

“So Hum” mantra prayer

“So-hum” is a Hindu mantra from Sanskrit that means “I am that”. In this prayer one begins by settling into a comfortable position and closing the eyes – notice the breath. As you inhale, you silently say or envision the syllable “so”, on the exhale, you say or visualize “hum”. “I am --- that. I am – that. I am ---that.” “So – hum. So – hum.”

On the inhale, we focus on bringing in the world, light, life. On the exhale we offer the same back to the world. An exchange that happens inside us. We are both unique and individual and we are one with the world.

The phrase so hum (or Ham) is common in medieval and ancient texts.

