

So Hum Breathing

<https://soundcloud.com/ealthenter/so-hum-breathing>

When feeling anxious, overwhelmed, a little out of sorts, try this yoga breathing technique called So Hum. First, sit comfortably somewhere that's safe and you can close your eyes. Just follow your breath, coming into your body and leaving. Just feeling the rhythm of your own breath. Bring your hand up to your heart area and feel the slight, gentle movement as you breathe in and out. Now, as you breathe in, in your mind hear the sound "So" for the full breath and then "Hum" as you exhale through your breath. So, hum. Gently, easily. Allowing thoughts to move away. So, hum. Quietly in the mind, making it more prominent than thoughts. So, hum. Now let the breathing drop down into the belly area, still on "So" as you breathe in, breathe to a capacity point, hold and then release on Hum. Do seven of these breaths, very slowly in succession. "So", reaching capacity, holding, "Hum". Breathing in again. "So", hold, "Hum". After your seventh breath, fall back to your normal breathing pattern. Sit comfortably for a moment and slowly open your eyes. Notice how you feel, and go about your day.