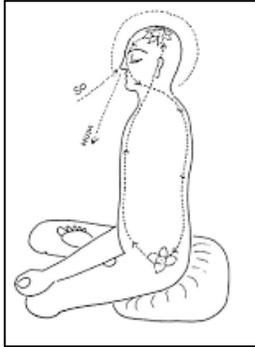


THREE SEASONS AYURVEDA



So Hum Meditation



Using a mantra and the chanting of sacred sounds is a central part of yogic meditation. The word mantra comes from the combination of two syllables: "man," meaning mind and "tra," meaning tool. A mantra is a tool for reflection to cultivate awareness, concentration and contemplation on the creator.

So Hum is referred to as the "Mahamantra", the Greatest Mantra, and is considered to be one of the most powerful of all techniques. In Sanskrit, the most ancient of languages, the sound of the inhalation is termed So, and the exhalation is Hum. Combined, the sound So-hum is translated as "I Am That".

We will use this sound silently, experiment with this: Inhale deeply, close your eyes and your mouth, and exhale forcefully through your nose. If you concentrate, you'll hear the "hum" sound quite clearly. When you are focused consistently, you will flow into simply hearing the sound of So-Hum, which is by far the easiest meditation.

During the silent meditation, gradually both the breath and the sound will become quieter and quieter and quieter, and the breath becomes so quiet that it almost seems to stop. By quieting your breath, you quiet your mind.

Then, when your mind becomes quiet, you transcend thought and the mantra "So-Hum" entirely disappears, your breath will pause momentarily. Time itself comes to a stop. You are aware but not of any one thing. You're in the field of pure consciousness, the field of the spirit.

Here is how to do it;

Find a comfortable seated posture.

Place your hands on your thighs and gently close your eyes.

Keep the chest lifted, relax your shoulders, jaw, and scalp.

Draw your chin in slightly and let the back of your neck lengthen.

Relax your abdomen and breathe through your nose.

Now, bring your attention to the rhythm of your breath, observe the gentle inhalations and exhalations.

On your inhalation listen for the sound of "So."

And as you exhale, listen for the sound of "Hum".

Keep your focus on your breath while silently repeating the syllables, "So-Hum."

There is no need to force or concentrate, just listen to the sound so and hum. And whenever you lose it, gently return to it.



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