



SAHAJA YOGA

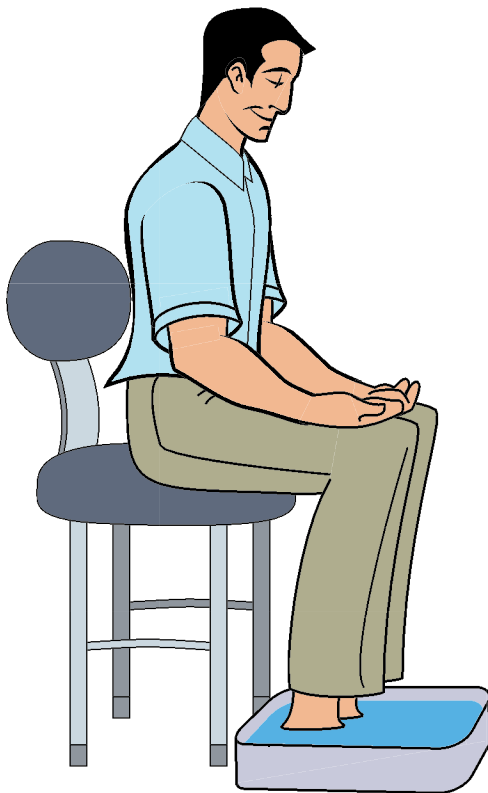
MEDITATION

Foot Soaking

We recommend doing this foot soaking exercise every evening because it will greatly enhance your state of meditation. It's most effective when done right before going to bed.

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 two teaspoons of salt to the water. Keep a towel and a mug or bottle of water (no salt added) by your side.



Sit comfortably on a chair with your back straight. Place both hands on your lap, palms upwards. Relax. Close your eyes.

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

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 10-15 minutes.

Foot soaking helps relieve your energy centers of any catches or obstacles — they're transferred to the water in which you soak your feet.

Using the clean water from the mug or bottle, 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 your foot soak, meditate for a while longer, if you like.