

# A Word on Alternative healing



*Include understanding of reflexology, reiki, meditation, yoga, pilates, etc.*

# Amanda Buys' Spiritual Covering

This is a product of *Kanaan Ministries*, a non-profit ministry under the covering of Roly, Amanda's husband for more than 40 years.

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<sup>1</sup> Meaning: The ANOINTED one

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## **The Principle of Truth ...**

There is a very important principle we must apply in every area of Life/Truth ... we must understand that the FATHER and His Word is the only True Source of Truth and Life, no matter if it is Truth in health, emotional well-being, family, marriage, finances ... whatever the area, Real Truth is found only in our Creator, YHVH, GOD the FATHER. All creation was designed, created, and spoken into being by Him.

## **However ... Truth has been corrupted!**

Since the fall, we have two opposing and warring kingdoms – the Kingdom of GOD (Light), and the kingdom of satan (darkness). What has been one of satan's greatest weapons against the FATHER and His highest creation, mankind? DECEPTION and counterfeits – after all, satan is the father of LIES! Remember, the enemy CANNOT create anything! All he can do is copy, counterfeit, and deceive ... and in this, he is an absolute genius!

This principle is very much evident in the field of health and nutrition. Let's take the example of meridian lines. Years ago, here at Kanaan Ministries, we taught that these meridian lines were of the New Age and occult ... however, in recent years (as we have learned more), these meridian lines have been proven to be simply science, part of our design and make-up. Researchers have learned that our bodies are very much electromagnetic – each organ has its own natural healthy<sup>2</sup> frequency, and that these electromagnetic frequencies work together to create electromagnetic lines through and around our body, which in turn, create an electromagnetic field around us. These electromagnetic lines are made up of phosphorus and work according to quantum physics.

## **Walking with discernment ...**

Sticking with the example of the meridian lines, understanding the scientific facts of how our bodies are electromagnetic does not mean we throw out the need for discernment. As followers of Messiah, we have a RESPONSIBILITY to discern between that which is of the kingdom of darkness, and that which is GOOD and of the FATHER. So, we know that the meridian lines are simply an aspect of our physiology – this was part of GOD's Design – but we still need to discern the use of this Truth (which originated in GOD). GOD's Truth and Principles are ALWAYS hijacked by the kingdom of darkness, and corrupted for the enemy's evil purposes. Satan CANNOT create! He has no Truth of himself – he can only steal GOD's Designs and Principles, and twist them for his own agenda and deceptions. What has the enemy done with the Truth of meridian lines? He has corrupted it, and uses it to deceive – instead of worshipping the Creator YHVH, GOD the Father, and walking according to His Ways of Healing, the occult/New Age worship the “aura”, the chakras, and their own methods of “healing”.

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<sup>2</sup> Each organ has a correct, healthy frequency. When the organ is under stress, or is diseased, the proper frequency of the organ is disturbed. This change of frequency is what is diagnosed using biofeedback methods. Integrative practitioners are trained in using this feedback in order to prescribe specific treatments for healing.

## Our Abba knows best!

We are truly marvelously and wonderfully made! GOD's Plan is for us to be healthy, full of LIFE ... and being both our Creator and Abba-FATHER, He knows just how our bodies work, what we should eat, and the best way of for us to live (lifestyle). Our FATHER is very much concerned about our bodies, as such, He has given us the ability to study biology, health, and nutrition – and ground this study in His Ways and Word – that we may walk in SHALOM<sup>3</sup> and be full of life. Abba-FATHER is the Originator of Truth ... our responsibility is to DISCERN the True Principles of GOD from the deceptive/corrupted use of these principles by the kingdom of darkness. Remember, because many of the principles of the New Age and occult have their basis in GOD and His Truth, they will “seem” to work! But, they will most certainly be deceptive, opening doors in your life and generations for destruction. Remember too, that satan clothes himself in light and false “goodness” ... so walk with discernment, asking the Holy Spirit to guide you in His Truth.

## Our bodies are GOD's Tabernacle ...

As our bodies are GOD's Tabernacle, and because His Spirit dwells within us, we believe the Body of Messiah must come back to a place of living a healthy lifestyle, as unto the FATHER. This involves understanding and addressing all THREE areas/roots:

- ◆ **SPIRITUAL ROOT:** this includes understanding spiritual warfare, demonic oppression, and generational curses. For teaching on this, please start with our foundational series, “*Journey2Freedom*”. Then, we have other resources available, such as the prayers of renunciations and other books on various topics (Jezebel, fertility cults, Druidism, and so forth).
- ◆ **EMOTIONAL ROOT:** this includes working through the following materials:
  - [The J2F8 materials](#)
  - [“Journey2Wholeness” Series](#)

Our health is very much tied to our spiritual and emotional state. In fact, studies are now proving that 87% to 95% of diseases are directly related to one's spiritual/emotional health.

This area must not be neglected! For additional study on the spiritual roots of diseases we encourage you to check out Henry Wright's materials – particularly his book “*A More Excellent Way*”.

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<sup>3</sup> SHALOM: being whole, intact; prosperity, peace: — 1. ease, unaffectedness: calmly, unaffectedly (**Genesis 37:4**); do not be worried (**Genesis 43:24**); — 2. prosperity, success (**Isaiah 48:18**) — 3. intactness, wholeness: unmolested (**Genesis 44:17**); unhurt (**Genesis 26:29**); be safe (**2 Samuel 17:3**); all is well (**2 Kings 4:23**); — 4. personal wholeness, well-being, state of health (**Genesis 37:14**); he is fine (**Genesis 43:28**); — 5. prosperous relationship = peace: (**1 Samuel 7:14, Deuteronomy 20:10, Judges 21:13, Deuteronomy 20:11, Joshua 9:15, 1 Kings 20:18, Isaiah 57:2**); — 6. kindness — 7. total prosperity, salvation: prosperity, salvation from GOD (**1 Kings 2:33**); as name of altar (**Judges 6:24**); my covenant of salvation (**Isaiah 54:10**).

◆ **PHYSICAL ROOT:** in dealing with restoration and healing, this area is often the one neglected the most, but it's just as important! Our health is directly tied to our diet and nutrition. It is vital that we are aware of and diligently researching what we are eating, the medications we (and our children) are taking, and that we are living a healthy lifestyle. It really makes a difference! For further study, please check out the following resources:

- [Jordan Rubin's "The Maker's Diet"](#).
  - This is a GREAT introduction to Biblical health and nutrition.
- Also check out
  - <http://www.draxe.com/>
  - <http://www.mercola.com/>
  - <http://www.westonaprice.org/>
  - <http://www.naturalnews.com/>

Most importantly, we would like to encourage you to do your homework by doing your *own* research from *trusted*<sup>4</sup> sources. We'd like to say, with the sources we have recommended, to "eat chicken" – eat the meat and throw out the bones. Some recommended sources for research are not believers, and therefore may have New Age / humanistic leanings. We do NOT support these methods, therapies, and/or techniques. However, the plain scientific research is sound and very much helpful. This is the "meat" we encourage you to chew on, check out, and discern.

As a ministry, we want to apologize for any confusion that we may have caused in the past, in regards to alternative medicine ...

It is still very important that if you do go for any treatment, to make sure that the person who is applying the treatment is a born-again believer and that the power source that they are connected to is Y'shua HaMashiach (Jesus Christ) of Nazareth. If the person that is applying the treatment is drawing energy from Mother Earth and/or any other form of idol/ New Age/pagan worship, then you need to renounce your involvement and receive deliverance.

This is especially true of some of the biofeedback machines being used today – particularly the SCIO/"Quantum" machines. We would *strongly* encourage you to do your own research into this. For more information, please check out the resources from Mark Virkler:

- <http://www.cwgministries.org/store/restoring-health-care-ministry-ebook>
- <http://www.cwgministries.org/store/health-mastery-through-mrt-ebook>

Mr. Virkler himself owns and uses a Zyto "Compass", <http://www.zytocompass.com/index.aspx>

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<sup>4</sup> This is so important! There are so many in this field that may have some knowledge, but not the FULL truth. And a little bit of knowledge can be dangerous – one example is the controversy on soy, which is NOT a health food. Please see the article we have posted up on the website.

## Word on Quantum machines ...

There are various brands of bio-feedback machines – some of the most common are BEST, SCIO, Quantum, and Vega. ALL quantum machines are based on QUANTUM physics, hence the name. As we've seen, the human body very much works with *electromagnetic waves and frequencies*. It is these various frequencies and waves that quantum machines read and use for diagnosis.

There are programs for quantum machines that can focus on emotions, trauma, and more New-Age-types of areas/readings. If trained in these areas, the practitioner can go into your past, emotions, trauma suffered, etc. This is why we want to STRESS the importance of knowing WHO the practitioner is!! These types of programs/software are practitioner *dependent* – the practitioner chooses what areas they want to focus on, and what approach (whether New-Age, eastern or holistic, etc.) they want to use. So, it will be VERY important to make sure the practitioner is a *born-again, Spirit-filled* believer, who understands the spiritual realm and the opening of doors, and whose approach is simply scientifically/nutritionally based.

Practitioners who promote New-Age therapies, vibrations, any forms of Moon worship, mother earth powers, etc. – are tapping into occultic sources for their healing power.

The born-again practitioner knows that they are only instruments in the Hands of an Almighty GOD – they have NO power of their own, and all healing that occurs comes from GOD alone.

The practitioner also needs to be GIFTED with wisdom and insight, to interpret the feedback-readings correctly, and to suggest the right supplements to correct the balance of the body, and for healing to occur. This means the practitioner needs to be attending workshops and training, in order to keep up with the latests tried and tested supplements available on the market.

Please be DISCERNING – and choose your practitioner very carefully!

## Other recommended links ...

### General health/nutrition:

- <http://www.gardenoflife.com/>
- [http://web.mac.com/rblaylock/Russell\\_Blaylock\\_M.D./Home.html](http://web.mac.com/rblaylock/Russell_Blaylock_M.D./Home.html)
- <http://www.doctorsaredangerous.com/>
- <http://wellnessmama.com/>

### For information on vaccines:

- <http://vaccines.mercola.com/>
- <http://thinktwice.com/>
- <http://www.dissolvingillusions.com/>
- <http://drtenpenny.com/>
- <http://www.drcarley.com/>
- <http://www.westonaprice.org/search/search?q=vaccine>
- <http://www.westonaprice.org/childrens-health/vaccinations-parents-informed-choice>
- <http://www.draxe.com/category/vaccines/>
- <http://doctorsaredangerous.com/vaccinations>

### Excellent documentaries on vaccines:

ThinkTwice: Vaccines And Overdosed Babies

<http://www.youtube.com/watch?v=s49xpHI3hWI>

Vaccination: The Hidden Truth

<http://www.youtube.com/watch?v=cqsT5EoIk8U>

We understand the decision regarding vaccinations can be VERY difficult – we really encourage you to research the subject out for yourself – this is really a decision each couple/family must make based on their own research and conviction ...

### Learning difficulties - ADD/ADHD:

[Dealing with the Roots of ADD/ADHD](#)

## Depression, Anxiety, Psych-Meds

We encourage everyone battling depression, anxiety, and/or emotional issues, to address ALL three areas – body (physical root), soul (emotional root), and spirit (spiritual root).

It will be particularly important to deal with the emotional roots – to work through our J2F8 (<http://www.kanaanministries.org/courses/journey2freedom/new-j2f8-9-materials/>) and J2W materials. Emotional wounds/hurts/pain and the lies we believe from our childhood, keep us stuck in destructive thought patterns – it is the “opportunity” of these lies/hurts that the enemy gains a foothold, and uses to then infiltrate, to create strongholds and oppress us ...

And these destructive/negative thought patterns affect our health ... we must remember our thoughts release chemical changes/reactions in the body, so our thought-life very much affects our health.

And vice versa – our diet and lifestyle can have a huge impact on our thoughts/attitude. For example, if we have a diet high in sugar and processed foods – we will experience sugar highs and lows, which then affect our thoughts/attitudes ... and so the cycle continues.

For the physical aspects involved in depression/anxiety – browse the articles on the recommend websites.

We strongly encourage everyone to do their own research on the dangers/side-effects of psych-meds – the recommended websites are a great place to start. Following are some great documentaries to also check out:

**Psychiatry: The Marketing of Madness: Are We All Insane?**

<http://www.youtube.com/watch?v=uFkivsEy3CI>

**Making A Killing (Making Madness)**

<http://www.youtube.com/watch?v=oMtl-wrxrPY>

## **New Age and Eastern practices<sup>5</sup>:**

[Kundalini: The Serpent and The Tree Of Knowledge](#)

[Prayer Of Renunciation: False Holy Spirit](#)

[Prayers Of Renunciation: Eastern](#)

[Martial Arts, Yoga and Their Religions](#)

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<sup>5</sup> This would include understanding reflexology, reiki, meditation, yoga, and so forth ...

## **In conclusion ...**

You are welcome to contact us for more information regarding the topic of nutrition and health, as well as for articles explaining how many practices/treatments of integrative medicine are scientific. For more info regarding the discernment between that which is scientific and that which is occultic, please see our "[Journey2Freedom](#)" checklist.

**Blessings!**

# The “Health Story”

## Additional Information

Let’s go back to the Dark Ages ... illnesses were very simple back then – you either had humors<sup>6</sup> or dark spirits – that was about the range of the medical world. Broadly speaking, they were pretty much on target – there is stuff inside us that go wrong and there is stuff on the outside (including the spiritual realm) that affects us.

## 1847

**Ignaz Philipp Semmelweis**, a Hungarian obstetrician working in Vienna developed a theory, which we later understood to be germs. These invisible things could transfer from one person to another and we need to wash our hands between examining patients. He was ridiculed and rejected – he ended up dying in a mental institution because of the violent rejection of his ideas. Today we know he was right and we all know about germs, even if we are not doctors – we know there are invisible things that can cause people to be sick and can be transferred from one person to another.

One generation later Alexander Flemming discovered penicillin – and after that a whole new world of antibiotics emerged.

In the **1930’s** and **1940’s** medicine was very simple – you had pathogens from outside – and you had pills that killed the pathogens.

## Nutrition and Chiropractic’s

Then we entered the era of nutrition and chiropractic’s. These two, rather separate disciplines, presented a more holistic view of the human body where we had less dramatic causes than germs. For example, your spine being out of adjustment, would affect your digestion. This radical idea was widely rejected by many and embraced by others.

The nutritional factor, that if you don’t eat right you will be more susceptible towards the germs that other people could throw off, also began to be understood.

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<sup>6</sup> **Humorism**, or **humoralism**, is a now discredited (but historically important) theory of the makeup and workings of the human body, adopted by **Greek** and **Roman physicians** and **philosophers**, positing that an excess or deficiency of any of four distinct **bodily fluids** in a person directly influences their **temperament** and **health**. From **Hippocrates** onward, the humoral theory was adopted by Greek, Roman and **Islamic physicians**, and became the most commonly held view of the human body among **European physicians** until the advent of modern medical research in the nineteenth century. The four humors of Hippocratic medicine are **black bile** (Gk. *melan chole*), **yellow bile** (Gk. *chole*), **phlegm** (Gk. *phlegma*), and **blood** (Gk. *haima*), and each corresponds to one of the traditional **four temperaments**. A humor is also referred to as a *cambium* (pl. *cambia* or *cambiums*).<sup>[1]</sup> <http://en.wikipedia.org/wiki/Humorism>

This was a very contentious period of 20-30 years, where there was a breakaway/shift from dependence on a pill and antibiotic to solve all health problems, to a more preventative mindset (and a holistic mindset), of thinking about the body as a unit and everything working together.

## **Energy Medicine**

This was initially rejected as being a bunch of far-Eastern nonsense, but it became very well documented. The concept of meridians running through our bodies was proven at the University Hospital in Paris.

They took a radio-active isotope – one shot was into an access point to a meridian and the other was in tissue where there was no meridian.

The radio-active isotope in the tissue without the meridian just dissipated in a generic circular fashion like anything else would ... however, the isotope that was injected into the meridian spread along the meridian exactly where the Eastern doctors had been telling us the meridians exist. There have been a whole series of tests done since then documenting and proving above a shadow of doubt that our body has these meridians and that energy flows along these meridians and that the energy needs to be balanced between the two sides – it gets very complicated from there.

## **What is that energy?**

Originally the Christian response to all this was, “Don’t touch this, it is all demonic”.

If we look at the Garden story, God made Adam out of the dust of the earth ... He then breathed into him and he became a LIVING SOUL ... “*nefesh*”. Something came from the Breath of God that turned a lump of clay into a living soul ... *nefesh*.

## **What about the spirit?**

We are spirit, which is the Light of God, not the Breath of God. What is this energy that flows through the meridians? Is it the Life of God in His Breath, or is it human spirit? Should the human spirit influence this other energy that the Eastern people call “chi” / “Ki” – if so, how?

## **Where is LIFE?**

In the past few years we have had an explosion of different kinds of energy studies that have come up, many of them with significant documentation (examples include EMDR, EFT, NLP, The Healing Code and so forth).

Most of these energy studies include looking at the body as a whole and addressing issues within the three main areas of the body, soul and spirit.

## **Why have these energy studies seen success?**

Because, they do contain some Truth – GODLY Principles of facing emotional issues (getting out of denial), forgiveness, right priorities, getting back to more natural/relaxed lifestyles, community, and so forth.

Though most of these studies ignore GOD and the Bible, their success is very much due to the use of GODLY Principles.

Even when you don't acknowledge or know GOD, but walk in His Ways – you will reap the blessing!

## **Three highly conflicting streams dealing with the Brain:**

In the mid-1970's there has been extensive research done on the human brain, but there were THREE separate camps and they were militant.

1. The Electrical Camp:
  - Everything about the brain can be understood by the electrical currents and the neurological pathways
2. The Chemical Camp:
  - The brain is one big chemical stew-pot and it is the chemicals that affect whether the electricity runs. It was all about chemicals and not about electricity.
3. The thoughts that people think:
  - It is the intangible, immeasurable thing that's neither electricity nor chemicals is really what is affecting the brain.

All three of these parties could prove their point well. Happily, peace has come to these camps, and the three have come together – with this, there has been an increased understanding that these three interact with each other. Our thoughts cause the chemistry, the chemistry affects our thoughts and the electricity affects the chemistry, which also affects the electricity – it is all one big system working together.

When these parties came together, they made staggering progress for the medical world.

## **Epigenetics**

### **What causes DNA to heal itself?**

The medical world had an immense record of DNA getting broken – this or that will damage DNA and then it replicates the broken model to the bad consequences to the human body.

But some DNA heals itself – some DNA repairs itself – but they could not figure out *why?*

The answer is found in EPIGENETICS ... EPI means on top.

There is a little bit of protein that sits on top of the DNA that ultimately controls the effectiveness of the replication and what has been a total game-changer is the fact that that little bit of protein is affected by thoughts and emotions.

This is the scientific explanation for **GENERATIONAL CURSES**. When this sin/iniquity is embraced in the family line, this spirit and mind process is going to mess with the gatekeeper to the DNA and cause the DNA to break down.

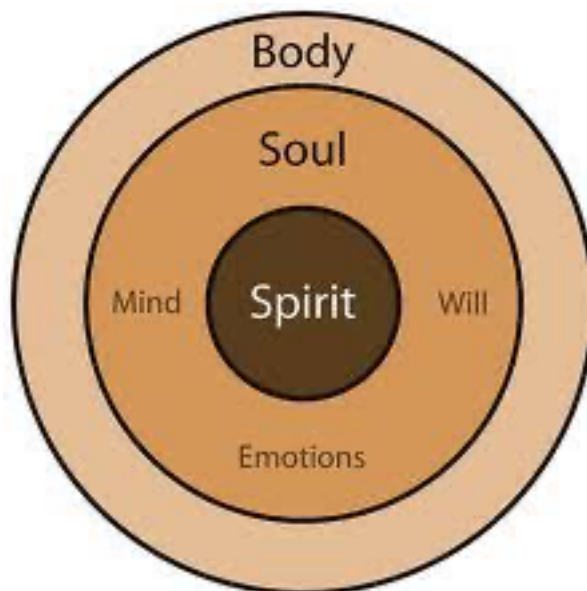
Conversely, if you are thinking right thoughts, you are in alignment with God if your spirit and soul, emotions and world view are lined up, you have the possibility of influencing the little protein that is the guard that affects the replication of the DNA.

This is still very new research in the last few years, and they have proved one thing only, i.e. the protein is influenced by the emotions (spirit and soul), the community and connectedness or disconnectedness. They cannot yet say: this emotion produces this result. The research is ongoing and more will be revealed in the future.

God has placed a model inside every one of us to replicate healthy DNA cells, but if we choose with our own free will, we can break this Godly model through our emotions, our spirit and our soul affecting the protein that controls whether the DNA replicates faithfully, whether it heals itself after trauma or whether it replicates in a broken way.

## **Pneuma-psycho-somotology**

**Spirit** → **soul** → **body**: the discipline of looking at the whole human being: spirit, soul and body.



This is the latest focus of study in the field of Alternative Medicine. We trust to learn even more powerful lessons from the medical experiments that are being carried out at the present time.

We need to keep in mind that looking at all these disciplines in the field of Alternative Medicine, we must never forget the role of the supernatural. We have been warned by

Y'shua that in the last days even the very elect will be deceived. Do not fall for occultic healing techniques – ask the Holy Spirit to lead you every step of the way.

Whatever you decide on to apply for healing support, first PRAY and seek the Father's Blessing and Guidance before you do anything.

## **Do not be DECEIVED but TEST ALL things!**

### **Word on Pharmakeia ...**

We encourage everyone to do some research on "Pharmakeia" ... following are some links to check out ...

<http://www.youtube.com/watch?v=nHXJPyWDMp0>

This is an interview with J. Michael Bennett, Ph.D. also known as "Dr. Future". He sheds light on the pharmaceutical industry in light of Bible Prophecy.

Pharmakeia φαρμακεια is the Greek word for pharmacy, which is the practice and making of medications. It also refers to the making of spell-giving potions, or alchemical potions (or elixirs) believed to have transforming powers, such as the power to extend life, boost energy, or enhance the mind. It also refers to any substance used to poison someone, to prevent or treat disease (or, for that matter, to cause it), or to gain control of someone's behavior. Pharmakeia and its related word forms pharmakeus, pharmakon, pharmakos and pharmakoi are the words from which we get the modern English words pharmacy, pharmaceuticals, pharmaceutical, pharmacist, pharmacopia, pharmacology, pharmaceuticalist and pharmaceuticalism. The modern transliteration of pharmakeia is pharmacia. Pharmakeia and its related forms appear several times in the New Testament, including the Epistle to the Galatians and the Book of Revelation. It is frequently translated as "witchcraft" or "sorcery". Magical pharmacia substances or potions often bind someone under a spell by evocation with and without uttered word formulas. Cosmetics, lotions and perfumes were also made by practitioners of pharmaceuticalism and by extension any lab made substance or chemical falls in the realm of pharmakeia or pharmacia. In modern times petrochemicals are used to create chemical reactions with plants to create pharmaceutical substances. One well known example is the street drug cocaine where coca leaves are soaked in gasoline and sulfuric acid to produce the substance cocaine. Other pharmaceuticals are solely made from only petrochemicals.

### **View From The Bunker 051: Dr. Future — Pharmakeia and End Times Portals**

<http://vftb.net/?p=3759>

MOST OF us assume that a portal is a physical gateway. But what if the entrance to another dimension is inside your head?

Dr. Michael Bennett, A/K/A Dr. Future of the Future Quake radio program, tells us about government experiments to find and control supernatural doorways, the kinds of drugs that unlock those doors, and how this may lead to a disturbing end times scenario.

# Pilates

Origin of Pilates: <http://www.medicinenet.com/pilates/article.htm>



Admittedly, the history of many ancient [fitness](#) activities is sometimes sketchy. [Tai chi](#), [swimming](#), [yoga](#), and even [running](#) all started thousands of years ago, and although there is some documentation, the precise beginnings are unknown.

Things are different with Pilates. The beginning is clear. It was created in the 1920s by the physical trainer Joseph Pilates (1880-1967) for the purpose of rehabilitation. Some of the first people treated by Pilates were soldiers returning from war and dancers such as Martha Graham and George Balanchine (to strengthen their bodies and heal their aches and pains). Since the 1920s, the basic tenets that Joseph Pilates set down have been preserved, and to this day, even with some modifications, the Pilates remains true to its origins.

## What is Pilates?

The Pilates "method," as it is now known, is an exercise system focused on improving flexibility, strength, and body awareness, without necessarily building bulk. The method is a series of controlled movements performed on specially designed spring-resistant exercise apparatus (the Reformer, the Cadillac, the Spine Corrector, the Ladder Barrel, and the Wunda Chair) or on the floor (mat work), and the sessions are supervised by specially trained instructors. Pilates is resistance exercise, not aerobic (cardio), although the heart rate will certainly rise for a deconditioned individual. However, it's closer to [weight lifting](#) than it is to jogging, [biking](#), or other aerobic activities, and so you should consider it resistance exercise.



Two of the key elements of Pilates are core muscle strength\* and spinal alignment. The core musculature is loosely defined as the spine, abdomen, pelvis, hips, and the muscles that support these structures. Some of the main core muscles are the erector spinae (located in your back along your spine), the internal and external obliques (the sides of your abdomen), the transverse abdominis (located deep in your gut, this muscle pulls your belly button in toward your spine), the rectus abdominis (the "six-pack"), and hip flexors (in your pelvis and upper leg).

During a Pilates session, whether it's on the machines or the floor, your instructor will continuously prompt you to concentrate deeply on your core muscles, as well as on your breath, the contraction of your muscles, and the quality (not quantity) of your movements. These are also key elements of Pilates, and your instructor will emphasize them at every session.

The objective is a coordination of mind, body, and spirit, something Joseph Pilates called "contrology."

In his first book published in 1945, *Pilates' Return to Life Through Contrology*, the 34 original exercises that Pilates taught to his students are described along with the guiding principles of contrology.

## Are there other types of Pilates?

American ingenuity has worked its way into Pilates. There's Pilates on the ball, yoga Pilates and even Pilates with exercise bands.



These are not what Joseph Pilates had in mind....

**P**LEASE NOTE: Pilates on its own is not occultic. **When it is combined with Yoga or other Eastern practices, that is where the "mixed seed" comes in.** The instructor is therefore VERY important whether you will be exposed to occultic exercises or not.

# Priestly Blessing

Numbers 6:24-27

*“Y’varekh’kha YHVH v’yishmerekha.*  
**May YHVH bless you and keep you.**

*Ya’er YHVH panav eleikha vichunekka.*  
**May YHVH make His Face shine on you and show you His favour.**

*Yissa YHVH panav eleikha v’yasem l’kha shalom.*  
**May YHVH lift up His Face toward you and give you peace.**

**Numbers 6:27** *“In this way they are to put **My Name** on the people of Isra’el, so that I will **Bless** them.”*

