



So Hum Meditation

In this meditation you will use the Sanskrit mantra *So Hum* as your anchor or object of attention. In the Vedic wisdom tradition, a mantra is a sound without a meaning. It is a pure vibration that allows your mind to settle into quieter levels of awareness. When you silently repeat a mantra in meditation, you go beyond the mind's thought stream and dip into the gap, the space of pure consciousness.

Here is how to practice the *So Hum* meditation:

- Choose a place where you won't be disturbed. Sit in a chair or on the floor, using blankets and pillows to make yourself as comfortable as possible.
- Close your eyes and take a few moments to observe the inflow and outflow of your breath.
- Now take a slow, deep breath through your nose, while thinking or silently repeating the word *So*.
- Then slowly exhale through your nose while silently repeating the word *Hum*. Continue to allow your breath to flow easily, silently repeating *So . . . Hum . . .* with each inflow and outflow of the breath.
- Whenever your attention drifts to thoughts in your mind, sounds in your environment, or sensations in your body, gently return to your breath, silently repeating *So . . . Hum*.
- Do this process for a few minutes when you're first getting started, gradually building up to half an hour. Just breathe easily and effortlessly, without trying to concentrate. When the time is up, sit with your eyes gently closed, taking a moment to rest in the stillness and silence. When you emerge from your meditation, you will carry a little bit of stillness and silence into all your daily activities.

Other mantras you can use:

Om – the universal sound that underlies all the mantras

Om Shanti Om – a mantra for peace

Ananda Hum – roughly translates to I am bliss

STOP and Make Conscious Choices

When you feel like you're on the verge of slipping back into unhealthy patterns and old habits, use the formula based on the acronym STOP to shift your state of awareness and make more nourishing, conscious choices.

S: Stop.

T: Take three deep breaths. Inhaling and exhaling deeply will bring your awareness into the present moment.

O: Observe. Notice the thoughts, feelings, and sensations without judgment.

P: Proceed. Make your next choice with self-compassion and love.

STOP enables you to become present and see all the choices available to you so that you may choose spontaneous right action.

Information was adapted from Chopra Center Teacher Certification Instructional Materials

Resources for Meditation & Breathing Techniques

The Chopra Center chopra.com

Roger Gabriel, Vedic Instructor at the Chopra Center – rogergabriel.com

Insight Timer – mostly free meditation app

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