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Empty Vessel Meditation

Go ahead and take a delicious, gorgeous breath in through the nose, and out through the mouth. Take another breath in through the nose and out through the mouth.

And as you take another long breath in and letting it out, closing the eyes; and if you're seated notice your feet on the ground. If you're lying down, notice the contact of the body with the surface you're lying down on; and as you sit or lie down, go ahead, and focus the attention on the feet, just allowing the feet to relax now.

Allowing the ankles to relax, allowing the calves to relax, allowing the knees to relax, letting the sides relax, allowing the growing to relax, allowing the belly to flow, allowing the chest to relax, and the shoulders to draw. Letting the whole body relax now. The head relax; and now, just imagine yourself as an empty vessel, free from any judgment or discrimination, all accepting, all embracing; getting firm and bounded, confident and clear.

An empty channel, a vessel of the universe and universal energy. Allowing the words to be spoken through you; and taking another long breath in and letting it off.

And in a moment, as you open your eyes, you'll notice the same energy on the inside, and the same energy on the outside.

Eyes open, eyes closed, same energy. Go ahead and open your eyes.