

SO HUM MEDITATION

1

Begin by noticing the vibration and sound quality of the in-breath to that of the out-breath. Listen to the "SO" sound of the inhalations, and the "HUM" tone of the exhalations. Once you have settled into this rhythm, bring your attention to the pause between breaths. Feel that space. Continue to really notice that PAUSE (II) and silence between breaths. When your mind wanders, kindly keep drawing it back to concentrate on the "SO" inhales and "HUM" exhales.

Inhale - SO • II • Exhale - HUM

(Observe 5 - 10 breaths here)

2

Next, begin to use only the PAUSE phase of the breath cycle to observe any part of your physical body that is in pain or distress.

Inhale - SO • II Notice any physical discomfort • Exhale - HUM

(Observe 5 - 10 breaths here)

3

After you have given full attention to your body, use the PAUSE to think of any stress that exists within your mind.

Inhale - SO • II Notice any mental distress • Exhale - HUM

(Observe 5 - 10 breaths here)

4

Now, use the PAUSE portion to take note of any part of your life that feels stressful. Whether you feel calm or not, know that controlled observation of your distress is useful. Use only the PAUSE portion to observe.

Inhale - SO • II Notice any external distress • Exhale - HUM

(Observe 5 - 10 breaths here)

5

Finally, use the PAUSE portion to deeply focus on healing.

Inhale - SO • II Bring healing energy to your whole being • Exhale - HUM

(Observe 5 - 10 breaths here)