

LIMITLESS LIVING

Unleashing Abundance

The Intuitive Flow Advanced Empty Vessel Meditation - Facilitating For Others

The purpose of the Advanced Empty Vessel meditation is aimed at creating a sense of calm, peace, and connection with self and the universal energy.

It is useful:

- Before giving a session to a client.
- At the start of sessions with clients.
- Before starting work with the Intuitive Flow.
- Connecting with your higher self or source.

The Intuitive Flow Advanced Empty Vessel Meditation Summary Steps:

A. Present moment awareness.

- Breath in and out
- Shoulders drop and belly flop
- Blow out a candle
- Ahh sound and move down the slide from head to belly

B. Progressive body relaxation.

- From the toes to the head and the hairs of the head

C. Empty out any emotional stress.

- Focus on any emotional stress, toxicity and thoughts that are no

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longer needed from the head to the toes.

- Empty and drain it out from the soles of the feet.

D. Imagine an empty vessel.

- Hollow and empty.
- No thought of past or future. Only this moment.
- A vessel of love and light.
- Divine power.

E. Deeper connection with the infinite.

- Infinite power.
- Special power.
- Deep rest.
- Connect with your purpose.
- As an instrument everything flows with ease.

F. Awareness and eyes open.

- Become aware of the feet and then body.
- Open the eyes into an open-eyed meditation.
- Eyes open or closed knowing it's the same.

Facilitating the Advanced Empty Vessel Meditation for Others

A. Present moment awareness.

1. Go ahead and take a breath in through the nose, and out through the

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mouth. Now allowing the eyes to close. Closing the eyes ... closing the eyes. This time take another breathe in and breath out ... as if blowing out a candle. Now take another breath in, and out and ... as you blow out the breath make an “Ahh” sound and let the belly flop and the shoulders drop. This time as you breath in and out making an “Ahh” sound, go ahead and let the awareness slide down from the head to the belly.

2. And as you take another breath in and out, just get comfortable. Just make sure your body is comfortable, and you are sitting comfortably.

B. Progressive body relaxation.

3. Now as you take another deep breath in and out, begin by relaxing the toes. Then go ahead and relax the calves. Let the calves relax. Now relax the knees. Let the knees relax. Focus on the legs now and let them relax. That’s right, relaxing the legs. Then relax the hips. Allowing the groin to relax. Now relaxing the tummy, then relaxing the chest, allowing the chest to relax, and relaxing the shoulders. Focus on the neck now and allowing the neck to relax. Then allowing the face to relax. Allowing the lips to relax, the nose to relax, and the eyebrows to relax. Finally focusing on the head and hair and allow them to relax. Allowing the head to relax. Allowing the hair to relax. Now relaxing the whole body. Allowing the whole body to relax now. Pause.

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C. Empty out any emotional stress.

4. As you relax your body now, bring your attention to any emotions, thoughts, toxicity, and any stress. Imagine it draining out from the head to the face, to the neck, the back of the neck, to the chest, the spinal column, the bum muscles, the groin, the hips, the thighs, the whole body now. Just letting any and all toxicity, emotional stress or thoughts drain out from the soles of your feet. As you take another breath in through the mouth and out through the nose let any remaining stress and tension drain out.

D. Imagine an empty vessel.

5. Just imagine yourself like an empty vessel, hollow and empty. An empty vessel where there is no thought of past, no thought of future. Only this millisecond.
6. And as you empty the body, notice yourself like an empty vessel, free from any emotional thoughts, free from any stress, any tension. Just rest here now, in awareness and just rest. No thought of past. No thought of future. Only this millisecond.
7. And this time, as you notice yourself like an instrument, like an empty vessel, knowing that within this being, within this vessel, there is the source of all love and light. That there is an infinite power and infinite

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potential, and that infinite power and potential is within us all. This power exists on the inside, and the outside.

E. Deeper connection with the infinite.

8. Breathing into that infinite power, feeling into that divine potential, just keep noticing yourself as a vessel for this power. It's a very special energy that gives you an insight and foresight, that allows awareness about all that is, about what is now and what is forever.
9. Now that you have connected with this energy just rest here. Allow your whole being to rest now and pull your awareness into your very self. Where you a divine being, and an instrument through which life happens. Knowing all of life takes place in complete trust and surrender. Pause.
10. Now connect with your purpose in life, whether it is to love, honor and respect self; or whether it is to serve others, connecting with your purpose; whether it is to heal self or transform self or help heal others or transform others; whether it is to take care of the family or whether it is to follow your life's path or calling in your business. Connect with your purpose known and unknown, the reason for being on this earth now as an instrument.
11. Knowing you are an instrument of this universe, asking yourself what is

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that I am meant to do, to be, to give, to love in this lifetime? How is this instrument meant to be, used by the universe? How is this universe meant to serve itself? What is the legacy this instrument is meant to leave behind?

12. And noticing how, as an instrument, everything flows with ease, there is no room for effort. Allowing life to flow with so much ease and staying connected to being in flow, living in flow, allowing your light to shine to yourself, to your loved ones and to all the people you are destined to reach, whether it is a handful or whether it is millions.

13. Allow your light to shine as an instrument.

F. Awareness and eyes open.

14. Take another long, deep breath and let it out. And as you do that, become aware of your feet. Become aware of yourself, become aware of your back, become aware of your whole body, as if it were an empty vessel that houses this universal energy. A sacred power. A higher wisdom.

15. And as you do that, you can just allow your awareness to open into this moment. You can allow your eyes to open now into an open-eyed meditation. Knowing eyes open or eyes closed it's the same. Just notice yourself here, in this moment. Now take another breath in and out. And if your eyes haven't opened yet, you can open your eyes now.