

SHRI MATAJI'S ADVICE ON FOOTSOAKING

“I have told you one remedy. As it is said that everyone must go to bathroom and clean oneself after getting up in the morning. Similarly, 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. Even I take this treatment sometimes, so that my Sahaja Yogis will also take to it. It is a very good habit.



All Sahaja Yogis must do the footsoaking at least for five minutes. All Sahaja Yogis, should light a lamp before the photograph, apply SINDUR (KUMKUM) to the AGNYA, 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
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27 MAY 1976