

## How to do footsoaking

Get a bowl, and keep it exclusively for footsoaking. A plastic bowl will do. Fill it with enough lukewarm water to cover the ankles and add a handful of salt. Keep a jug of water and a towel beside you. Meditate with your feet in the water. 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 toilet and rinse the bowl with fresh water.

“For Sahaja Yogis, it is extremely necessary to have footsoaking treatment, at least for five minutes, before going to bed. However highly evolved you may be, and you may not be getting caught, but it does not matter. You must do footsoaking for at least five minutes. It is a very good habit. All Sahaja Yogis should light a lamp before the photograph, apply sindur, dip their feet in salted water and sit in this fashion opening out both palms towards the photograph. If you do this, more than half of your problems would be solved automatically. However busy you may be, it is not difficult to spare five minutes. All should sit like this before retiring. That will stop more than half of your catching.”

*Shri Mataji Nirmala Devi – Mumbai, India, May 27, 1976*

Those with excessive heat in the right side and liver can footsoak with cold water.

