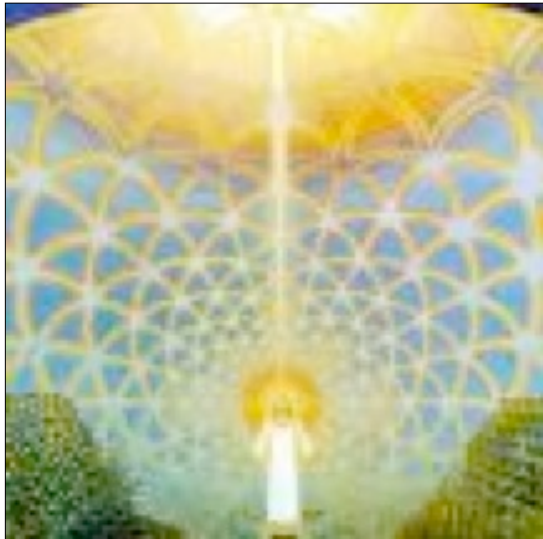


So-Hum Meditation for Calm



The So-Hum meditation dates back 5,000 years, and is intended to bring you to a state of calm. Begin by sitting on the floor (with your spine straight), or on a chair with your back straight and your feet flat on the floor.

Focusing on your breath, say the word *So* silently to your self.

As you exhale, say the word *Hum* silently. Keep repeating this mantra until you notice your mind drifting into silence.

You will notice your breath slowing down, and with practice you will feel a deep stillness settling within that brings peace throughout your entire being.

After you are accustomed to the meditation, add some visualization. Imagine a ball of golden white light emanating from the bottom of your spine. As you inhale deeply and say *So* silently, imagine the ball of light moving up your spine over the back of your head to the front of your forehead.

Hold the breath for a few moments and as you exhale (saying *Hum*), slowly imagine the ball of light moving in reverse from the forehead, back down your spine to the base of your spine.

Repeat the *So Hum* breath movement 20 times for a total of 21 times. On the 21st time bring the ball of light up into your forehead and allow it to emanate out into the world.

With practice, you will find yourself feeling calm, quiet, and peaceful.