

Foot Soak

Foot soaking is an important part of meditation, and it has been recommended that anyone serious about progressing in meditation should foot soak every night. Salt water is particularly good for cleansing the first three chakras and for overall balance. After a foot soak, most people have also found that they sleep better and awake more refreshed in every way.

How to:

Get a bowl/dish pan, and keep it exclusively for foot soaking. Fill it with enough lukewarm to cool water to cover the ankles. Add a handful of table or sea salt and meditate in the evening (or when you get a chance) with your feet in the water and hands palm upwards.

Keep a jug of water and a towel beside you. After meditating, rinse your feet with the fresh water in the jug and dry your feet on the towel. Pour the water from the bowl into the WC and rinse the bowl with fresh water.



Those with more heat in the right side or liver can foot soak using cold water. For best practice, it is recommended to light a candle in front of Shri Mataji's photo while foot soaking.

