



Amazing Healing Powers of Humming Meditation

By [Dr. John Muzhuthettu](#)

From ancient times humming has been used in several schools of yoga and meditation, especially in Tibet. Humming and chants have been used by mystics and spiritual teachers for meditation since they were well aware of the healing powers of this sound.

Now, doctors have found the magical powers of humming for reducing stress and pain and improving health. Eddie Weitzberg and Jan Ludberg of Karalinska Institute in Stockholm found in their research that humming increased the nitric oxide of paranasal sinuses about fifteen fold. They say that proper ventilation of sinuses and prevention of blockage of the opening between two cavities can be ensured by this. Moreover, nitric oxide is a neurotransmitter which is fundamental to your overall health and well being.

Jonathan Goldman, an American author, musician and an expert in the field of harmonics and sound healing and his wife Andi Goldman, the authors of the famous book; *The Humming Effect: Sound Healing, for Health and Happiness* explain scientifically the amazing healing benefits of conscious humming and breathing in their book. They explain the science behind sound healing. Conscious humming helps to reduce stress and blood pressure and to increase lymphatic circulation and melatonin production. They found that humming releases endorphins and nitric oxide and creates new neural pathways in the brain. Hence they conclude that humming can be used even to treat neurological disorders. The book also deals with the spiritual use of humming. The authors logically say; 'We all have within us the most powerful instrument for healing and that is our voice; the most powerful of which is the 'Hum'.

As the famous spiritual singer, Deva Premal revealed; 'Humming creates a wonderful circuit of energy in your body, revitalizing its cells and charging its chakras' The Indian doctor Madam Kataria found that by practicing humming you can bring down the breathing rate from 15-17 times in a minute to 4-6 times a minute and this helps to slowdown your heart rate and to reduce stress. Humming activates the parasympathetic nervous system and hence calm down your nervous system.

What is Humming meditation?

Humming meditation is a simple form of mantra meditation. When you start humming your body starts vibrating, especially your brain cells start vibrating. Thus the whole brain becomes tremendously vibrant. When you become a witness to this, your body and mind are in harmony and this brings the experience of tremendous peace and bliss.

Research has shown that humming with awareness creates chemical changes in the body, particularly in the brain and helps to cease the conflict between the body and mind. A lot of energy is saved when your body and mind are in harmony and hence you will never feel tired or exhausted when you are humming.

"Humming combined with breath is a powerful way to release and let go of stuck energy and tension. Great for clearing and refreshing your throat chakra"



12 instant benefits of humming by Carolyn Bourne

- 1:** Grounds and brings you back to your centre. I personally find it helps settle the feeling of being restless or scattered on the inside.
- 2:** Promotes clarity of thinking by refreshing your mind. You can physically feel the vibration of the “hum” clear out the cob webs.
- 3:** Has a very relaxing and soothing effect on your neck, face, head and shoulder muscles, which helps dissolve stress. Try it, you’ll be surprised.
- 4:** Humming reduces the number of thoughts that fill your head. When you are humming there is little room for over thinking.
- 5:** Humming puts a smile on your face. Well, it certainly does for me.
- 6:** Humming slows down your breathing rate significantly. Dr. Kataria’s research shows, we normally breathe 15-17 times in a minute but with humming you can bring it down to 4-6 a minute which helps to slow down your heart rate and brings down your stress level.
- 7:** Helps dissolve unproductive thinking. If you are having a bout of negativity, jump straight into a few rounds of “hmmmm” and notice a shift in your thinking.
- 8:** Calms your nervous system as it activates the parasympathetic nervous system.
- 9:** Dr. Kataria firmly believes it helps those with insomnia or restless sleep patterns, and perfect for inducing a deep sleep without dreams (the best kind of sleep) .
- 10:** “Humming creates a wonderful circuit of energy in your body re-vitalizing its cells and charging its chakra’s” as quoted by Deva Premal
- 11:** Improves sinusitis. The vibration helps shifts and clears pathways and blockages
- 12:** Lowers blood pressure as proven by Dr. Kataria. 5 minutes of humming can reduce your blood pressure between 10 – 20 mmHg



Practice –

Simple Humming Meditation

1 – Find a quiet place, close your eyes, straighten your spine and neck, drop your shoulders – and relax. Gently touch your lips together so your hum can travel easily into your head, face and neck muscles. Relax your jaw. Play some soft background music to enhance your experience.

2 – Take a deep slow breath in, and then create a “mmm” sound on your exhale, without opening your lips. Continue to hum for the length of your exhale. You can make it musical but traditionally it’s more of a tone than a tune.

3 – Re-new breath then continue. It’s that simple.

Start with 1 minute and increase over time to 15 minutes. Remember to sit still for a few minutes after your humming meditation.

Bhramari Pranayama – The Humming Bee Breath

Bhramari comes from the Sanskrit word ‘Bramar’ which means a kind of black Indian bee. The adjective *bhramarin* can also mean “sweet as honey” in Sanskrit or “that which produces ecstasy”. *Bhramari* has an immediate relaxing effect on the brain. If it is practised some minutes every day it can reduce mental tension and lower high blood pressure.

1 – Start by getting comfortable and relax your breathing. Relax the jaw, mouth closed, teeth apart.

2 - Close your ears with your thumbs and gently rest your fingers over your closed eyes. Covering your ears greatly intensifies and magnifies the sensation of the hum flowing through your head and body.

3 – Adjust the pressure of your fingers to feel as relaxed and comfortable as possible.

4 – Gently and deeply inhale, then make a “mmmm” sound for the length of your exhale.

5 - Repeat when it naturally feels OK to inhale again.

6 - Start with 5 rounds and increase it as per your convenience.

“With regular practice of this pranayama (Bhramari) bliss arises in the yogi’s heart”.
(Hatha Yoga Pradipika)