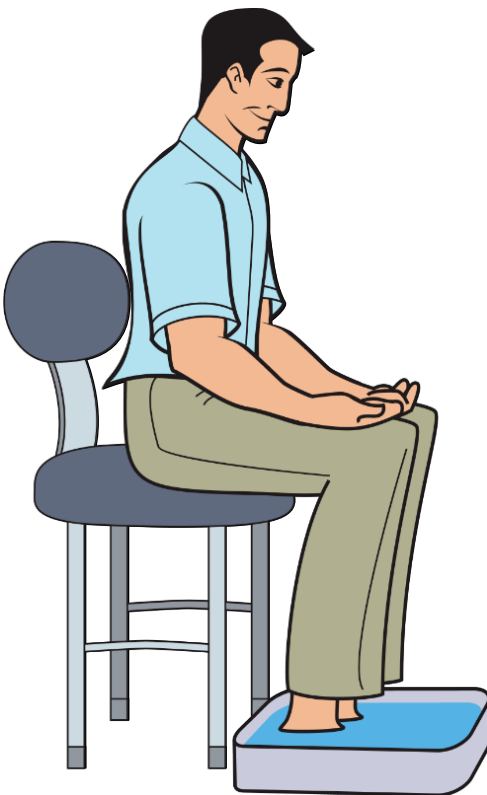


How to practice foot soaking

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.

Pour a bowl of lukewarm or room-temperature water deep enough to cover up your ankles.

Add a handfull of salt to the water. Keep a towel and a mug of pure water (no salt) by your side.



- Sit comfortably on a chair with your back straight. Raise your Inner Energy and give yourself a bandhan (shield of protection).
- Place both hands on your lap, palms upwards, in front of a lit candle on a table. Place your feet in the bowl. Relax... **don't** close your eyes.
- With pure desire from your heart, ask: "Mother Kundalini, please absorb all the imbalance from my chakras and channels into salt water.
- To direct and focus your attention, you can place your right palm on top of your head for a moment. Place your hand back on your lap and sit in this state of silence for up to 10 minutes with your eyes open.
- Using the clean water from the mug, rinse the saltwater from your feet into the bowl. Dry your feet.
- Flush the water down the toilet, rinse the bowl and wash your hands.
- Meditate with your eyes closed for a while.
- Raise your energy and give yourself a bandhan.

Salt water represents the cleansing power of the ocean. Water element plus earth element - salt. Foot soaking helps relieve your energy centers of any catches or obstacles – they're transferred to the water in which you soak your feet

Don't use your foot soaking bowl for anything else.