

Footsoaking and using the elements

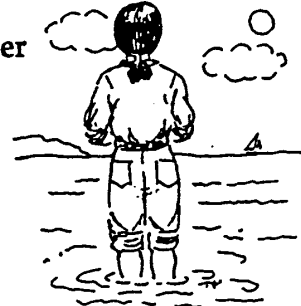
Each of the five elements (earth, fire, water, air and ether) relate closely to a particular chakra. This means that the element can assist in nurturing and cleansing that chakra. Below we illustrate some of the ways the elements can be used to help us.

1. Earth



The earth element helps the whole left side and also the first chakra (Mooladhara). Sit on the ground or grass with the left hand palm up and the right hand flat on the earth.

2. Water



The water element helps the whole right side and also the third chakra (Nabhi) and the Void. Put the feet in the ocean and meditate. Drinking water is good for the liver, as is applying icepacks to the liver area.

3. Fire (a)



The fire element helps the whole left side and particularly the second chakra (Swadisthan). Sit for meditation and hold the left hand towards a candle.

4. Fire (b)



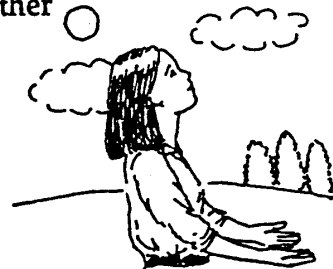
Sit for meditation and, with a candle rotate the flame in small circles around the chakras in a clock-wise direction. Use only on the left channel.

5. Air



The air element helps the whole right side and also the fourth chakra (Heart). Take deep, slow breaths while meditating. Place right hand on the centre heart while doing this.

6. Ether



The ether element (which is invisible in the air) helps the fifth chakra (Vishuddhi). Outside, tilt the head back and look at the blue sky. Allow your attention to flow into the majesty of the sky. Take deep breaths.

Footsoaking

This is best done at night before going to bed.
Place your feet in a bowl of water (cool or luke warm) containing a handful of salt (water and earth elements)
Light a candle (fire and light elements) in front of the photo of Shri Mataji. Sit comfortably in a chair with hands palm up. Raise the Kundalini and put on a protection.
Meditate and give vibrations to your chakras for 10 - 15 minutes. Finish by again raising the Kundalini and putting on a protection.
Rinse and dry your feet. Flush the water down the toilet.
Use the bowl only for footsoaking.

