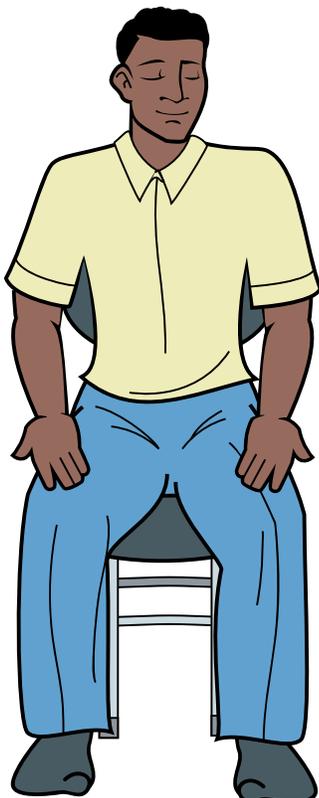


# Week 2

## Bringing Meditation Home: Basic Practices & Relaxation Techniques



## Practicing Sahaja Meditation at Home



If you've attended at least one Sahaja Meditation class, you'll find it easy to practice meditation at home using the techniques provided in these handouts. Meditating at home, in your own environment, in your own way, can really help establish and strengthen the flow of your Inner energy and keep your energy centers in perfect balance on an ongoing basis.

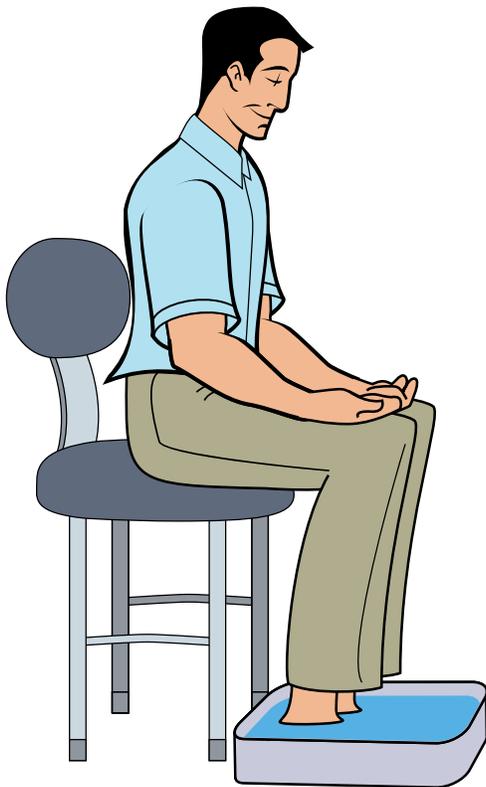
We recommend practicing both meditation and foot soaking at least once a day. But rely on your own judgment as to what works best for you. Trust your experience and ability to feel and detect the energy and the energy centers yourself.

Raising the energy and establishing a protective shield for it is done at the beginning and conclusion of each session of meditation or foot soaking.

## 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 water that's 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 of pure 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: "Inner Energy, please grant me the state of meditation." Repeat this 2-3 times, directing your attention to the top of your head.

To direct and 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.

Using the clean water from the mug, rinse the saltwater from your feet into the bowl. Dry your feet.

Foot soaking helps relieve your energy centers of any catches or obstacles — they're transferred to the water in which you soak your feet. Hence, after you have completed this foot soaking exercise, we recommend disposing of the water by flushing it down the toilet, then washing your hands.

After your foot soaking, put yourself back into the state of meditation for a while, if you like. If you prefer, you may also use cool water for foot soaking instead of lukewarm water.

The quality and power of your meditative and relaxing experience will help you gauge which water temperature works better for you.