

SO-HUM

Let us begin by sitting on a chair or on the ground as this will establish a direct contact of our root chakra with mother earth. She is our support and safety as we build a strong, flexible foundation for our spiritual growth.

Make yourself comfortable and begin to follow your breath with your mind. I am going to count down from a hundred to zero as a simple technique of quietening the mind from our thoughts. See the number on the screen of your mind and if your mind wanders, gently and lovingly, without judgement bring your mind back to the counting. You are watching a film of reducing numbers, and with each number you are becoming more and more relaxed.

100, 99,
98,97,96,95,94,93,92,91,90,89,88,87,86,85,84,83,82,81,80,
79,78,77,76,75,74,73,72,71,70,69,68,67,66,65,64,63,62,61,6
0,59,58,57,56,55,54,53,52,51,50,49,48,47,46,45,44,43,42,4
1,40,39,38,37,36,35,34,33,32,31,30,29,28,27,26,25,24,23,2
2,21,20,19,18,17,16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1,0.

We are now going to use the mantra of the breath for the mind to focus on. So-hum is the sound of the breath as it moves in and out of the lungs and this vibration can connect us to the stillness within ourselves, the universal consciousness.

As you inhale the sound is heard as 'so' and as you exhale the sound becomes 'hum'.

Gently close your eyes and bring your attention to the flow

of your breath. Say inwardly or out loud 'so' as you inhale and 'hum' as you exhale. Keep repeating this with each breath you take and you will find that as your breath becomes quieter and quieter so does your mind.

Using this technique to quiet the mind assists in expanding your consciousness.

Utilize all your senses, feel, hear and taste the sound of SO- HUM.

I leave you with this practice for a few minutes.

Take your attention to your spine and imagine the length of your spine increasing and becoming straight and supple. You feel the top of your head floating slowly upwards like a balloon and your hips and shoulders are broadening with each successive breath you take and release.

Your feet and toes are growing extensive roots which fill and wrap around earth completely, as if you are enfolding the entire planet within your energy system.

As you breathe evenly, slowly and deeply, start to see yourself expanding larger than your physical frame and larger still, until you're bigger than the room you are in, the house, the street, the village, the county, the nation, the continent, the planet, solar system, passing the moon and out into the galaxy until you sense that you fill the entire universe.

The entire universe is within you and you are within the
Universe.

See your heart release loving pink filaments of light to reach the entire world, see people, animals, forests and the whole of creation being bathed in your loving awareness.

You are sending divine love from your heart to all those in need. Imagine that they are returning their love and light back to you.

As you give, so you receive.

Then begin to extend this outwards to include the galaxies, stars, and the entire cosmos. Then smiling inwardly say:

“I now fill the entire universe and the universe fills me”

Bring all this awareness into your centre, just below the navel, and retain the knowledge, the feeling that you are never alone.

Place your left hand, palm down, on your thymus, just above your heart and feel and know that you are connected to the whole of life and creation.

“The universe fills me and I fill the universe”

“The universe fills me and I fill the universe”

“The universe fills me and I fill the universe”

And so it is

When you are ready, bring your awareness back into the room that you are in and slowly open your eyes.

Please feel free to share this pdf with friends; I ask that it remain unaltered.

Many thanks and blessings

Jo

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