



HOW TO

So Hum

So Hum is the perfect mantra for new and experienced meditators. Although it has no particular meaning, it is associated with the breath.

The *So Hum* mantra allows you to identify yourself with **who you truly are** rather than believing you are the everyday activity of your mind or body. Your true essence lives in the silence.

INSTRUCTIONS

This meditation can be practiced twice daily for anywhere from 1-minute to 30-minutes each sitting. The recommended time is 15-20 minutes.

- Start by sitting comfortably, with your eyes closed.
- Check in. Allow the breath to be natural. Observe how the breath is flowing in and out of the body.
- Silently, in your mind, **begin repeating the mantra *So Hum*.**
- Keeping the breath flowing naturally, without forcing or concentrating, mentally repeat **So as you inhale and *Hum* as you exhale.**
- Continue to allow your breath to flow easily, silently repeating *So... Hum...* with each inhalation and exhalation.
- Adding the sounds *So* with the inhale and *Hum* with the exhale helps align attention with the breath. But if you're having to think too hard about the breath or if it doesn't feel natural while thinking the mantra, let go of awareness of the breath. **Give your full attention to hearing the sounds *So Hum* silently inside your mind.**
- Continue silent repetition of the mantra for full the duration of the meditation. The use of the mantra should be easy and effortless. It requires no straining and no concentration.
- Whenever the attention drifts away, **gently bring your awareness back to the mantra.**
- When you're finished, stop thinking the mantra. Softly open your eyes. Slowly, move back into activity.