

A Very Important Technique: Footsoaking

What you will need:

- 1) A plastic bucket which should be used for footsoaking only
- 2) Regular salt or coarse sea salt
- 3) A pitcher with fresh water for rinsing your feet
- 4) A towel for drying your feet



The Steps:

- 1) Footsoaking is best done in the evening after a day's activities. You should feel much lighter inside afterwards and sleep much better.
- 2) Fill up your plastic bucket with room temperature/ lukewarm water. The water should be enough to cover your ankles. Put a handful of salt in the water. Salt represents the earth element.
- 3) Raise your Kundalini and put on a Bandhan.
- 4) Put your feet in the water. Keep your palms open resting on your lap. Keep your eyes **open**, gazing at a candle flame. The fire element will cleanse you as well.
- 5) Optional: practise the channel balancing exercises.
- 6) Try your best to keep your attention on the top of your head for 10 to 15 minutes. You can take some deep breaths. Try to let go of your thoughts.
- 7) Rinse your feet with fresh water. Dry them off. Trying your best not to look directly into the water, pour it down the toilet. Rinse your bucket.
- 8) Back in your meditation corner, sit on the floor or a chair with your palms open resting on your lap. Close your eyes.
- 9) Maintain your attention on the top of your head for 5 minutes, and relax. When you open your eyes, note how you feel inside. Raise your Kundalini and put on a Bandhan. Now you are finished with your meditation.