

PART ONE



YHWH ROPHECHAH. The title YHWH Rapha means "YHWH Who Heals" (often translated as "Adonai, our Healer"). This name is revealed in Shemoth (Exodus) 15:26, where YHWH declares, *"For I am YHWH who heals you."* It reflects the divine nature of Elohim as a healer, not only of physical ailments but also of emotional wounds, spiritual brokenness, and even societal divisions. In today's release, I am sharing my personal testimony of healing and deliverance in my ministry and how He healed me, as well as insights into how you can obtain lasting healing for yourself and others. To understand healing and deliverance, it's essential to recognize that, according to Yeshua, these things are the "children's bread" (Mattityahu (Matthew) 15:26), meaning it's a covenantal right for Yisra'el, yet it isn't automatic. I have ministered healing and deliverance to thousands and witnessed many Nissim (miracles). Initially, I didn't fully understand the Covenant; I stepped out in faith, helping others wherever possible. **Looking back, I see I was acting in YHWH's "second-best" and not His ultimate intention for us.** One of my most vivid ministry memories involved praying for a man on his deathbed. His family had gathered, preparing to say goodbye. A family member, aware of my healing ministry, called and asked me to come quickly. When I arrived, the room was filled with sorrow. The Ruach instructed me to tell the man that he would not die but instead get up and walk. I whispered this to him and then left. To my amazement, two hours later, the man arrived at my home, fully healed. I rejoiced with him. In another instance, I was called to pray for a man who was bedridden and paralyzed. Despite being in another country, I went to his home, laid hands on him, and commanded the demons to leave in Yeshua's Name. He was healed and sprang up and embraced me. Soon, I was praying for hundreds of people in that village. One of the most specular deliverances I witnessed was a young girl whose demons had possessed her. The demons would speak through her and curse the family. Her father had locked her away, fearing the demons might harm her. The family had tried priests and witch doctors without success. When I arrived at their home, the family had gathered around her; the Ruach instructed me to cast out the demons, and in moments, she was free. Her family, shocked and grateful, joined our Church. I've prayed for many with deep emotional wounds as well. For example, I once ministered to a woman struggling with family issues. The Ruach revealed to me that she had been abused by her father when she was a child, something she had never shared with anyone. When I spoke of it, she nearly collapsed with shock, acknowledging the truth. I prayed for her deliverance, and she experienced profound healing. I could go on with testimonies of people who experienced miraculous healing or deliverance in our humble ministry. However, over time, I realized that these miracles alone are not YHWH's best for us. Many healed or delivered people eventually return to their previous conditions because the root cause of their suffering was not addressed. The miracle occurred, but the condition of why they were sick or afflicted was not corrected. Many evangelists, pastors, healers, and deliverance ministers do not understand this side. Yeshua warned about this in Mattityahu (Matthew) 12:43-45: when a demon leaves a person, it may return with even greater force if the person's life isn't transformed. This principle also applies to physical healing. No one will tell you this, but there are Para-ministries that surveyed miracle and healing events after the big Evangelist left town. Their findings show that 90 percent of the people who said they were healed or delivered had returned to their former condition. In my evangelical days, I sat on the stage with many great Evangelists who ministered to hundreds of thousands in their meetings. If we were to survey those touched by these events, many would no longer be walking in their healing or freedom. This is not how YHWH Rapha intended His results to be. **Above all, He desires that we walk in health and prosperity, but He has conditions that few ministers understand.** The journey of Yisra'el provides a model of YHWH Rapha's best intention for us. When YHWH led Yisra'el

PART TWO



out of Mitzrayim, He kept them in the wilderness before Mount Sinai for 40 years for several reasons: 1) To root out of them the slave mindset they had acquired in Mitzrayim. 2) To train and educate them in their Covenantal responsibilities and duties. 3) To transform Yisra'el into a Kingdom of Priests and Leaders. 4) To prepare them for the manifestation of the Kingdom. 5) To remove from them rebellion and distrust of their leadership. 6) To test them to see if they would obey. 7) **To remove the Mitzrayim diet from them and heal them.** It is this last intention that I want to make clear here. Our release on "The Truth of Pesach" revealed that the overall purpose of the Passover was to bring Yisra'el back to the Brit of Gan Ayden (the Covenant of Eden). In this Covenant, Ahdahm and Chavah (Adam and Eve) and their descendants were to be herbivores, consuming only vegetables, fruits, seeds, herbs, and nuts (Beresheeth (Genesis) 2:16-17). Man was not to eat flesh and blood because man was also made of the same substance as animals and fish. As we know from their story, YHWH allowed the first generation of Mitzrayim to die out in the wilderness because of their distrust of Him and, their constant murmuring for flesh. They said to Moses; *"...If only we had died by YHWH's hand in Mitzrayim! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death"* Shemoth (Exodus) 16:3. See also Bamidbar (Numbers) 14:2. Yet during their time in the wilderness, not a single person was sick or weak—even their clothes and shoes didn't wear out (Devarim (Deuteronomy) 29:5). But this was not the most remarkable accomplishment of their wilderness journey, **it was their deliverance from the Mitzrayim diet that had previously made them sick and feeble.** There was no need for YHWH's "second best" because they walked and lived in the Rapha of YHWH. Now, I want to explain this Rapha to you with another story involving me. About ten years I suffered a major heart attack. I was in the ICU for two weeks, and while I lay on my bed, I begged YHWH to reveal to me why this had happened. I was not a vegetarian at this time. The heart specialist in my country advised me to go to New Zealand, my other home, and have a bypass operation done. I did not feel at peace with what he recommended, so I sort YHWH for an answer. He directed me to a Jewish heart specialist named Dr. Caldwell Esselstyn, who had a 90 percent recovery rate with his patients. I watched his video presentations, read his materials, and implemented his program in my life: **a 100 percent plant-based lifestyle.** In addition, I removed fizzy drinks and sweets from my diet. Within three months, I was back to normal, as if nothing had happened. I was completely healed and still today. In addition to my lifestyle change, I began to do Yoga weekly, and within five years, I became an instructor and started my own Yoga brand based on the Torah. I now live a vibrant and healthy life with the benefit of reversing aging. A few years back, the same doctor who had examined me did heart tests on me, and he was shocked at my condition. I now understand why I became sick; YHWH wanted to deliver me from the high meat and fructose diet of Mitzrayim that was killing me for years and discover the truth. It took me several years to realize from the Scriptures and many other sources and research that YHWH's best is to walk in the Covenant of our forefathers, wherefore He promised us this. *"And said, If you will diligently listen to the voice of YHWH your Elohim, and will do that which is right in His sight, and will give ear to His mitzvoth, and shomer all His chukim (statues), I will put none of these diseases upon you, which I have brought upon the Mitzrim: for I am YHWH-Rophechah"* Shemoth (Exodus) 15:26. See also Devarim (Deuteronomy) 7:15. Notice that that He said "I will put none of the disease upon you." It is not ha Satan but YHWH who inflicts His children when they disobey the Covenants. Jews, Christians, Messianic believers, etc, are weak and sick today because they daily break His Covenants by eating that which He did not permit us to consume from the beginning. Yeshua did not come to deliver us from the Torah; he came to enforce the Torah of Moshe and teach us how to implement it without the burdens of religion.

PART THREE



Our bodies have an instruction manual published in the Book of Genesis. We manufacture many things, and one of the standard practices we follow is to make a product manual. In that book, we stipulate the rules that govern the operation and maintenance of the product. Should we disobey the instructions, we instinctively know what will happen to the product. For example, putting diesel in a gasoline car will kill the engine and cost us several thousand to repair it. While it sounds like common sense, billions don't seem to understand that Elohim made our bodies and provided a manufacturer's manual called the Ketivei Ha Kodesh (The Set Apart Scriptures). We don't have a right under this manual to abuse or destroy our Temples with products that kill or weaken the body. The Brit Chadashah warns us, *"If anyone destroys Eloah's temple, Elohim will destroy that person; for Eloah's temple is sacred, and you together are that temple"* Qorintyah Alef (First Corinthians) 3:17. It required a painful experience for me to learn this truth. I am praying no one needs to experience a heart attack or suffer a disease to correct their diet. I understand many people do not want to give up their carnivore diet. I have a proven method to help you transition your diet. I advise many people I have counseled in this area to do it gradually over six months if they are not sick already. First, cut out beef and beef products from your diet. After you accomplish this, gradually cut out other animal meats like lamb, goat, pork, etc. Then, just eat chicken and fish for several months with the goal of eliminating one. When you are down to one selection, begin building the variety of vege-based products you eat. By the way, you can consume egg and milk products as long as the animal is not badly treated. Make it your objective to become a vegetarian cook like I did; cooking is fun. You can make many excellent vegetarian dishes every week, and they are cheap, like pasta, soups, pastries, stir-fries, salads, etc. The key is to add a daily healthy mix of raw vegetables with fruits and nuts and then balance it with an exercise routine. Include natural juices and different herbal teas in your daily intake. I also take apple cider vinegar, ginger, garlic paste, turmeric, and baking soda daily as tea to clear my arteries and build my immune system. After three months of this lifestyle and diet, the tastes and craving for flesh will disappear, and your mind and body will reflect the new way of life. Your food budget will also be half as meat, fish, and seafood are far more expensive than vegetables. Within a year, your youth and vitality will return to you. I guarantee it. Now I understand what Yeshayahu meant when he prophesied, *"30 Even the youths shall faint and be weary, and the young men shall stumble and fall: 31 But they that wait upon YHWH shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint"* Yeshayahu (Isaiah) 40:30-31. Many young and older men in my country who are on the Mitzrayim diet are overweight and already sick. They cannot last in a one-hour Yoga session with me. I am a living testimony of YHWH's best. It is more important to have physical and mental health than anything else in this World. Don't cheat yourself out of YHWH's best by believing this is impossible - anyone can do this, no matter your condition. Millions of people are already on this road. I like what this man said, *"Those who have no time for healthy eating will sooner or later have to find the time for illness,"* Edward Stanley. However, please don't get me wrong here; I support prayer lines and healing evangelists. It is a commandment to pray for the sick according to Mattityahu (Matthew) 10:8. Still, it is a mockery of the Scriptures to think that we continue to consume the diet of Mitzrayim and expect Elohim to continue to provide mercy. He will not do it, as I found out the hard way. If YHWH had to isolate Yisra'el to remove from them the diet of Mitzrayim, how much more are we responsible for delivering ourselves and teaching others? The message of the diet and lifestyle of the Kingdom of Elohim is part of the Gospel of the Kingdom. Sadly, many believers think that this way of life is optional. How deceived they have become! I tell you now, no flesh monger, drunkard, fornicator, etc. will enter the City of YHWH or see the Messiah.