

SIMPLE HUMMING SCRIPT

Simple Humming involves producing a gentle, sustained hum while exhaling. This practice focuses on creating vibrations through the vocal cords to enhance relaxation and mindfulness.

Here are the steps of the Energy Flow® Simple Humming exercise:

1. Sit or lie down in a relaxed posture with your spine straight and shoulders loose.
2. Take a breath in and as you breath out, hum the 'hmmmm' sound.
3. As you hum, focus on the vibrations in your throat and chest created by the sound.
4. Allow the hum to be gentle and continuous, maintaining a steady rhythm.
5. Try different pitches of humming, low, middle and high, and notice what they feel like.
6. Then "hum" a favourite tune or song of yours, it can even be "Happy Birthday".

Reflection questions:

1. How does simple humming make you feel in your body and mind?
2. What do you notice when you focus on the vibrations from your simple humming?
3. How does simple humming help you relax or calm down?