

The So Hum Group Meditation Script

Introduction: We will begin this meditation with a reflective self-inquiry that will help you connect to yourself at a deeper level. We will start by settling into silence and becoming present—and then I will guide you in the four soul questions. When you ask yourself these questions before meditating on a regular basis, you will gain clarity and insight into who you really are, what you really want, and what you are here to do.

Instructions

Sit comfortably and close your eyes. Let's take a few deep breaths. Simply follow the inflow and outflow of your breath, coming into the present moment. With each inhalation and exhalation, allow yourself to become more relaxed, more comfortable, and more at peace.

[Wait 30 seconds.]

We are going to ask ourselves a few questions. Gently repeat each one silently and then just listen to whatever answers come, without judgment or evaluation.

Please bring your awareness into your heart center, the area of your chest.

Now ask yourself the first question, *Who am I? . . . Who am I?*

Silently ask yourself this question and notice the responses that come to you, without forcing anything. You may experience thoughts, feelings, images, or sensations . . . or nothing at all. Whatever happens is perfect. Simply ask the question and rest in being. Just be.

Who am I?

[Wait 20 seconds.]

Now, ask yourself, *What do I want? . . . What do I want?*

Ask the question and allow the responses to come to you. They may be in the form of thoughts, feelings, images, or sensations. Notice whatever comes to you without forcing anything or judging. Simply ask the question and pay attention.

What do I want?

[Wait 20 seconds.]

The next question is *What is my purpose? . . . What is my purpose?*

Ask the question and allow any thoughts, feelings, images, or sensations to come, without forcing anything. Just be open.

What is my purpose?

[Wait 20 seconds.]

Now ask yourself the final soul question, *What am I grateful for? . . . What am I grateful for?*

Ask yourself the question and allow the responses to come to you.

What am I grateful for?

[Wait 20 seconds.]

Please let go of all the questions and answers. Bring your awareness to your breath, simply observing the inflow and outflow without trying to control it in any way. Let's just continue easily observing our breath. If you notice your attention drifting away to thoughts or noises, gently come back to observing your breath.

[Wait 20 seconds.]

Now silently begin repeating the sound *So Hum . . . So Hum . . . So Hum*.

Silently repeat the word *So* as you breathe in, and *Hum* as you breathe out. *So* with the inhalation, and *Hum* on the exhalation. There's no need to focus or concentrate—just have simple awareness of the sound *So* as you inhale, and *Hum* as you exhale.

Your breath may get faster or slower, deeper or shallower. However it changes, just observe it innocently, silently repeating *So Hum*.

Whenever your attention drifts to thoughts in your mind, sounds in your environment, or sensations in your body, gently return to your breath, silently repeating *So . . . Hum*.

Don't look for any experience or wait for something to happen. Simply, innocently, go with the flow.

I'll watch the time and will tell you when it's time to stop.

[Wait 10–20 minutes.]

[Note: To let the group know it is time to stop silently repeating the mantra, you can ring a soft bell or chime, or softly chant *Om* once. You can also use a meditation app that has a soft chime or gentle sound for keeping track of the time.]

Please keep your eyes closed. Stop repeating the mantra, stop observing your breath, and just continue resting comfortably.

[Wait 2–3 minutes.]

You can begin to take a few deeper breaths and stretch and move gently if you wish.

When you are ready, please slowly open your eyes.

Was the meditation comfortable? Any questions?

Further Instructions: If you wish, you can give a few basic recommendations for continuing this meditation practice at home:

- Sit in a comfortable position.
- Be easy and effortless.
- Practice for 15–20 minutes in the morning and afternoon.
- Meditate before eating whenever possible.
- Let go of any concern about what you experience during meditation.
- Look for the results of meditation in your daily life.