

Foot Soaking - Step-by-Step



Shri Mataji Nirmala Devi - Founder



“There can be no peace in the world until there is peace within.”

– Shri Mataji

Foot soaking is a clearing technique that will greatly enhance your state of meditation.

The technique helps relieve your energy centers of any negativity affecting the subtle system. The negativity is transferred to a basin of salt water. It can be done in the evening, at the end of the day, or any time.

It's very beneficial when it becomes part of your daily routine.

Sahaja Yoga Meditation
www.freemeditation.com.au

The Materials



Use either paper towels or a cloth towel.

Filling with Water



Lukewarm tap water

Amount of Salt



Handful of salt

Pouring Salt



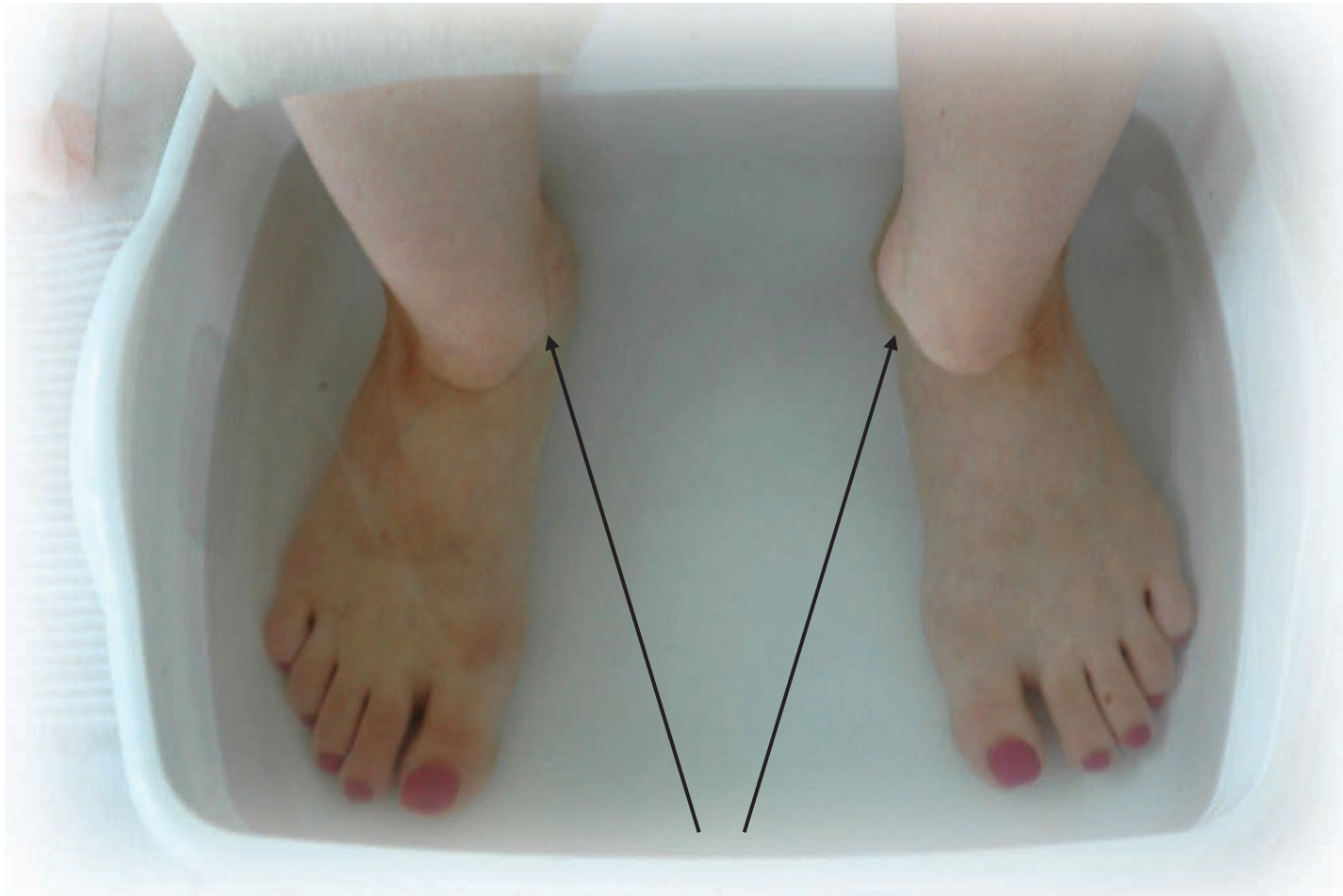
Add salt to the water in the foot soak bowl.

Ready for Foot Soak

- Your body should be relaxed and comfortable during foot soaking.
- Have a paper towel or cloth towel, and a container of rinse water within reach.



Placing Feet in the Water



Feet should be comfortably placed in ankle-deep water.

Foot Soaking & Meditation

- Sit for meditation for 10 to 15 minutes with both palms open in your lap.
- You can say, "I want all the imbalances in my subtle system to go into the salt water."
- You can say, "I want to experience a deep state of meditation."
- If there are any thoughts, try to avoid reacting to them.



Rinsing



After meditation rinse your feet with fresh water.

Drying



Dry your feet with a paper towel or a cloth towel.

Disposing of Water

- Flush the water down the toilet.
- Don't use your foot soaking bowl for any other purpose.

