



FOOT SOAKING

A step by step guide



Sahaja Yoga Meditation
www.freemeditation.com.au

Foot Soaking



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 the 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.

Use a dish pan or other bowl. Do not use the bowl for any other purpose. Pour in lukewarm water that is deep enough to cover your feet up to your ankles. Add roughly a handful of salt to the water. Within reach, keep a towel and a container, such as a pitcher, of fresh water (no salt added) for rinsing and drying your feet.

Sit comfortably on a chair with your back straight. Place both hands on your lap, palms upwards. Relax. See if your thoughts clear out of the way.



With pure desire from your heart, say "I want to experience a deep state of meditation." Repeat this 2 to 3 times, directing your attention to the top of your head.

You can say, "I want all the imbalances in my subtle system to go into the salt water."

To focus your attention, you may find it helpful to place your right palm on top of your head for a few minutes. Then, place your right hand back in your lap and sit in this state of silence for 10 to 15 minutes.

Using clean water, rinse the salt water from your feet into the bowl. Dry your feet.

Dispose of the salt water by flushing it down the toilet. Then wash your hands.

After foot soaking, meditate for a while longer, if you like.

Foot Soaking - Step-by-Step



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

– Shri Mataji

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The Materials



Use either paper towels or a cloth towel.

Filling with Water



Lukewarm tap water

Amount of Salt



Handful of salt

Pouring Salt



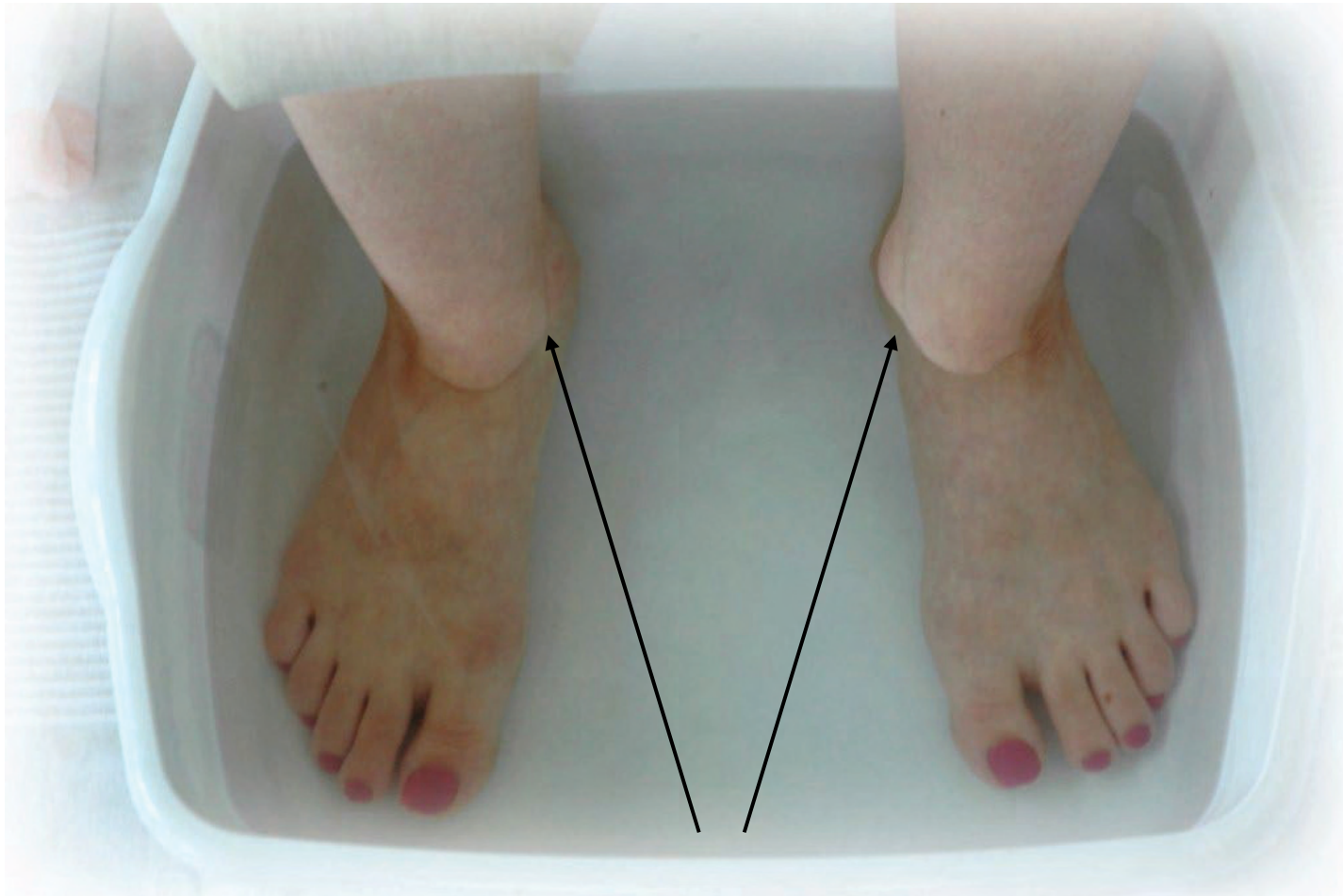
Add salt to the water in the foot soak bowl.

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.

