

BODY HUM

Close your eyes. Center yourself.

BRING YOUR AWARENESS TO YOUR FEET.

Hum for the length of a breath. Do this 3 times.

BRING YOUR AWARENESS TO YOUR LEGS.

Hum for the length of a breath. Do this 3 times.

BRING YOUR AWARENESS TO YOUR TORSO & ARMS.

Hum for the length of a breath. Do this 3 times.

BRING YOUR AWARENESS TO YOUR NECK & HEAD.

Hum for the length of a breath. Do this 3 times.

Sit quietly and take your time before opening your eyes.

Take a quiet moment after each step to feel the effects of the work.

The pitch need not be the same for all 3 hums, nor for the entire sequence; breathe in, and on the exhale hum whatever pitch comes out.

You may feel less or more depending on the pitch.

Remember that your hum is for you and you alone.

Some areas of your body may request more attention.

Listen to your body. Go with the flow.