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Empty Bowl Meditation (Kevala Kumbhak)

from Vasant Lad, B.A.M.S., M.A.Sc.

Sit comfortably and quietly with palms up and open, placed on knees, like empty bowls. Open the mouth slightly and touch the tongue to the roof of the mouth, behind the front teeth. Pay attention to the breath. Let the lungs breathe with no effort on your part. Breath is object of awareness. Simply watch the movement of breath. As you are watching the movement of your breath, pay attention to the tip of your nose. Just be aware of the touch of air going into the nose. Cool air going in, warm air coming out. Sit this way, quietly, observing breath, for about 5 minutes.

After 5 minutes, follow the breath. Go with the air into the nose, throat, heart, diaphragm, deep down into the belly behind the belly button, where you will experience a natural stop. Stay in this stop for a fraction of a second, then follow the breath on exhalation, as it reverses its course up from the belly behind the diaphragm, heart, throat, out through the nose. and out of the body to about 9" in front of the nose to a second stop.

The first stop is behind the belly button, the second stop is outside the body in space. At these two stops, breath stops. At these two stops, time stops. Movement of breath is time. In these two stops, only existence is present. In these two stops you are surrounded by peace and love. In these stops, God is present. In these stops you become like an empty bowl. The moment you become like an empty bowl, the divine lips can touch you. God will seek you and pour benediction into you. Let the lungs breathe and you become the empty bowl. Practice this meditation for 15 minutes in the morning and in the evening. As you practice this meditation, over the days, weeks, months, you will find your time in the stops naturally prolonging until eventually inner and outer will merge at the 3rd eye and everything will happen within you.

You may also practice this meditation in a prone position.