



## HUMMING PRACTICE

When the body is healthy and balanced, the energy and vibrations within us are in harmony. When the body is imbalanced, it is in a state of dissonance, the resonant qualities of it are in disharmony.

When using sound as a healing modality we aim to restore the part of the body that is out of alignment back into a state of healthy resonance.

We can use our own voice to create a tone through humming to entrain vibrations in parts of our bodies, bringing them into a state of balance and harmony.

While practising humming as a self-healing modality it's a good idea to start with diaphragmatic breathing, this will enable you to relax and breathe deeply and slowly to prepare yourself so your hum will flow smoothly and easily.

### DIAPHRAGMATIC BREATHING

- Lie on your back on the floor, bed, couch, on the ground, or sit in a comfortable chair.
- Place your hands on your belly. You might like to close your eyes.
- Breathe in, focusing your intention on inhaling into the deepest part of your lungs and belly.
- Focus on your hands and imagine that there's a soft ball in your favourite colour inside you becoming larger with each in-breath, and feel your belly expand with the ball as you breathe in.
- Breathe out, noticing your belly relaxing as the air is released from your lungs and sense the ball deflating.
- Notice the gentle rise and fall of the belly, and how the ball is expanding and contracting as you breathe.
- Without striving or straining, notice each breath deepening and lengthening.
- Repeat until this way of breathing begins to feel natural and you are maintaining a slow steady rhythm.

### YOU ARE NOW READY TO BEGIN HUMMING

- Continue your diaphragmatic breathing allowing all the muscles of the face, scalp, neck, shoulders, and the entire body to relax. You might notice your body is feeling heavy or light as you become even more deeply relaxed.
- Allow the jaw to drop slightly, unclenching and loosening the facial muscles and tongue.
- Inhale deeply and slowly the same as before, gently filling the lungs with air, making sure your mouth is softly closed, and release a long, soft, low, hum, while breathing out, allowing the hum to ride the breath for the entire exhale.
- To deepen your practice, direct your hum to different parts of the body and perhaps even directed out to other people, places, and circumstances with positive, loving feelings.

I invite you to repeat this process regularly, making it part of your daily routine. Enjoy practising.

*Rebecca Rivka*