

Happy Hum

1. Sit mindfully, with your spine straight and body relaxed.
2. Close your eyes. Close your lips. Hum a few notes to yourself until you find one you like.
3. Breathe in deeply. With your out-breath, hum your note.
Breathe in. Breathe out and hummm!
4. Press your hands to your chest to notice the vibration of your humming. What do you feel in your hand and body?
5. Breathe in. Breathe out and hummm! Let your humming send calm into your heart.
6. Before you finish this exercise, quiet your humming and take three soft, slow, mindful breaths.

