

THE BED OF NAILS

Points to Research:

- The bed of nails has spiritual and physical roots. Yogis in India used the bed of nails for millenia to receive physical, mental, emotional, and spiritual results.
- Seers sought to decrease suffering and increase inner peace.
- As the ancient Chinese used acupuncture and the ancient Laplanders used juniper branches, many ancient cultures sought to heal and increase consciousness by the application of slight pressure applied to many points on the human body.

Calculation:

Modern people often amaze at the fact that humans can lay on a bed of nails without getting hurt. But when simple physics and mathematics are applied, we can see that at least the lack of pain and injury can be easily explained. Simply analyze the way the weight of the person is distributed among the number of nails, and you can see how much weight is pressing on each nail and why the nails do not do cause damage. This calculation can be seen on the next page.

BENDING GRAVITY

- We name GRAVITY because we do not know what it is.
- Multiple views of gravity ...
 - Newtonian – every mass exerts a force at a distance
 - Einsteinian – *spacetime*: it's physical ... it's curved ... and every physical object is accelerating ... masses are stoppers ... that's gravity
- Warm-up #1 ... try to bend *spacetime* with meditation ...
 - Stop Time: If everything in *spacetime* is moving, close your eyes ... meditate to a state of no change, then no time.
 - Quantum Physics says entanglement means things can be connected without regard to space or time.
 - Eliminate *Spacetime*: connect to someone or something in a non-physical way.
- Warm-up #2 ... try to bend GRAVITY with meditation ... Hold a heavy object beyond when you think you cannot by meditating and saying “YES”.
- Exercise ... try to bend GRAVITY with sympathetic synchronization ... Seat one person in a chair. Synchronize four people by placing one hand each on the seated person's head. Now, in the same order, place the other hands so that eight hands are all on the person's head. Now, take them off in reverse order. Now perform the 'two-finger lift'.

BED OF NAILS WORKSHEET

1. Weigh yourself by laying down on the scale with your feet on the ground.
2. Multiply your back's height times its width to get the amount of square inches on your back.

$$\begin{array}{c} \underline{\hspace{2cm}} \\ \text{Back's height} \end{array} \times \begin{array}{c} \underline{\hspace{2cm}} \\ \text{Back's width} \end{array} = \begin{array}{c} \underline{\hspace{2cm}} \\ \text{Back's square inches} \end{array}$$

3. Since there is one nail for each inch, your "Back's square inches" are the same as the number of "Nails touching back". So, divide your weight by this to get the amount of pounds per nail.

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