

Eureka footbath

As history has often shown us, great thinkers and inventors often had their best ideas when relaxing under the shower, in the bathtub, or on a walk through the woods, and not while sweating away at their desks. Phases of active searching, concentration and brooding need to be interrupted by lighter phases where ideas can simply “fall into place,” deep breaths of fresh air that literally “inspire” you.

Relaxation phases not only make the process of developing visions and ideas more pleasant, it also greatly improves the results. The Eureka footbath is here for you to drift and dream in, with optional guidelines for those who wish to strategically prepare themselves for their session in the tub.



If you want to strategically prepare yourself for a relaxing and inspiring shower or foot bath, you can take the following steps:

1. This is your starting situation: you want to have an idea. You are looking for it really badly.
2. Try to find a precise question for your problem.
3. Take 25 minutes of really getting into the problem. Look at it from all sides, sit down with pen and logbook in a quiet place and work as concentrated as you can to find solutions, to get ideas. Write them all down. Try to understand the whole subject from as many perspectives as you can in order to find a solution. You are allowed to sweat. And you are allowed to frown. Try really hard. As hard as you can.
4. Then be disappointed not having found THE solution yet! (or if you have found it: celebrate!!!!)
5. Give up. Let it go. Stop trying to find an idea. Make a break. Think of something different. Enjoy now your foot bath or your shower and just let your thoughts go wherever they want to. Let your thoughts come and pass and leave. Relax! That's it. You'll see that the idea will come to you on its own. Sooner or later.