



.... Om, Om, Om

Bhramari or (Humming Bee Breath)

'Bhramari' refers to the humming sound made by a 'bhramara' (a bumble bee in Sanskrit). It is another preparatory step in Nada Yoga, the yoga practice of listening to external and internal sounds to reach higher levels of consciousness. However, Bhramari breathing also has health benefits.

Method

1. Adopt a meditation posture.
2. Shut off external sensory input by doing the following. Place the thumbs over the ear holes. Place the index fingers over the eyes, the middle fingers on the closed eyelids, the ring fingers on the flare of the nostrils or above the lips and the little finger on or below the lower lip.
3. Press lightly with thumb and fingers to minimise the impact of sensory input.
4. Focus the mind on the third eye, the spot between the eyebrows.
5. Take a deep inhalation
6. While exhaling, make a soft, humming sound. Like a bee's hum.
7. Try to keep the breathing deep and gentle; lengthen the inhalation and exhalation without straining the breathing in any way.
8. Repeat the cycle of inhalation followed by the humming exhalation ten times.
9. At the end of the routine, continue with silent meditation.

Benefits

- The vibration caused by Bhramari fills the whole brain. Vibration of the cerebral cortex sends impulses to the hypothalamus and the pituitary gland- the master gland. The hypothalamus also sends impulses to the sympathetic and parasympathetic nervous systems. This helps the whole neuro-endocrinal system to function in a harmonious and synchronized way.
- It calms the nervous system and brings in a mental state of calm and peace which is helpful in meditation. Try to focus on the stillness after a few rounds of Bhramari.
- It helps in conditions of mental tension, high blood pressure, anxiety and heart-related problems.
- The mind becomes steeped in bliss with constant practice of Bhramari

These notes are for members without access to the internet. Others can find more information and videos on the internet.