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"TO EVERY THING THERE IS A SEASON, AND A TIME TO EVERY PURPOSE UNDER THE HEAVEN: A TIME TO BE BORN, AND A TIME TO DIE; A TIME TO PLANT, AND A TIME TO PLUCK UP THAT WHICH IS PLANTED; A TIME TO KILL, AND A TIME TO HEAL; A TIME TO BREAK DOWN, AND A TIME TO BUILD UP;"

Men’s Health

Ques: What Can A Man Do That Will Keep Him Healthy And Strong?


ues: How Can A Man Improve His Sexual Health?


Some Men Are Susceptible To Hernias (Inguinal Hernias). These Occur In The Groin And Are Caused By A Protrusion Of. A Section Of Bowel Through A Weakness Or Hole In The Abdominal Wall. You May Be Born With This Physical Defect, But The Hernia Can Occur At Any Age. It Can Be Caused By Coughing Or Straining During Heavy Lifting Or When Moving Your Bowels. To Avoid Getting A Hernia Strengthen Your Abdominal Muscles, They Help To Hold Your Organs In Place. Lift Heavy Weight Carefully, Distributing Most Of The Weight With The Legs Bent: Lose Ni■TeihrlIVOCAie -v-elitergii.

Ques: What Types Of Exercises Is Good For A Woman To Do?


Woman Need To Pay Particular Attention To Exercises That Strengthens The Abdomen, The Back, And The Pelvic Floor, Stomach Or Abdominal. Muscles Are Often The Weakest Group Of Muscles In The Woman's Body And Their Weakness Is The Most Common Cause Of Backache. The Same Abdominal Muscles That Support The Pelvis Also Support The Delicate Column Of The Spine. Strengthening These Muscles Is Important For Everyone, But It's Especially Important For Women Who Are Planning To Become Pregnant. The Stronger These Muscles
Are, The More Erect Your Stance. And The Easier It Will Be For You To Carry Added Weight In Front.

There Are Certain Times In A Woman's Life When She May Need Extra Supplies Of Specific Vitamins And Minerals Such As Calcium. Folic Acid, And Other B Vitamins Can Be Beneficial. Calcium Is Essential Throughout A Woman's Life To Help Maintain Bones And Prevent Osteoporosis In Later Years.

**Ques: What Is The Most Important Aspect Of A Woman's Hygiene?**

**Ans:** The Scent Of A Woman Is Very Important. A Woman's Body Is Constantly Producing And Discharging Eggs. When The Eggs Die They Sit In The Vaginal Canal And Decompose. If The Woman Does Not Bathe In The Tub Daily, These Eggs Will Begin To Rot And Produce An Offensive Odor.

### Waking Up

**Ques: How Should A Person Start Their Day?**

**Ans:** Start The Beginnin Of You Da With. Some Li ht Exercis Or A Walk In The Field Or Garden. This Helps To elax You. The Fresh Air Has A Wholesome Effect On Health. If You Live Near A Park. Or In The Country, Go Outside And Exercise. Tai Chi Or Tai Chi Chuan Is Recommended; If You Know It. Tai Chi Is A Chinese System Of Physical Exercise Designed Especially For Meditation And For The Development Of Self Discipline And A Sense Of Well Being.

Upon Waking, You Should Begin By Rinsing Your Nose Out With Water. Open A Window And Exhale Seven Times To Get The Negative Energy Out Of Your Body. Then Inhale Seven Deep Breaths Of Fresh Air To Get Your System Off To A Good Start. Also Clap Your Hands Three Times In Front Of Your Face - It Is Stimulating And Wakes You Up.

Upon Awakening Drink A Glass Of Water (Room Temperature Or Warm), To Which Some Fresh Squeeze Lemon Juice Can Be Added. This Is Both Stimulating And Cleansing To Your Body.

### Exercising

**Ques: How Does Exercise Benefit You?**

**Ans:** Some Form Of Exercise Should Be Done Everyday. It Is Not Only Healthy For You, Exercise Also Makes You Feel Good About Yourself. And Exercise Is Also Healthy Because It Keeps Your Blood Circulating. Exercise Can Be Anything From A Brisk Walking To Weight Lifting To Some Type Of Sport (Preferably Cardiovascular Exercise Or Exercise That Keeps The Heart And Lungs Pumping).
Do Not Overexert Yourself. If You Are A Beginner, Don't Start Out Trying To Walk 5 Miles When You Can Only Do 2 Miles. You Should Gradually Build Your Momentum And Stamina (Strength). If At Any Point You Feel You Are Out Of Breath While Exercising, Inhale Through Your Nose And Exhale Through Your Mouth. You Will "Catch Your Breath," A Lot Faster. You Can Also Hold A Rock In Each Hand And Squeeze Them Tightly, You Will Feel That Your Supply Of Energy Is Rejuvenated.

By Exercising And Eating Right, You Live Longer, Look Better, Feel Better, And Hopefully Live To 120 Years Old. This Is The Age You As Human Beings Are Supposed To Live Up To (Genesis 6:3).

**Breathing**

Upon Waking In The Early Daytime Hour, You Should Go Outside Or Open A Window And Inhale The Fresh Air. Fresh Air Helps To Wake Up The Brain And Start It To Functioning Properly. It Is Also Important To Breathe Properly. Your Stomach Should Be Filled With Air, Then Exhale Through Your Nose. When Lying On Your Back, You Breathe Properly. That's Why You See Most Of Your Ancient Egyptians With Pot Bellies, Because They Knew How To Breathe Properly. Little Babies Also Breathe Correctly, And They Also Have Pop Bellies.

**Ques:** Is There A Way To Practice Proper Breathing?

Bad Posture (Slouching), Or Stress And Tension. This Forces You To Breathe Only From The Upper Chest Area (Shallow Breathing) Where The Upper Lungs Only Absorb 20% Of The Oxygen You Inhale. Thus, Breathing Only From The Upper Chest Deprives You Of Most Of Your Needed Oxygen, Deprives You Of Needed Energy, Puts A Strain On Your Heart, And Causes High Blood Pressure.

Practice Abdominal Breathing: Sit in A Comfortable Position With The Back Straight, Or Lie Down. Place One Hand Over The Navel And The Other Above It. Concentrate On Sending Air To The Lower Part Of The Lungs First, Then The One Above. Now As You Exhale, Notice That Air Moves From The Upper Lungs First And Then The Lower Lungs. The Top Hand Sinks In First, Followed By The Hand On The Navel. Inhale To The Count Of 4, Hold For The Count Of 2, Then Exhale For The Count Of 4, Practice This For 5 Minutes Daily.


**Internal Cleansing**

**Ques: How Often Should We Take A Laxative?**

**Ans:** Many Of You Don't Realize How Important Your Colons Are. It Must Be Kept Clean (Free Of Impacted Stool) And In A Good Working Order For You To Stay Well. In Order For Your Colons To Function Properly And To Maintain Good Muscle Tone"(In The Bowel Wall) Your Bodies Require A Good Diet With Plenty Of Natural Fiber (This Helps The Colon Push The Stool Through), And Plenty Of Water. Poor Diet, Overeating, Lack Of Exercise, And Emotional Tension, Leads To Constipation, Gas Bloating, Abdominal Cramps And A Weak Sluggish Bowel. This Back-Up Forces Re-Absorption Of Fecal Matter Into The Blood Stream. Toxins (Poisons) Accumulate In The Body. And Overloads The Other Organs Of Elimination (Kidney, Liver, Lungs, Skin, Lymph), Causing Headaches, Fatigue, Skin Problems, And Mucous Build-Up To Name A Few. Eventually, This State Can Cause More Serious Conditions Such As: Colitis (Inflammation Of The Colon), Diverticulitis (Small Out Pouching In The Colon Wall), And Cancer. The Very Purpose Of A Colon As An Organ Of Elimination Is To Collect All Fermented And Putrefactive Toxic Waste From Every Part Of The Anatomy. And By The Peristaltic (Muscular Contraction) Waves Of The Muscle OrIFCblon To Remove All Solid And Semisolid Waste From The Body. In Simple Words The Colon Is A Sewage System Of The Anatomy. Natures Loss Of Preservation And Hygiene Require And Insist That This Sewage System Be Cleansed Regularly Under Penalty Of The Innumerable Ailment Sicknesses And Diseases That Follow, If Waste Is Allowed To Accumulate.

Not To Cleansed The Colon Is To Have The Entire Garbage Collection Staff In Your City Go On Strike For Days On End. The Accumulation Of Garbage In The Streets Create Putrid Odoriferous Unhealthy Gases Dispersed Into The Atmosphere. The Fermentation And Putrefaction Of Accumulated Waste And Corruption In The Colon Creates Equally Noxious
Gases which are not always expelled as they should be. Occasional use of enemas help clean the colon by softening and removing hardened wastes, relieving constipation, and preventing re-absorption of toxins. However, enemas should only be used when needed and not as a substitute for regular bowel movements; over use can remove necessary mucus from the stomach lining and can weaken the bowel wall. When taking an enema use warm water and try to retain the water while gently massaging the abdomen. This helps to loosen impacted feces.

Diagram 29 - Don't over use chemical laxatives. They cause irritation of the bowel and with habitual use can cause dependency on them to the point that it will become difficult to move your bowels without them. Use natural laxatives like prune juice, and herbs such as: senna, cascara sagrada, epsom salt, or aloe vera in small amounts. Take these laxatives once a month or more if needed, especially if your diet is inadequate. **Psyllium** whole husks is an excellent addition to a colon cleansing program. Psyllium is a natural plant fiber laxative with special properties. It softens hardened impacted stool and helps to remove it, and toxins (poisons) from the colon. One may use 1 to 2 teaspoons of psyllium husks in an 8 ounce glass of water or juice, two or three times a day; remember to drink an extra glass of water after you take it. This bulk fiber can be used daily for as long as you prefer, and is safe even for children.

**Food**

**Ques:** What types of food is best for our bodies?

**Ans:** You are what you eat! Choose the freshest, and best foods you can find. Buy wholesome natural foods and limit those with preservatives, artificial colors, artificial flavors, and the other long list of chemical additives you see on labels nowadays that you are unable to read or pronounce. Try to keep the typical **"Junk Foods"** (candies, cookies, cakes, ice cream, potato chips, etc.) to a minimum. They have few vital nutrients or fiber, and excessive amounts of salt and vinegar.

All foods have distinct energies. Just as the physical body is formed from the gross physical portions of the foods that are eaten. So, the mind is formed from the more subtle portions.
The Holy Tabernacle's Guide For Better Living

Purity And Neatness And Maintenance Of Health

If the food is impure, the mind also becomes impure. Cigarettes, liquor, narcotics, and fast foods and too much meat are the most detrimental. Meals should be simple, light, and nutritious. Many people eat far more than is necessary, merely out of habit or for a sense of gratification. An immoderate diet is the cause of the great majority of diseases encountered in modern society.

Diet

Ques: How do you maintain a healthy diet?

Ans: In order to sustain a healthy diet, it is important that one intake the right foods. There are many foods that can enhance a well-balanced diet. A food that is most commonly considered "good health food" and is said to be eaten on a daily basis is fruits. Fresh fruits should be used for medicinal purposes.

Actually most fruits were created for medicinal purposes so, you should only drink juices or a piece of fruit when you are sick. Such as grapefruit juice when you have a cold because it makes you excrete the phlegm that accumulated in your body. Cranberry juice is good for the liver and cleans your system. If you have a urinary tract infection, cranberry juice and water is excellent. Pineapple juice is good for sore throats and helps draw the phlegm out of your body as well. These juices are medicines. It is just like taking aspirin. If you take aspirin for every little ache and pain you have, the aspirin doesn't have the same effect on the body, when you are really in need of a pain killer. Thus, if you drink these juices everyday, they will be ineffective when you are sick.

Also, you should not drink a full glass of juice, namely grapefruit and orange juice, because for every cup of orange juice, you are actually intaking approximately 10 oranges. By nature you should not drink more of something than you can eat at one time. You must begin to examine what you eat if you plan to eliminate, and right all of the wrongs that you have been taught.

Most of the time people eat foods because it tastes good and usually the things that taste good are the things that aren't good for you such as: ice cream, chocolate milk, cookies, fast foods, etc. Eat what is healthy for you.

That is the difference between an Eloheem and a mortal. An Eloheem does what is best for him and what is good for him, not what is satisfying to the taste buds. You should eat to live, not live to eat. You should never eat until you are full. It makes you feel heavy and miserable.
The Holy Tabernacle’s Guide For Better Living
Purity And Neatness And Maintenance Of Health

Everything That Looks And Taste Good, Isn't Good!!

1. As The Children Of The Elohem Do Not Eat None Of The Animals That Are Represented By Our Ancient Egyptian Ancestors Such As:

<table>
<thead>
<tr>
<th>Ass</th>
<th>Cat</th>
<th>Falcon</th>
<th>Ichneumon (Mongoose)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bennu Bird</td>
<td>Cow</td>
<td>Hippopotamus</td>
<td>Lion</td>
</tr>
<tr>
<td>Baboon</td>
<td>Crocodile</td>
<td>Ibis</td>
<td>Ram</td>
</tr>
<tr>
<td>Beetle (Scareb)</td>
<td>Bull</td>
<td>Serpent</td>
<td>Scorpion</td>
</tr>
<tr>
<td>Vulture</td>
<td>Pig</td>
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</table>

2. As The Children Of The Eloheem Do Not Drink Whiskey, Rum, Burboun, Scotch, Gin. We Are Only Allowed To Drink Pure Wines On Shabat Or Special Occasions.

3. As The Children Of The Elohem Never Ever Drink To Become Intoxicated. Beer Is Also Good To Drink.

4. We Absolutely Never Ever Spice Our Food Before We Taste It. And We Never Eat An Abundance Of Spices That Could Damage Our Internal Organs.

Ques: Why Do We Feel Sleepy After You Eat?
Ans: The Reason Why You Feel Sleepy After You Eat Is Because In Order To Digest Food Your Stomach Is Pulling Energy From All Parts Of Your Body Like Your Limbs (Arms And Legs), Certain Parts Of Your Brain, Etc. You Should Take A Laxative Or Fast At Least Once A Month On The Same Day Of Each Month, To Keep Your Body Free Of Poisons, Toxins And Backed Up Food.

When Eating You Should Always Eat In Moderate Portions. Control Your Eating Habits, Gluttony Is An Emotion That You Must Be Careful Of, Because It Can Kill You In More Ways Than One. I'm Not Only Talking About Being Gluttonous For Food But For Anything.

Actually There Are 3 Emotions Which Govern Human Beings And Lead To Self Destruction; They Are: Sex (Me, Conform Conscious), Gluttony (Eat Into Sickness, Greed) And Anger (Wars, Taking, My, I Want) (Refer To Man From Planet Rizq, Scroll #80).

1. Sexual Emotion, Causes You To Take A Chance You Normally Would Not Take And Regret Once You Have A.I.D.S.

2. Anger Emotion Causes You To Hurt Or Kill Someone And Regret Once You Are In Jail Or Even Get Killed Yourself.


These Emotions Then Leads Into Other Emotions Such As Fear And Regret. A Person With Aids Now Realizes He's Going To Die, The Person Who Is Obese And Has All This Fat Around The Heart Realizes He's Going To Die, Etc. You See, Emotions Are Dangerous When They Become Motion Because These Emotions Will Make You Fight, Become Greedy, And Depressed If You Don't Get What You Want, Not Caring About The Consequences. You Have Lost Control Of Yourself. It Is Better To Have Control Over Your Emotions Instead Of Your Emotions Having Control Over You, Because Emotions And Emotional People Are Self Destructive.

Ques: How Do You Prevent From Putting Poisons In Your Body?

Ans: In Order To Prevent Putting Poisons In Your Body, Always Wash Your Face And Hands Before Eating. Keep All Articles Of Food Covered For Sanitary Reasons And Keep Flies Away Which Carries All Types Of Filth, Germs, And Diseases. Refrigerate Food To Keep Them From Becoming Spoiled And Never Leave Food In Open Cans, This Can Cause A Food Poisoning Called Salmonella Typhimurium, Which Accounts For Nearly 70 Percent Of Food Infections, And Is Commonly Found In Meats, Eggs, And Milk. Also Use Clean Eating Utensils. Never Eat Out Of Wooden Containers. Wood Is Porous (Able To Absorb Food Particles) And Food Will Get Into The Grain And Poison You.
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Don't Cook with Aluminum Pots, They Allow Metal To Get Into Your Food. Aluminum Has Been Implicated as a Cause Of Alzheimer's Disease A Form Of Early Senility. Did You Know That Aluminum Is Also Found In Tap Water, Aerosols, Processed Cheeses, Baking Powders, And Antacids?


The Mind Is Always Looking For An Excuse To Avoid Discipline. Listen To The Inner Voice Of The Self Rather Than To The Complaints Of The Mind. What Goes Into The Human Body Correlates Directly To The Efficiency With Which The Brain Functions. Recent Studies Show That Certain Red Food Coloring Creates Hyperactivity In Children, And That Refined Sugar Can Cause Emotional Instability. These Are Just Two Examples Of The Substance That Areheedlessly Consumed Without Understanding The Effect On The Body And Mind. Although Not Categorized As Harmful Foods, These Substances Should Be Strictly Avoided:

A-Marijuana  B-Cigarettes  C-Alcohol, Drugs

There Is A Growing Awareness That Your Health Is Directly Affected By What You Eat. Almost Any Disease Can Be Cured By Either A Change In Diet, Or A Short Period Of Fasting, And With No Medication At All. This Is Not Only True Of Physical Disorders, But Of Many Mental Difficulties As Well.

It Is Particularly Important That Pregnant Mothers Have This Awareness, For Too Often They Do Not Realize The Effect Of Their Diet On The Developing Fetus. Contrary To The Popular Concept, It Is Not Vegetarians Who Do Not Get Enough Protein, But Rather Heavy Meat-Eaters Who Take In An Excess Amount Of Protein.

Animal Protein Contains A High Concentration Of Uric Acid, Which Is A Nitrogen -Compound Similar To Ammonia. It Is Not Water Soluble And Cannot Be Broken Down By The Liver. Thus, A Certain Amount Is Eliminated, The Greater Portion Of Uric Acid Is Deposited In The Joints. The Results Of This Is Referred To As Arthritis. Hardening Of The Arteries And Heart Disease Are Two Of The Most Common Maladies In The West, Where The Greatest Amount Of Meat Is Consumed. The Culprit Is "Cholesterol" Which Also Cannot Be Eliminated From The Body And Thus Forms Fatty Deposits Along The Walls Of The Heart And Arteries, Gradually Thickening Until They Are Clogged And Inflexible.

The Major Source Of Cholesterol Comes From The Hundreds Of Pounds Of Animal Tissue And Its Fats That Each Person Consumes Each Year. Heart Disease, Hardening Of The Arteries, And Arthritis Are Common Infirmities, But The One That Strikes The Most Fear In The Hearts Of Americans Is Cancer. Many Substances Have Been Found To Create Cancer In Animals, However, Results Always Seems To Indicate That The Amount Consumed By The Average Person Is Insufficient To Create Cancer. What Is Not Revealed Is That The Accumulation Of These Poisons Over A Period Of Years Does Create Cancer. These Substances Are Innumerable Chemicals That Are Injected Into Animals To Increase Weight °To Yield More Dollars Per Animal.
Nitrites, Food Coloring, Artificial Hormones, and Even Arsenic Are Among The Chemicals Contained In Animal Flesh By The Time It Goes On The Supermarket Shelf. These And Many Other Additives Consumed By Members Of An Industrialized Society Collect In The Body And Are Stored In The Tissues. Cancer Occurs When The Cells React To These Excessive Toxins In A Sense, Mutating Into Cells Which Reproduce Uncontrollably. So Much For The Horrors Of The Meat Industry.

There Are Several Other Related Facts. One Is That It Takes Four Times As Much Grain To Feed Animals Than For An Enosite To Consume It Directly. This Raises A Moral Question In Regard To Sharing Your Resources With Poorer People. Plants Are The Original Source Of Energy For All Living Things, As They Store The Energy Of The Sun Through Photosynthesis.


However, You Must Eat According To Your Environment. You Should Include Some Processed Foods In Your Diet, So That Your Body Will Be Accustomed To Eating Them. In The Event That Fresh Foods Become Scarce, You Will Be Able To Eat Processed Foods Without Getting Sick. If You Live In A Cold Environment, Then You Should Eat Foods That Are Typically Grown In That Kind Of Climate, And The Same Applies If You Live In A Warm Summer Type Climate.

Be Careful Of Products That May Have Certain Ingredients In Them That Are Not Healthy For You Such As Animal Fat And Animal By-Products.

A Widely Used Substance Is Glycerin Or Glycerol (Glycerin Alcohol). Since World War II, Glycerin's Popularity Has Grown Considerably. It Is A Clear, Thick, Sweet Liquid That Is Added To Foods To Maintain A Certain Moisture Content And To Prevent Foods Or Cosmetics From Drying Out Or Becoming Hard. It Is Obtained From Animal Oils And Fat And Is Used In Marshmallows, Jelly And Jelly-Type Products (Candies Such As Gumdrops And Chewing Gum, Etc.) This Is Not Healthy For You.

The Clear Jelly Coating On Some Vegetables And Cheeses Is Also Made From Glycerin And Or Glycerides.
Here are other examples of foods found to contain animal by-products namely pork:

- Lard
- Calcium Stearate
- Poly-Sorbates
- Fatty Acids
- Gelatin
- Animal Fats
- Collagen Or Enzymes
- Emulsifiers
- Tween
- Swine Pepsin
- Magnesium Stearate
- Monostearates
- Animal Shortening
- Shortening
- Hydrolyzed Animal Protein/Protein
- Tallow
- Stabilizers (Mono And Di-Glycerides)

Medications, prescription and over-the-counter drugs:

- **Insulin**
  Made From The Pig's Pancreas Gland (Beef Avail.)
- **Pill Capsules**
  Made From Gelatin Shiny Coated Pills Covered With A Thin Gelatin Coating
- **Calcium**
  Crushed Hog Or Other Bovine Bones
- **Chymotrypsin**
  Used To Promote Healing And Remove Dead Skin Tissue
- **Thyroxin And**
  Thyroid Preparations Made
- **Thyrotropine**
  From The Pig's Thyroid
- **Mucin**
  Made From The Pig's Stomach For Treatment Of Ulcers
- **Pepsin**
  Used For Indigestion In Stomach Coasters (Enzymes)
- **Epinephrine**
  Used To Treat Heart Disease From Pig's Adrenal Glands
- **Progesterone**
  Extract From Pig Ovaries Used For Menopausal Syndromes
- **Acth**
  From The Pig's Pituitary Glands
  (Adrenocorticotropin) Used To Treat Leukemia And Cystic Fibrosis, Gout And Arthritis.
- **Adrenaline**
  From The Pig's Adrenal Glands
- **Heparin**
  From The Pig's Intestinal Mucosa, For Blood Clotting
- **Gelatin Tablets**
  Made From The Pig Allegedly To Promote Nail Growth
- **Pancreatin**
  From The Pig's Pancreas Used As A Digestive Aid And For Chronic Pancreatitis.
- **Corticotrophin**
  A Gel Used With Injections (Gelatin) (Veg. Avail.)
- **Levothyroxine**
  Used For Thyroid Dysfunction's (From The Pig's Thyroid)
The Holy Tabernacle's Guide For Better Living
Purity And Neatness And Maintenance Of Health

By No Means Am I Telling You What You Should And Should Not Eat Or Drink, What To Do And What Not To Do. My Job Is To Present To You The Facts And Let You Decide What Is Best For You.

Remember That White Sugar, White Bread, White Flour, And White Salt Are What Are Known As The Four (4) Poisons. They Are Called Poisons Because They Are Refined Products - Meaning The Natural Nutrients Have Been Removed By Processing. They May Be Pleasing To The Taste, But They Provide Only Empty Calories, With Little Or No Nutritional Value. In Fact, Not Only Do They Not Provide Nutrients, They Also Drain From Your Body Extra Nutrients, Water, And Energy As Your Body Works To Dispose Of Them.

Children Are Especially Sensitive To Their Diet. Their Rapidly Growing Bodies, Deprived Of Sufficient Nutrients, Or Bombarded With Artificial Ingredients, Become Weakened. This Weakened State Causes Frequent Colds, Ear Infections, Fevers, And Diarrhea. Many Become Hyperactive, Have Behavioral Problems, Or Mental Deficiencies.

Watch What You Eat And What You Give Your Children. Good Foods And A Positive Outlook Will Keep You Happy, Healthy, And Active.

Society Dictates That You Should Eat Breakfast At Around 8:00 A.M., Lunch Around 12:00 P.M. And Dinner At 6:00 P.M. However, They Never Tell You That The Times You Eat May Not Coincide With Your Natural Bodily Functions. You Should Not Eat Before 11:00 A.M. Or After 9:00 P.M.

The Body Goes Through (3) Regular Daily Cycles"

<table>
<thead>
<tr>
<th>Appropriation</th>
<th>Noon To 8 P.M. (Eating And Digestion)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assimilation</td>
<td>8 P.M. To 4 A.M. (Absorption Or Use)</td>
</tr>
<tr>
<td>Elimination</td>
<td>4 A.M. To Noon (Disposal Of Body Waste And Food Debris).</td>
</tr>
</tbody>
</table>

So What Does All Of This Mean? It Means That You Can Become Familiar With Your Body And Learn How It Functions At Different Times. This Knowledge Will Help You Live A More Healthier Life, And You May Live Longer. When You Are Awake, You Eat (Appropriate), And When You Are Sleeping The Body Has Little Other Work To Do, So It Assimilates What It Has Taken In During The Day. And The "Morning Breath" That You Have When You Get Up In The Morning Is Due To The Bodies Elimination Cycle.

Before And After The Designated Times, You Should Only Eat Water Foods, Such As: Carrots, Celery, Lettuce, Or Any Foods That Are Juicy When Bitten Into. Water Needs No Digestion; Therefore Water Foods Need Very Little Digesting, And Are Easy On The System. Solid Foods Need A Lot Of Digesting, Thus The Digestive System Must Work Harder. Fresh Fruits However, Should Be Avoided Unless They Are For Medicinal Purposes, Cooked, Dried Or Canned, Because They Are Alive And They Will Start To Die Within Your Body As Soon As You Eat Them. This Destroys Your Creativity.
Ques: What Is The Cycle Of Digestion?


Using Pork Or Products That Contain Pork And/Or Pork By-Products Is Unlawful According To The Torah As Well As Unhealthy *(Refer To Are You Still Eating Pork, Bulletin #13).*

Deuteronomy 14:8

**Modern Hebrew Script**

WA (AND) THE KHAZ-EER (PIGS), KEE (BECAUSE USE) IT FA W-RAS (DIVIDE THE HOOF) YET CHEW NOT THE GAY-RAW (CUD), IT IS TAW-MAY (UNCLEAN) TO YOU: YOU WILL NOT A W-KAL (EAT) OF THEIR BA W-SA WR (SKIN), LO (NOR) NAW-GAH (SKIN), THEIR NEB-AY-LAW (DEAD BODIES).

And The Pig, Because It Divided The Hoof, Yet Chew Not The Cud, It Is Unclean For You You Are Not To Eat Of Its Skin And Flesh, Nor Should You Touch Their Dead Bodies.

Right Translation In Aramic (Hebrew) By:

**Dr. Malachi Z. York**

Mistranslation For King James 1611 A.D.

"AND THE SWINE, BECAUSE IT DIVIDETH THE HOOF, YET CHEWETH NOT THE CUD, IT IS UNCLEAN UNTO YOU: YE SHALL NOT EAT OF THEIR FLESH, NOR TOUCH THEIR DEAD CARCASE."

**Pork Free Products**

**BODY POWDER**

- Arm And Hammer Baking Soda
- Corn Starch
- Diaperene Baby Powder
- Fresh Scent Dusting Powder
- Dr. Bronner's Shampoo
- Golden Lotus Products
- Nature's Lotus Products
- Palmer's Coconut Oil
- Sulfur 8
- V.O. Five
- Wella Balsam

**DEODORANTS**

- Faberge Babe Anti-Perspirant
- Mennen Speed Stick
- Nature De France Deodorant
- Ultra Ban

**FACIAL CLAY/MAKE-UP**

- Perfect Skin Clay With Lemon
- Kohl (Eyeliner)
LOTION

Autumn Harp Products
Nature's Gate Lotion
Palmer's Cocobutter
Red Fox Tub-O-Butter
Vaseline
Voltra Cocobutter Stick

HAIR CONDITIONER

Aloe Vera, Coconut Oil, Olive Oil
Dax
Glover's Mange
Queen Helene Cholesterol
Sage (Pure, Unadulterated)
V.O. Five
Wella Balsam

Soaps

Bee And Flower Soaps
Carme Products
Castile Soap With Olive Oil
Conti Castile Soaps
Irish Spring
Oilatum Soap
Sirena Coconut Oil W/Vitamin E

Ben Rickerts Bath Products
Cashmere Bouquet
Cococare Soaps
Desenex Soap
Nature's Natural Soaps
Sirena Coconut Oil
Yardley's Of London Soap

Ques: What Kind Of Milk Is Best For Our Bodies?


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When You Sit Down To Eat, Make Sure Your Mind Is At Peace. Avoid Eating In A Mood Of Sorrow, Anger, Or Anxiety. The Food That Is Eaten In A Cheerful And Peaceful State Of Mind Nourishes The Body, Whereas Food That Is Gulped Down In A State Of Anxiety Or Grief Has An Adverse Effect On The Stomach And Affords No Strength To The Body. If You Talk And Laugh With Moderation While Eating: You May Choke!

When The Need Arises, Answer The Call Of Nature (Relieve Your Bladder And Bowel), And Fulfill It Promptly. Delaying This Necessity May Have An Adverse Effect On The Brain, Bladder, And Colon, And As You Age You Will Have Difficulties.

Water

"Water Is In Everything: What A Gift, And So Clear."
From The Sayings Of Dr. Malachi Z. York

The Processes Of Digestion Are Vital Processes Which Water Plays By Far The Most Important Part. The Digestive Juices Themselves In The Body Are Composed Of More Than 98% Organic Water. In Their Operation It Is Important That This Organic Water Be Constantly Replenished. The Average Human Being Evaporates About One Gallon Of Water During 24 Hours.


Make It A Habit To Drink Plenty Of Water Everyday Preferably Use This Water Schedule: Drink At Least An 8 Ounce Glass Full Each Time.

<table>
<thead>
<tr>
<th>Time</th>
<th>9:00 A.M.</th>
<th>12:00 P.M.</th>
<th>1:30 P.M.</th>
<th>5:00 P.M.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:30 A.M.</td>
<td>1:00 P.M.</td>
<td>3:00 P.M.</td>
<td>8:00 P.M.</td>
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Intoxicants

Some Religions Follow The Law In The Scriptures Which Prohibits The Use Of Intoxicants. The Story Of Intoxicants Scans Many Generations, Races And Peoples. From The Physical Garden Of Eden When Nekaybaw (Eve) Ate Of The Intoxicating Fruit (Refer To Holy Tablets, Chapter El Ganna, The Garden), To Your Present Day World Of Confusion.

Intoxication Is Defined As The State Of Being Poisoned. The Effects Of Intoxication Has Led To The Destruction Of Many Lives, And Has Brought The Downfall Of Every Nation That Permitted And Encouraged Its Use. First, To Overstand What Is An Intoxicant, You Must Define The Word:

According To The American Heritage Dictionary Intoxicate Means:

\[\text{in\textasciitilde{tox}\textasciitilde{icate} (In-t\textasciitilde{olesT-kAt'}) v. in\textasciitilde{tori}-\textasciitilde{cated}, in\textasciitilde{tori}-\textasciitilde{cating}, in\textasciitilde{tox}\textasciitilde{icates. --tr. 1. To stupefy or excite, as by the action of a chemical substance such as alcohol. 2. To stimulate or excite. 3. To poison. --intr. To cause stupefaction, stimulation, or excitement by or as if by use of a chemical substance:}\]

From The Simple Fermented Juices Of Fruits And Grains, To The Sophisticated Synthetics Made Up In Laboratories, All Are Capable Of Inducing A State Of Stupor By Releasing Various Poisons In The Body. All Of These Substances, Under Various Trade Names, Are Available Directly And Indirectly To Any And Everyone Who Desire Them.


Ques: Can We Drink Beverages That Contain Alcohol?

Ans: Yes. However, Do Not Drink Alcohol To The Point Of Drunkenness. Nonalcoholic Kosher Beer Or Wine Is Fine. Don't Smoke Cigarettes, Cigars, Pipes Or Any Type Of Tobacco, Marijuana. Or Take Drugs.

El's Holy Qur'aan 87:219 (Original Order)

YAS-ALOONAKA (THEY ASK YOU) AN (ABOUT) AL KHAMR (INTOXICANTS) WA (AND) AL MAYSAR (THE DRAWING OF LOTS [GAMBLING]) QUL (SAY, TELL) FEEHIMAA
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If They Ask You, Muhammad About Intoxicants And The Drawing Of Lots, Gambling; Tell Them: "Both Of Them, Intoxicants And Gambling Are A Big Guilty Acts, In Them Are Some Benefits For The Enosites; And Both Their Guilty Acts Are Bigger Than Their Benefits; And When They Ask You Muhammad, As To What They Should Be Sharing Willingly, Tell Them This, Muhammad: "Whatsoever Can Be Spared, The Source, Allah, Makes The Signs Clear For You All, So That Perhaps You All Will Think.

Right Translation In Ashuric/Syraic (Arabic) By:

Dr. Malachi Z. York.

Mistranslation By Abdullah Yusuf Ali 1938 A.D.

Koran 2:219 (Wrong Order)

"THEY ASK THEE CONCERNING WINE AND GAMBLING. SAY: IN THEM IS GREAT SIN, AND SOME PROFIT, FOR MEN: BUT THE SIN IS GREATER THAN THE PROFIT. THEY ASK THEE HOW MUCH THEY ARE TO SPEND; SAY: "WHAT IS BEYOND Y OUR NEEDS. THUS DOOTH ALLAH MAKE CLEAR SIGNS: IN ORDER THAT YE MAY CONSIDER."

Intoxicants Are The Evil One's Tool To Control Our Minds
And Make Us Weak, Don't Submit!!!
The Holy Tabernacle's Guide For Better Living  
__________________Purity And Neatness And Maintenance Of Health__________________

Genesis 1:29-30

Modern Hebrew Script

WA (AND) ELOHEEM (THESE BEINGS) AW-MAR' (SAID), HIN-NA Y' (HERE), YOU HAVE NAW-THAN' (BEEN GIVEN) KOLE (EVERY) EH'-SEB (GLISTEN HERB) ZAW-RAH (YIELDING SEED), ASH-ER (WHICH) IS AL (UPON) THE FAW-NEEM (SURFACE, FACE) OF KOLE (ALL) HA (THE) EH'-RETS (PLANET EARTH), WA (AND) KOLE (EVERY) ATES (TREE), IN ASH-ER (WHICH) IS THE FER-EE' (PRODUCE) OF A ATES (TREE) ZAW-RAH (YIELDING) ZEH-RAH (SEED); TO YOU KOLE (ALL) IT WILL BE FOR OK-LAW' (FOOD). WA (AND) LE (TO) KOLE (EVERY) KHAY'EE (LIVING ANIMAL) OF HA (THE) EH'-RETS (PLANET EARTH), WA (AND) TO KOLE (EVERY) OFE (BIRDS) OF THE SHAW-MAH'-YEEM (TWO SKIES) WA (AND) LE (TO) KOLE (EVERY) RAW-MAS (MOVES ABOUT, SWARM) AL (UPON) HA (THE) EH'-RETS (PLANET EARTH) ASH-ER (IN WHICH THERE IS) NEH'-FESH KHAY'EE (A LIVING SPIRIT), KOLE (EVERY) YEH'-REK (GREEN VEGETATION) IS FOR OK-LAW' (FOOD): WA (AND) YEH-HE (IT) KANE (WAS).

And The Eloheem Kalkael Also Known As Rudwaan And Uriel Said, Here, You Have Been Given Every Herb With A Yielding Seed, Which Is On The Surface Of The Whole Planet Earth And Every Tree Which Yields Fruit And Has Its Own Seed To Reproduce; All Of This Is For Your Food. And Every Living Animal Of The Planet Earth, And To Every Bird Of The Skies, And To Everything That Swims On The Planet Earth. In Which There Is A Living Soul, Every Green Vegetation Is For Food; And This Happened.

Right Translation In Aramic (Hebrew) By:

Dr. Malachi Z. York

Mistranslation For King James 1611 A.D.

"AND GOD SAID, BEHOLD, I HAVE GIVEN YOU EVERY HERB BEARING SEED, WHICH IS UPON THE FACE OF ALL THE EARTH, AND EVERY TREE, IN THE GARDEN WHICH IS THE FRUIT OF A TREE YIELDING SEED; TO YOU IT SHALL BE FOR MEAT AND TO EVERY BEAST OF THE EARTH, AND TO EVERY THING THAT CREEPETH UPON THE EARTH, WHEREIN THERE IS LIFE, I HAVE GIVEN EVERY GREEN HERB FOR MEAT: AND IT WAS SO."

Health And Healing Was Practiced By Your Nubian Ancestors Including Your Great Teachers, Long Before The Caucasian Race Became So-Called Civilized. You Lived A Healthy Way Of Life, Close To The Planet Earth And The Most High. You Made Use Of Herbs And Natural Medicines. The Ancient Egyptians Had Great Knowledge Of Anatomy And Surgery. They Cured Illnesses, Healed Wounds, Set Fractures And Dislocations, And Performed Delicate Brain
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Surgery. They Also Brought Open Wounds Together With Sutures, Clamps, Or A Kind Of Adhesive Disorders. Dentists Knew How To Fill Teeth, Treat Gum Disorders, And Were Able To Restore Teeth With Bridges.

The Scribe Imhotep Son Of Ptah And Khredu'ankh Was A Master Healer In Ancient Kemet (Egypt), Under The Supervision Of The High Priest Zoser Son Of Nima'athafiy And Khasikhimuwy. The Medical Oath. Commonly Called The Oath Of Hypocrites, Taken By Physicians Today, Is Actually Taken In Imhotep's Name. He Was Known To The Ancient Greeks As Aesculapius. And Lived Some 2,000 Years Before The Birth Of Hypocrites, The So-Called Father Of Medicine. Ancient Egyptian Medicine Is The Basis Of The Western Medicine You Know Of Today.

Figure 78
Kha'sikhimuwy Father Of Zoser

Figure 79
Nima'athafiy Mother Of Zoser

Figure 80
Zoser Son Of Kha'sikhimuwy And Nima'athafiy

Figure 81
Ptah Father Of Imhotep

Figure 82
Khredu'ankh Mother Of Imhotep

Figure 83
Imhotep Son Of Ptah And Khredu'ankh
The Holy Tabernacle's Guide For Better Living

Purity And Neatness And Maintenance Of Health


Figure 84
Elijah The Tishbite

Figure 85
Elisha Servant Of Elijah

Figure 86
Naaman Captain Of The Army Of Syria
You, As Children Of The Eloheem Must Keep Yourselves Healthy By Living The Way Of Nuwaubu Meant For You As Guardians Of This Planet Earth.

Ques: What Types Of Herbs Are Best For Healing?

Ans: There Are Many Examples Of Healing, Health, And Medicine. (Exodus 15:25-26). Many Herbs Are Mentioned, Such As Aloes, Balm, Henna, Coriander, And Rue. Any Medicines That You Need Can Be Found In Herbs And Other Natural Substances. Herbs Are Used To Purify The Blood (Burdock Root, Red Clover), Fight Infection (Garlic, Echinacea, Golden Seal), Stimulate Circulation (Cayenne, Garlic), And Clear Skin Disorders (Calendula, Comfrey, Aloe Vera, Oregon Grape), To Name A Few.

Honey Is A Natural Healing Agent, Ridding The Body Of Impurities. It Can Be Taken Alone Or As A Beverage Mixed In Water. It Has Many References In The Scriptures. (Proverbs 24:13, Isaiah 7:15).

Health And Relaxation

Ques: What Are The Basic Aspects Of Living Healthy?

Ans: Proper Exercise, Proper Breathing, Proper Relaxation, Proper Diet, And Positive Thinking Are The Requisite Attendant That Lead To A Healthy, Dynamic, And Effective Existence. Proper Relaxation Is Needed To Maintain Mental, Spiritual, And Physical Health. Many Think That Relaxation Involves Leaving Home For Some Exotic Place Where The Mind And Body Are Ceaselessly Pumped With Stimulants And Depressants And A Full Range Of Other Damaging Delights.

True Relaxation Comes From Removing The Stimuli Visual, Edible And Otherwise, And Tuning Into The Inner Awareness. Listening To Soothing Music Also Relaxes You, It Is Best Not To Listen To Loud, Fast Music When Relaxing. Loud Music, And Noise From Trains In The Subways, Gas Fumes From Buses And Cars Are Very Intoxicating. Loud Sudden Noises As From Sirens, Jet Take Off, And Gun Shots Startle And Frighten You. All Of Which Distracts The Mind From The Remembrance Of The Most High.

Music Is A Very Powerful Force. Musical Notes Are Sound Waves That Set Up Specific Vibrations Within The Ear, Which In Turn Sends Electrical Messages To The Brain, Stimulating Thoughts And Emotions. There Are Notes In Music That Can Make You Happy Or Sad. Heavy
Metal And Rock Music Create Unnatural, Loud, High Pitched Noises (As Made By Electric Guitars And Synthesizers). They Destroy The Hearing And Have An Extremely Negative Effect On A Portion Of Our Brain Called The Cerebral Cortex. The Cerebral Cortex Controls The Sympathetic Nervous System. Its Function Is To Activate And Accelerate Major Organ Systems (The Brain Works Faster, Heart Beat And Respiration Speed Up, Etc.), Preparing The Body To React To Any Situation, As In An Emergency, The Body Is Ready To "Fight Or Flee". This Music Keeps One In A "Hyped Up", Irritated State.

This Programmed Music Stimulates Certain Physiological And Psychological Responses, Affecting Our Thoughts And Mood. Beware; Repeated Exposure To This Kind Of Music Over Stimulates The Brain, And Will Destroy Brain Tissue.

You Live In An Electronic Environment, The Use Of Electrical Current Increases Almost Daily. You Take It For Granted That You Have The Convenience Of Cassette Players, Household Appliances, Microwave Ovens, Personal Computers, And Antennas Or Outside Power Lines. However, Be Aware That All Of Them Create Unseen Electrical Forces Which Constantly Surrounds You, Called "Extremely Low-Frequency Electromagnetic Fields", Created When An Electrical Current Passes Through A Wire. Constant Exposure To These Electromagnetic Fields (As Most Of You Are), Can Cause Brain And Other Types Of Cancers, Sterility, As Well As Other Effects. Do Not Spend Long Periods Of Time Around Areas With A Lot Of Electricity Flowing. Don't Sleep With Your Head Near Electric Clocks Etc. Become Less Dependent On Electricity. The Following Is A Chart Ranking The Worst Sources Of These Electromagnetic Field Hazards, Taken From *Time Magazine*. Published December 24,1990 A.D.


Like Any Piece Of Sturdy Machinery, The Enosite's Physical And Mental Bodies Can Take Quite A Bit Of Abuse Before Giving Any Signs Of Protest. Unfortunately, In Western Thinking It Has Become A Practice To Ignore The Basic Rules Of Health, And To Think That A Pill Here Or There Which Relieves Symptoms Will Actually Bring About Well-Being, Quite The Opposite Is True.

Pain In The Body Is A Warning, Like A Red Light On The Instrument Panel Of A Car. Taking This Or That Compound Of Chemicals To Remove The Symptoms Is The Same As Taking A Hammer And Breaking The Red Light. It Does Nothing To Solve The Problem, And In Fact May Make It Worse, While Only Giving The Appearance Of Helping.

Many Chemicals Ingested Are Not Useful To The Body, And Cannot Be Eliminated, And Are Therefore Merely Stored. The Medicines Accumulate, Along With The Food Additives That Are Eaten In Such Abundance, On The Average Of Twenty Five Pounds Per Person, Per Year. And They Combine With Each Other To Literally Poison The System.

The Effects May Not Be Felt For Many Years. This Does Not Mean, That There Is No Need For Modern Medicine, But Often Doctors Are Considered To Have Some Form Of Absolute Knowledge. Too Often, Frequent Visits To The Local Gp, General Practitioners Specialist, Or Psychologist Are Substituted For Living A Healthy Life. Most Of The Diseases Of The Mind And Body Can Be Eliminated By Following The Five Basic Points.

A-Proper Exercise    D-Proper Diet
B-Proper Brething    E-Positive Thinking-Prayer And
C-Proper Relaxation   Meditation.

Getting The Proper Rest

The Proper Amount Of Rest Is Also Important. When The Body Has Not Received The Appropriate Rest It Needs, It Does Not Function Properly And You May Feel Sluggish And Weary. However, Too Much Rest Tends To Make The Eyes Puffy, And The Body Lazy And Inactive. Four Hours Of Sleep Is Sufficient. Anything More Than Eight Is Not Good For Your Health. When Going To Bed Keep The Window Cracked At Least 1 Inch To Allow For Fresh Air- To Circulate, Even In Cold Weather. Breathing Stale Air Makes You Groggy, And You Don't Get A Good Sleep. Wear Loose, Comfortable Clothing And Sleep On A Firm Supportive Mattress.

Mental Functions

"The Best Exercise For Your Body Is To Work Your Mind."
From The Sayings Of Dr. Malachi Z. York

"The Worst Exercise Is Jumping To Conclusions"
Another Saying Of Dr. Malachi Z. York

Attitude


Proverbs 17:22

Modern Hebrew Script

בְּלָא בַּשַּׁפֵּץ יִמְשָׁל בֵּית לָבוֹא לְאָנָה (בֵּית)

A SAW-MAY'-'AKH (JOYFUL) LABE (HEART) DOETH YAW-TAB' (GOOD) LIKE A GAY-HAW' (HEALING): BUT A NA W-KA Y' (BROKEN) ROO'-AKH (SOUL) YA W-BASHE' (DRIETH) THE GHEH'-REM (BONES).

A Joyful Heart Does Good Like A Healing But A Broken Soul Dries The Bones.

Right Translation In Aramic Hebrew By:

Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

"MERRY HEART DOETH GOOD LIKE A MEDICINE: BUT A BROKEN SPIRIT DRIETH THE BONES."

Keep A Good, Pleasant, Nurturing Vibe Around Children Also. Your Emotional State, The Tone Of Your Voice, And The Way In Which You Touch Them Is Very Important. Their Brains Work Like Little Computers Absorbing Everything That Goes On Around Them. Even Though They Don't Appear To Adults, To Be Aware, They Are Very Much Aware. The Youngest Of Babies Register All Sights, Sounds, And The Vibe Of People Around Them. Energy Is PROJECTED Through Negative Thoughts And Emotions, Which They Can Feel And Absorb, Sometimes Causing Them To Become Sick Or Have Emotional Problems (So-Called Bad Behavior). This Is Their Way Of Expressing How They Feel. Of Course All Of You Are Susceptible To This, Children Are Just More Sensitive And Less Able To Block It Out. Adults Must Ensure That The Children's Environment Is Safe, Happy, And Full Of Love.
The Holy Tabernacle's Guide For Better Living
Purity And Neatness And Maintenance Of Health

Malachi 4:4

Modern Hebrew Script

זָוָֽקָר (רֵמַז) תָּלְוָֽה (תּוֹרָ֣ה) מִיַּוָּבָ֖ה (מֹשֶׁ֣ה) מֵאֵֽהֵבָ֑ד (מַלְוָֽאָה), אֲשֶׁ֖ר יָשָׁאֵֽפּוּ (שֵׁ֔ם) אֱלֹֽהֵי֙ (יְבֵשָׁ֣א), מִיָּתָ֔ו הָֽאֵֽשָׁ֖ר (פָּרַֽעַוּנָֽא) לַעְצָֽרָה (עֵֽצָרָה), בָּֽעָל (כּוֹלָֽאָ) יִשְׂרָעֵ֖ל, עַיֵּֽוַת (אֵֽוַת) הָֽאֶדְמוֹנָֽהְוָא (אֵֽדְמוֹנָֽהְוָא), אֲנַוָּדִֽכְרָֽא (יִשְׂרָעֵֽל), נֵֽמָזָ֑ו (תָּנָֽלָא), דָּוָֽאָ (דָּוָֽאָ), רוֹצָֽחָא (רוֹצָֽחָא), פָּהָֽאָ (פָּהָֽאָ), דָּוָֽאָ (דָּוָֽאָ), נֵֽמָזָ֑ו (תָּנָֽלָא), דָּוָֽאָ (דָּוָֽאָ), רוֹצָֽחָא (רוֹצָֽחָא), פָּהָֽאָ (פָּהָֽאָ), לָוָֽאָ (לָוָֽאָ), מְלָוָֽאָ (מְלָוָֽאָ), וּדָוָֽאָ (וּדָוָֽאָ).

Remember The Torah Of Moses My Slave, Which I Commanded Him In The Desert For All Israel, With The Statutes And Judgments.

Right Translation In Aramic (Hebrew) By:
Dr. Malachi Z. York
Mistranslation For King James 1611 A.D.

“THEN SHALL THE OFFERING OF JUDAH AND JERUSALEM BE PLEASANT UNTO THE LORD, AS IN THE DAYS OF OLD, AND AS IN FORMER YEARS.”

A Good Positive Attitude Has A Lot To Do With How You Carry Yourself, And How You Present Yourself To Others. You Should Treat Others The Same Way You Would Like For Others To Treat You. When You Keep Yourself In A Positive Vibe, You Nourish Your Spirit, Which Guards Your Soul. However, If You're Always Miserable And Angry, Or Upset, You Are Poisoning Your Soul. Remember, The Way You Present Yourself To Others, Is The Way Others Are Going To Treat You.

Posture

Posture Is Another Way For People To Identify Your Personality. Because Usually If A Person Has Bad Posture They're Automatically Thought Of As Being Either Lazy, Nonchalant, Complex (Low Self Esteem) Or Having Back Problems. And All These Attributes Are Negative Therefore No One Wants To Be Identified With Any Of These Names. Having A Good Posture Tells People That You Are Confident About Yourself, You Care About Your Appearance And Sometimes Depending On The Person, You Are Not Passive.

Whether Sitting Or Standing, Good Posture Involves Keeping The Spine Straight, The Stomach In, And The Shoulders Back. This Position Keeps The Spine. In Proper Alignment, And Allows You To Breathe Properly.

**Self-Control**


**We Should All Thank The Most High For Our Health!!!**

**WHAT ALL CHILDREN OF THE ELOHEEM MUST HAVE**

![Diagram 30](image)

(1) **Truth:** Firstly, A Child Of The Eloheem Must Know The Truth Of Yourselves: Your-Story, Language Culture And Your Relation To The Supreme. You Must Become Truthful When Dealing With Each Other.

(2) **Justice:** A Child Of The Eloheem Have To Learn To Assimilate To Distribute, And To Pass Judgment Justly And Impartially. You Have To Teach Your Children To Deal Justly In All
Facets Of Their Lives When Dealing With Their Own For You Will Not Receive Just Treatment From Those Who Oppose And Refuse To Bow To The Supreme.

(3) Peace: If You Are To Change Your Condition (State Of Mind That You Are In) In Order To Live In Peace, You Have To Change The Way Your Children Are Programmed And What Is Being Programmed In Them. You Must Create Environments Suitable To Producing Peaceful People. You Must Learn To Live At Peace With Yourselves.

(4) Freedom: You Are By Nature Free People. You Can Imprison A Body, But Not A Mind. As Free Minds, You Must Begin To Think As Free People; And Your Minds Will Take Your Bodies Into Freedom. You Must Rear Your Children In Their Minds That They Are Not Slaves Seeking A Freedom That Is Naturally Born In Their Natures. A Prisoner Is Only Imprisoned In-As-Far As He Accepts This Punishment. You Do Not Seek Rights That Are Already Yours! You Are A Free People.


(7) Unity: You Must Become One In: Mind, Body, Soul, Wants And Pursuits And Learn To Live Together As A Family, Meaning, You Have To Drop Your Personal And Worldly Pursuits And Learn To Live For Your Future Which Is None Other Than Your Children.

(8) Success: In Order To Succeed, You Must Reinstill In Your People The Faith In Themselves, And That The Wicked Spends Much Time Trying To Deceive You. You Must Set Vivid, Not Vague, Goals For Yourselves And Put Full Effort In Making Deadlines, If You Are To Be Successful.

The Eight Pointed Star Is Symbolic Of The 144,000 From All Points Of The Planet Earth. It Is Our Compass. For A Better Overstanding Of The Eight Pointed Star, You Must Be Appointed In The Ancient Mystic Order Of Melchizedek (A.M.O.M.).

"The Middle Path"
Prayer Of The Ansaaars

Oh Heavenly One, The Most High, Who Is Sustainer Of All The Worlds, We Do Accept The Duty You Have Lain On Us; To Clean Up The Filth Made By The West And Its Nonsubmitting Fools. 0 My Sustainer We Beseech You, To Keep Your Hand Over Us, To Control The Strings Of The Courses Of Our Lives; Our Sustainer, And If We Do Wrong, Please Show Thy Divine Blessings And Forgiveness On Us, You Are The Only One That Can Raise Us True Followers Of The Newsbearers, And In Thy Name We Carry On.

An Anthem For All