



VISHOKA MEDITATION®

So Hum Pranayama

So hum pranayama (also referred to as shvasa-prashvasa pravahi) means “a technique that allows the inhalation and exhalation to flow seamlessly.” This calming pranayama helps to eliminate the pause between breaths by mentally synchronizing the inhalation and exhalation to the silent awareness of the sound so hum.

Practice Instructions

1. Find a stable, comfortable seated posture, so that your head, neck, and spine are aligned in a neutral position.
2. Take a few complete breaths, and allow your inhalation and exhalation to be completely relaxed. Cultivate a smooth, deep, diaphragmatic breath.
3. Become aware of your body and the space it occupies. Mentally draw a circle of light around yourself. Inside this circle of light, you are free and fully protected.

