

HUMMING AND OM PROTOCOL

Sourced from *Self-Care, Ch. 3*

HUMMING · 5-10 MINUTES

Inbaraj et al. 2022 · Bhramari Pranayama

01 · SETTLE AND SEAL

Mouth closed, lips touching, teeth apart. Fingers in ears (optional).

Bhramari version. Or just close the mouth.

02 · INHALE — NOSE, FULL

Slow nasal inhale. Full but unstrained.

Enough air to hum the full exhale.

03 · HUM THE EXHALE — LOW

Steady hum, like a bee. Low, comfortable pitch.

Vibration in throat, chest, sinuses.

04 · REPEAT 5-10 MIN

Don't count. Don't try to sound right.

Mechanical stimulation, not music.

05 · SETTLE IN SILENCE 1 MIN

Mouth closed. No talking. Breathe normal.

The shift consolidates here.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/humming-protocol
For the mechanism, the protocol, and citations.