

# The Healing Bed *and* The Healing Earth

Connect with the Healing Energies of Mother Earth, Healing Yourself and the Earth.



## I. The Healing Bed

These are just words, trying to explain what can't be explained. You must experience the Healing Bed to truly understand what it is and how it makes you feel.

A Healing Bed is a bed that lies on top of the ground or is dug into the ground that cradles you in the womb of Mother Earth. You lie flat allowing you to relax completely and receive the Earth's healing energies.

That same energy that bathes your body and renews your soul, when you are out in natural surroundings is available to you in lying down on or in the Earth. We are all made of the Earth, we are part of the Earth's living system. A Healing Bed makes natural Earth energies available, accessible and focused.

A Healing Bed is created, with a ceremony of respect for the Earth, and by the intention of those creating and using it, to work in harmony with the Earth with specific intention to create a place for healing. A Sacred Space is created in the Earth, to bring your body and your mind into a connection with the Earth. By the manner of its creation and use The Healing Bed may grow in its healing energy over time.

Results of using The Healing Bed and connecting to the Earth, our true mother, have included weight loss, diet changes, stress reduction, mental clarity, greater focus and a desire to exercise more fully.



*A Healing Bed is a bed dug into the earth that allows you to lie flat, cradled in security and comfort, allowing you to relax completely and receive the Earth's Energies.*

### **Who Can Benefit?**

Anyone who spends most of their time inside will find it useful. Children especially love the Healing Bed, they "get it" without needing any explanations or words. Children need a connection to the natural world, and they find it, and the security they desire in The Healing Bed.

The Healing Bed is a potential resource for all conditions that are a mystery to modern science. It is still new and needs to be used by more people to understand fully its effect and benefits.

Your body, and where you lie on the Earth hold the key to how you are affected by the Earth's energies. Your body, mind and spirit receive the energy and channel it appropriately to the places that need it most, allowing the inherent balance and healing forces of the body to work more effectively. It is called a Healing Bed, and has healing potential for all people, not just those who are facing a physical challenge. The Healing Bed will enhance whatever you are doing already to heal yourself and isn't meant to replace any treatment you are receiving from a medical doctor, psychiatrist or spiritual councilor.

If you are extremely weak and sick you should consult your doctor before using The Healing Bed.



*The Healing Bed pictured here, is just 6 inches deep. It's a great Bed for those who are hesitant to go deeper into the earth..*

### **What does it do?**

Stepping into a Healing Bed and lying down is different from anything else you have ever done. It's kind of exciting, because you are confronting your fear of death in returning to the Earth, yet in reality you are returning home, to a place we have been searching for all our lives.

### **In The Healing Bed:**

- You feel a calm that is comforting on a deep level, you relax and breathe more fully.
- It is different from anything you may have experienced before.
- You feel very secure, protected and cradled, as you would in your Mother's arms.
- Emotional and physical blockages may open up, accessing levels of your self that are out of balance.
- You may feel a tingling sensation, which is energy moving through your body.

This may translate into stronger intuition, healthier eating, more exercise a healthier way of being, by a renewed physical connection to the natural world. Yet the psychological connection to the Earth should not be overlooked, it too is an important aspect of our current lifestyles that we miss on a very deep level. People who use it once want to use it again. It feels good, and they see results from its use. The Healing Bed gives you something you need and don't get anywhere else. People say it feels like home, which is where we go instinctually to heal. You enhance the process of using The Healing Bed by setting your INTENTION to heal. This may mean changing your behavior. When your actions illustrate a level of commitment and honesty to the desired stated end, you are setting your intention. It is both a setting of a goal or standard and the actions that support it. Our thoughts and emotions create, so maintaining a positive attitude, outlook and thoughts with positive emotions of gratitude, expansiveness, self acceptance and self compassion with appropriate positive action will assist you on your healing journey. A wise woman told me, a hole seeks to be filled, and The Healing Bed may be drawing a steady flow of energy to that end. This movement may be what makes it effective, and what also makes the citing (?) of it an important consideration.

## **When and How Long Do You Lie in it?**

Using it twice a day is a wonderful gift to give yourself that will help you in all areas of your life. Giving yourself time for reflection to assist you to see yourself as part of the whole, is one of the gifts the Healing Bed can give. Some people use it every day for anywhere from 15 minutes to 2 hours. Others use it occasionally, as they feel the need. You will know intuitively how long to be in it on any given day. Time often goes quickly in the Healing Bed, you may find yourself spending more time in it, and using it more often than you had planned to.

It is especially helpful in times of stress, it brings calm, clarity and grounded ness, it's like a friend when you don't know where to turn.



It is like having a pup tent in the backyard you can use it, in any weather, even in the pouring rain or in sub-zero temperatures. This one is made of pvc piping.

## **How do you make one?**

Basically what you are creating is a personal greenhouse that allows you to be comfortable in all weather. A cover keeps the bed dry. It is important that the cover allow light into the bed, and that the bed have ventilation or it becomes too damp. The Earth must be able to breathe. The cover can be made of a wood frame with metal or fiberglass arches, which are then draped with a bug screen and a vinyl cover that may be removed. A cover of pvc piping, may also be created. Cover kits are available for sale, so that making The Healing Bed is easier and quicker.

An opaque cover is desirable if the bed is near the house and is very deep. As you look upon the bed you send your energy to it, and so an opaque cover will protect you from undue energy loss over time.



The Healing Bed here is made of a hinged wooden frame, with hoops that support insect screening, and a removable vinyl cover to keep out the rain.

### **Why not just lie down on top of the Earth?**

Go ahead, it's a great idea, create a habit of lying down on the Earth and you will change your life. When the Healing Bed is on top of the earth, the cover lies on the ground, anchored on one side so it may be easily opened and closed. Keeping the Healing Bed in one location, accumulates in that location the healing energies that are called forth by its use. Its visual presence also reminds you to go outside and lie down! In fact it's a great way to start, just put the cover on top of the Earth. Lying down in the Earth is not for everyone, yet everyone can benefit from accessing the Earth's energies. Dig down and create a deeper bed if you get the urge to after lying on the Earth for awhile.

### **Is the Earth's energy different once you dig down?**

Yes, the Earth's energy is clearer, and less burdened by previous human activity on that site, assuming the ground you lie in has been undisturbed.

When you lie down IN the earth, you feel safe, and secure in a way that you don't feel on top of the earth, and are able to relax and to receive more deeply. In this safe zone, you allow yourself to open and receive more fully.

When you choose to dig down 6 , 12 or 18 inches, it requires a wood frame of 2x6 inch lumber to hold the Earth in place. The exposed Earth below the frame may be lined with additional wood, sod, mud, rocks or gravel. You decide what to line it with given your site, the materials at hand, the climate and your desires. The same thing that makes the Healing Bed effective can make it a hazard wrongly placed. Be aware of your feng shui in placing your Healing Bed on your property, it should not be right next to the house if it is a full 18 inches deep. Energetically a hole wants to be filled and the Healing Bed may draw energy from the surrounding area and its inhabitants if it is within easy site of the house. It is best to place deeper beds in more secluded locations, and use on the ground or shallow beds near the house.

### **Finding a Good Site**

A desirable site is:

- well drained, with a slight pitch
- previously undisturbed,
- has good sunlight/ shade balance,
- is private enough for complete relaxation,
- has a north south orientation,
- and most importantly it feels good to lie down there.

The Earth has great variety, and energetically some sites may not be suitable for a Healing Bed. Its relationship to your house and other features is also important. The creation of a Healing Bed which is dug into the Earth may affect the energy flow of the house, and those people who routinely are around it. Knowing which corner of the property you are affecting in feng shui terms is also important. The thing that makes a Healing Bed effective, its ability to move energy, may also be a negative factor if the bed is poorly placed. The bed should be well hidden so you aren't looking at it freely and draining your energy into it during the day. Your intuition and gut feel, are your best guides to sighting your Healing Bed.

### **Digging the Bed**

The Earth is your living partner, and respectfully creating the hole for the Bed is critical. You may have your own manner for honoring and blessing the Healing Space you are creating, use your own method, feel it deeply and be true to your self. Your active and conscious intention to work with the Earth, and nature's healing forces is important to state, to fully activate your Healing Bed.

### **Healing Bed Cover Kits are available for sale.**

There is no financial or construction barrier to accessing the earth's energy. Just lying on the earth is a significant start to receiving the benefits of the energy of the Earth.

## **2. Healing the Earth**

### **The vibration of the heart chakra heals the Earth.**

The heart holds the key to unlocking the energies of healing and unity that are inherent in all things. In lying on the Earth with intention, you bring that specific vibration to the Earth herself.

You literally repair her energetic fabric.

**Your intention holds the key** when you set your intention to assist in healing the Earth, your open doors. Intention and action combine to create a powerful force.

What you will find is that in healing the healer is healed, and you receive as much as you give.

### **The Earth is a living system.**

Nature's systems are affected on many levels by the works of man which interrupt the Earth's energy flow. Fragmentation of the Earth's energy is a symptom of the fragmentation of ourselves. Through unification of ourselves- into our bodies, into our lives we can find more and more of ourselves, becoming present in our lives and becoming whole.

Positive tension is restored to threads creating the energetic fabric of the Earth, when you lie on the Earth to heal, for you are healing yourself in the process.

### **You can make a difference.**

Lie on the earth for 2 hours a day for 3 to 7 days, within a 30 day period.

A person lying on the earth with intention to heal can affect the energetic fabric of the Earth 3 to 300 miles from where they are lying.

The actions of any one person can affect this shift, and send ripples upon ripples radiating out to the world, there is power in the individual beyond your imagining.

### **Stand without your shoes.**

Focus on the feeling of your feet against the Earth, this will start the flow of energy up into your body.

Lie down on your back on a blanket, (support your neck and knees, and cover yourself to stay warm.)

Then lie on your front, it feels like lying on the breast of your mother as a baby. Open your heart to the Earth

Focus on your connection to the Earth, how it feels, stay in the present moment, or drift off to sleep.

A network of people all over the globe doing this can stabilize and heal the Earth's energy system, creating a network of healed energy pathways.

When? Whenever you are ready. Today is good.



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### **In conclusion**

The Healing Bed answers a longing that modern man feels, but hasn't been able to identify and satisfy. Making the natural energies of Mother Earth focused and accessible can transform the way we feel about ourselves, our neighbors and the world.

Having the awareness that it is possible, and the intention to heal the Earth, makes lying in the Healing Bed even more powerful and timely.

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Don't take my word for it, try one, to experience how it makes you feel. I want to encourage the use of Healing Beds in whatever way I can.

I will also happily send you by mail instructions on how to build one. Please send \$5 to cover copies and postage. Email [hope@hopeivesmauran.com](mailto:hope@hopeivesmauran.com) for the address.

Thank you,

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### **Footnote:**

1. Grossman, Warren, To Be Healed by the Earth, Seven Stories Press, NY,NY pages 49-50.

### **Recommended Reading:**

Grossman, Warren, To Be Healed by the Earth. Seven Stories Books, 1998.

Available through Amazon.com, A quote from the website: "After spending years observing and expanding his own relationship to life's energy to heal himself, Warren now teaches how to use this energy in a step-by-step process. He trains you to deliberately open your heart to bring physical, emotional and spiritual healing to self and others." Contact [www.WarrenGrossman.com](http://www.WarrenGrossman.com).

Warren does private healing sessions over the phone and may be reached in Ohio at 216-491-9938.

Chard, Philip Sutton, The Healing Earth, Nature's Medicine for the Troubled Soul, NorthWord Press, 1994.

1-800-328- 3895 "The remainder of this book is about the wondrous healing process, one which has become the mainstay of my practice as a psychotherapist, and which has profoundly influence my own existence. ...Our intuitive knowledge of the Earth's healing power has been evident in our species for millennia." pg 17.