



The Sounds “Humee Hum, Brahm Hum” and Breathwork to Unblock, Heal, and Get Beyond Stress and Anxiety



When we are fully alive, we have waves of joy, sadness, elevation, kindness, irritation, calmness, anxiety and more. Waves of feelings and shifting perspectives from our mind and body states.

Sometimes we get stuck or entangled. With awareness we can feel accurately what we are feeling. We can sense the pattern of our mind. Then as we embrace and accept what we feel, we can release any ‘stuckness’ in feelings and body and repurpose that energy to align with who we are.

Anxiety under the pandemic has risen from a usual 6% to 36% in the USA. In younger adults it spiked to as high as 43%! There is a similar increase around the globe. This set of breathwork and meditation is



one I have shared widely. Practitioners report, even after the first practice, muscles relaxing, mood elevations, calmness and a general sense of flow and wholeness in their body. Many who continue the practice steadily or intermittently report an unexpected sense of support and positive orientation occurring without effort in their daily life, work, and challenges. Without a connection to our self, joy equanimity and self-regulation are more difficult. Without a settled connection with our self and heart, emotional energy and rumination can show up as or move into depression, irritation, impulsiveness, and anger as well as poor judgment. Handled well it can help us reflect, assess and advance; show up, connect, and make a difference in our clarity and relationships. This set is enjoyable and helpful across the spectrum.

It is brief- 22 minutes. It can be extended more in time as you increase each step proportionally.

The music of Hume Hum Brahm Hum” is on the album by Gurusangat and Gurucharan from iTunes or amazon. The meaning is simple. Hume Hum is “we are we; all of us, all my parts known and in known are connected at the heart”; Brahm Hum is “All and me are connected beyond what I know or can see; it is the joy of unity in the vast flow of all existence and life”. Together it is “we and thee are the one heartbeat of the unique self and the universe”. The sounds themselves form an energetic loop of heart, brow, and Cosmos.

Unblock, Heal, and Get Beyond Stress and Anxiety	
Steps	Meditation or Breathwork
<p>1. Center Yourself and Balance Your Nervous System with the Master Breath</p> 	<p>Sit comfortably with your spine straight. Attune yourself. Begin the Master Breath with your palms together in front of the heart.</p> <p>Continue for 3-5 minutes. End with a smooth deep Inhale and suspend the breath briefly- 15-20 seconds. Repeat the inhale and suspension of the breath a second time.</p> <p>{To do the Master Breath: Pay attention to your breath. Make your breath continuous and very smooth. It is not jerky. I think of the smooth motion of a dolphin swimming in calm waters.</p> <p>Concentrate as if breathing from the solar plexus and engaging the navel automatically from there. This will feel like an automatic, smooth flow if you contract and relax your diaphragm steadily and rapidly at 120 bpm: steady not erratic. Your chest should stay relaxed and slightly lifted throughout the breathing cycle. Keep the ratio completely equal.}</p>



2.

Unblock and Release Heart and Presence



Sit comfortably in a meditative posture. With eyes closed, focus through your brow point. Feel through your heart center. As you sing/chant these sounds, hear what you say, notice your emotions and sense the natural shifts in energy as your body releases tension and contractions.

Meditate using the sounds “Hum-ee Hum Brahm Hum”. **Use the music By Gurusangat and Myself- the slow-paced track.**

Use your fingers in a special sequence along with each round of the mantra that you sing with. This brings release, relaxation, and flow throughout your body. You touch with your thumb tip in sequence: the tip of the index finger, middle finger, ring finger, little finger, little finger again, ring finger, middle finger, index finger.

Begin:

Place one hand on your heart. The other hand at your side palm forward. Touch each finger from index to little, then little to index.

Switch hands and do the same finger play.

Switch so both hands are at the sides. Synchronize the fingers of both hands.

Bring your hands in prayer pose over the heart for the final part of this cycle. As you hold the palms together you chant 8 repetitions of the mantra. With palms together you press lightly each finger in turn: index to little, little to index.

Continue this cycle for 3 to 5 minutes.

End with a deep inhale, suspend your breath for 10-20 seconds with palms at your heart center. Be mindful, open senses, notice the shifts, flows, energy and feeling throughout your body and mind. Exhale and inhale to repeat once more. Then relax your breath as you smoothly go to the next step.



3.
Connect, Expand, Heal



Sit straight with your hands in Gyan mudra over your knees or relaxed in your lap with one hand resting in the other palms up and thumb pads touching.

Meditate using the sounds “Hum-ee Hum Brahm Hum”. Use the music By Gurusangat and Myself- the fast-paced monotone, Tibetan style track.

With each of the eight fast repetitions inhale through your nose in a “sniff”/segmented breaths without compressing the nostrils. Keep the nostrils open as you take the breaths in using your diaphragm and relaxed throat and neck.

Visually and by feeling “walk” each inhale up your spine from the base/first chakra through the crown chakra at the top of your skull to the 8 th above the skull and surrounding the entire body. As you go along the spine visual or feel a growing golden light. Your spine becomes a rod/channel of light beaming upward and downward without limit.

As the mantra slows to do three repetitions, your keep the full inhale suspended with chest lifted slightly and shoulders and neck relaxed. Sense that golden light shining from every cell and meridian in your body.

Then exhale through you rounded lips in one steady strong stroke, keeping your chest lifted and spine erect.

Begin the cycle again.

In each cycle expand the golden glow. The glow of attraction, connection, and opportunity. Expand the glow like a radiance from every pore of your skin outward and all around. The next cycle expands that golden glow in all directions at once beyond limits AND sense the same glow coming to you without effort from ALL.

Continue this cycle 3-5 minutes

End as you relax your breath. Be still, mindful. Notice all and the effortless presence and expanse of awareness. Beyond unentangled witness. An equanimity that senses meaningful stillness and action in a timely way. A compass of your heart and unique self.



<p>4. Equanimity and Stillness</p> 	<p>Sit authentically still. Sense everything. Be fully present in your body. Notice flows, vibration, and relaxation. As you settle effortlessly in this awareness sense what it is like to go through your day and week with this golden glow aligned in each moment. Without effort or making a task. Simple sense you're ready and full presence.</p> <p>Start listening and deepening with the music of Bhairo soundscape by Liv Khalsa or an equivalent. Then into silence for 4-11 minutes.</p>
<p>5. Consolidate, Stretch, End</p>  	<p>End with a deep inhale and stretch both arms up. Turn left and right. Exhale. Repeat. Relax.</p>

Music Used:

Step 1 Licensed by Hargo <https://linktr.ee/hargokhalsa36>

Step 2 and 3 go to [Humme Hum Brahm Hum by Gurucharan Khalsa & Gurusangat Singh - DistroKid](#) stream or download from your favorite source.

Step 4 Licensed by Invinciblemusic.com "Raga Bhairo Soundscape" by artist Liv Khalsa

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