



So Hum Meditation

Please sit comfortably and close your eyes
Take a few long deep breaths, allowing your body to settle into wherever you are sitting
Let go of everything
that doesn't concern you right now
Breathe - 15 seconds

Allow your breathing to be normal, not controlling it in any way
Be aware of the breath, not focusing or concentrating just simply observing
the breath as it naturally flows in and flows out
Bring your awareness to your heart
Be aware of the breath here

Silently ask yourself the four soul questions:

Who Am I?

Now simply shift into the presence of Being, because that's who you are. Who am I is not an image, sensation or thought.

Who Am I?

Second Question:

What do I want?

What do I want is an experience but you don't force an experience.
You say, what do I want and then allow the experience to come to

you right now in the form of a sensation, image, feeling or thought.

Just be open to it.

What do I want?

Third Question:

What is my purpose?

This is also an experience,
allowing any sensation, image, feeling or thought to come

What is my purpose?

Fourth Question:

What am I grateful for?

Allowing any sensation, image, feeling or thought to come

What am I grateful for?

What am I grateful for right now?

And now begin your So Hum Mantra, breathing “So” on your inhale, and “Hum” on your exhale.

Remember that the repetition of the mantra is gentle and relaxed, there is no need to force or concentrate

As you repeat your mantra you may notice that it changes. It may become faster or slower, louder or fainter or it may even become distorted.

Continue repeating it effortlessly without resisting or anticipating changes. It’s more like listening to it rather than saying it.

From time to time you may notice that your attention has drifted away from your mantra to other thoughts in your mind, a noise in the environment or a sensation in your body.

Whenever you notice that your attention has drifted away from your mantra, gently come back to it.

Remember to let go of any expectations you may have during the practice.

If you notice that you are focusing on a feeling, mood or emotion, or if you are waiting for some experience to happen, treat this as you would any other thought and gently bring your attention back to the mantra. Innocently going with the flow.

Please continue meditating for 5-20 minutes. Do this twice daily for maximum benefit.

Now take a few deeper breaths, move and stretch gently.

Please bring your palms together in front of your heart center.

Bowing with gratitude to your Soul