



## Guided Meditation Using the “*So Hum*” Mantra

**“So Hum” is an ancient Sanskrit mantra that can be translated as “I am.”**

- 1) Please sit comfortably and close your eyes. (Wait 5 seconds)
  
- 2) Before we begin our meditation let’s ask ourselves a few questions (repeat each question two times):
  - a. **Who Am I?** You may not know the answer to this questions but this may be a good time to start this dialog with the Universe. (Wait a 5 seconds)
  - b. **What Do I Want?** The answers can be material, spiritual, ethereal, physical, emotional...anything you would like to see fulfilled. (Wait 5 seconds)
  - c. **What is my Dharma or My Purpose in Life?** How Can I help, How Can I Serve? (Wait 5 seconds)
  - d. **What am I grateful for?** (Wait 5 seconds.)
  
- 3) Let’s take a deep breathe in and exhale out. Now let’s let go and allow the Universe to work out the details. (Wait 5 seconds)
  
- 4) For a few minutes simply observe the inflow and outflow or your breath.
  
- 5) Now take a slow deep breath through your nose while thinking the word “*So*”.

- 6) Exhale slowly through your nose while hiding the word "*Hum*".
  
- 7) Allow your breathing to flow easily, silently repeating *So Hum* with each inflow and outflow of your breath.
  
- 8) 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*.
  
- 9) Continue this process for twenty to thirty minutes with an attitude of effortlessness and simplicity.
  - a. Instructor will mind the time and let them know when the time is up. You can use a soft bell or chime to let them know when the time is up.
  
- 10) When the time is up, sit with your eyes closed for a couple of minutes before resuming your daily activity.