

So = Higher consciousness
Hum = Individual Self

This divine mantra is constantly occurring through the breath of every living being. Each time we breathe in, the sound "so" goes in, as does the sound "hum" each time we exhale. So-hum means "I am that," beyond limitation of mind and body: "I am one with the Absolute"

- 1) Sitting in *Padmasana* or other comfortable seated posture, establish yourself firmly in Full Yogic Breath and *Ujjayi Pranayama*.
- 2) As you breathe in, listen to the sound being made at the back of the throat. This sound has openness to it and is preceded by an inspiration. It sounds like the syllable "SO". Listen to, and concentrate on, the "SO" in your breath as you inhale.
- 3) Hold the breath in a short retention as described in *Ujjayi Pranayama*.
- 4) As you breathe out, listen again to the sound at the back of the throat. This sound has a nasal quality to it, like humming, so that it sounds like the syllable "HUM". Listen to, and concentrate on, the "HUM" in your breath as you exhale.
- 5) Start again at Step 2 and continue as described for 5-10 minutes or more.

