

Foot soaking

A foot soak is best done last thing at night before going to bed. This enables you to cleanse yourself subtly from the accumulation of stress and imbalances collected throughout the day. You will find that your quality of sleep is enhanced and your meditations are deeper.

For doing a foot soaking you would need the following items: a) a small bucket/tumbler, b) a jug, c) a towel. You can light a candle and incense to create a meditative atmosphere.

You can raise and “tie-up” your Kundalini as described in the section on Meditation Exercises, preferably before and after your foot soak.

Method

- 1.** Fill up the bucket/tumbler with some warm or cold water (depending on your balancing requirements – use warm water for balancing left side problems and vice versa use cold water for balancing right side) and add a small handful of salt.
- 2.** Fill a separate jug of water and keep it near your chair to rinse your feet after the foot soak.
- 3.** Sit comfortably on a chair with your palms up and towards a lit candle on a table in front of you.
- 4.** Place your feet in the bucket/tumbler.
- 5.** Meditate while soaking your feet for 10 to 15 minutes, with your eyes open.
- 6.** After you have finished your foot soak, use the jug of water to rinse your feet and use the towel to dry them.
- 7.** Flush the water down the toilet and wash your hands.
- 8.** It is important not to use this bowl for any other purpose other than your foot soak

