Humming for Calm

This short home practice uses breath, humming and gentle awareness to help you pause, soften physical tension and create a sense of steadiness.

Humming creates a gentle vibration around the face, jaw and throat. The longer exhalation may also support the body's natural settling response.

There is nothing to achieve and no right way to feel | Simply notice what is present for you today.

Arriving

- Find a position that feels comfortable and supported.
- You may choose to sit with your feet resting on the floor, or lie down with cushions beneath your head or knees.
- Allow your hands to rest somewhere comfortable.
- If it feels safe, gently close your eyes. Alternatively, soften your gaze towards a point in front of you.
- Take a moment to notice the support beneath your body.
- You do not need to hold yourself quite so firmly right now.
- Let the surface beneath you take some of your weight.

Breathe

- Begin by noticing your natural breath.
- There is no need to change it immediately.
- Simply follow one breath in.....and one breath out.
- Notice where you feel your breathing today.
- Perhaps around your nostrils, your chest, your ribs or your abdomen.
- Now, if it feels comfortable, allow your next breath in to become a little fuller.
- Breathe in gently through your nose.....and let your breath leave slowly and easily.
- Again, breathe in.....and take your time as you breathe out.
- Allow your shoulders to soften.
- Let there be a little more space between your upper and lower teeth.
- Soften your lips.
- Relax your tongue away from the roof of your mouth.
- Notice whether you can release even a small amount of effort from your forehead, your eyes and your jaw.

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Ground

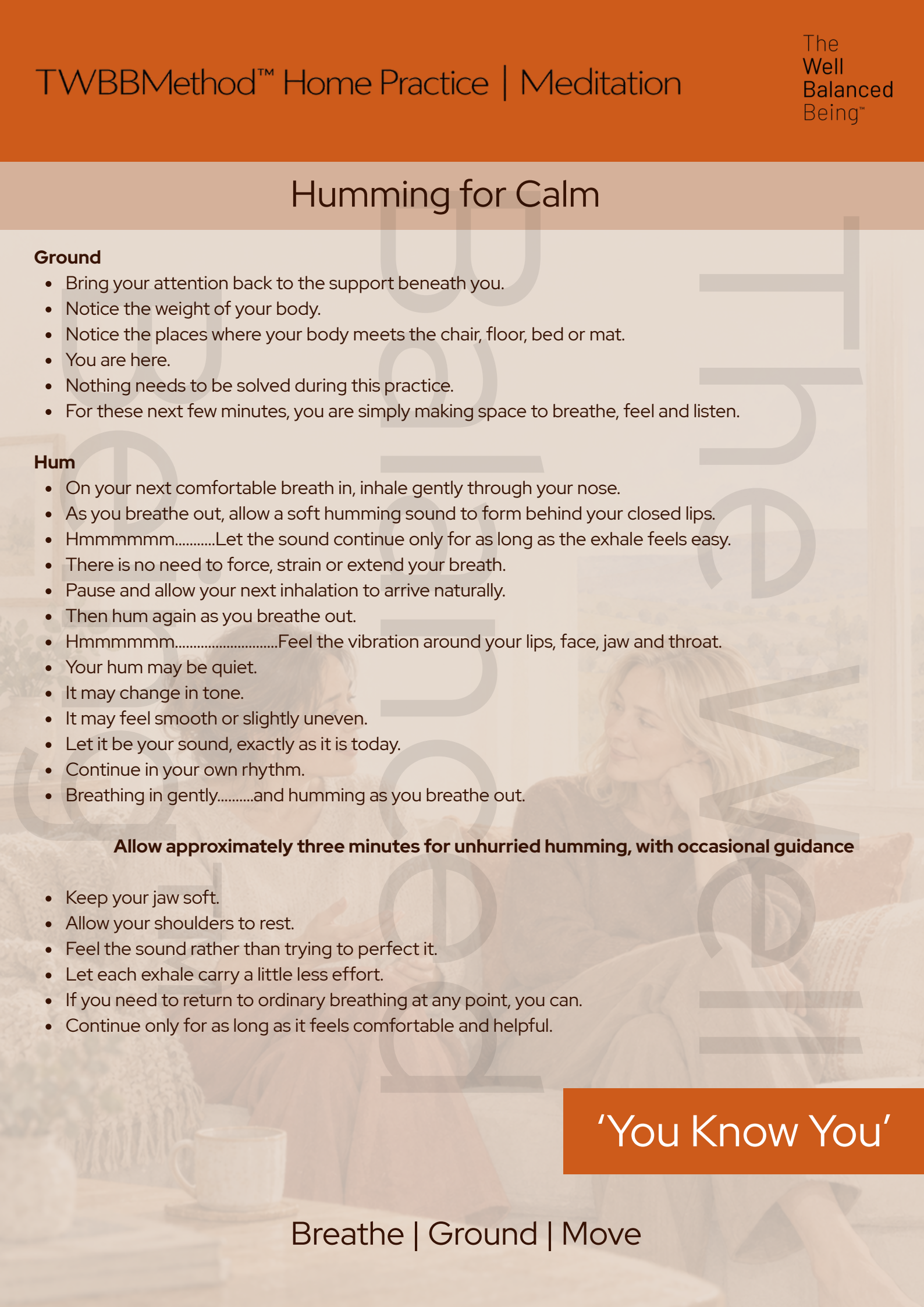
- Bring your attention back to the support beneath you.
- Notice the weight of your body.
- Notice the places where your body meets the chair, floor, bed or mat.
- You are here.
- Nothing needs to be solved during this practice.
- For these next few minutes, you are simply making space to breathe, feel and listen.

Hum

- On your next comfortable breath in, inhale gently through your nose.
- As you breathe out, allow a soft humming sound to form behind your closed lips.
- Hmmmmmm.....Let the sound continue only for as long as the exhale feels easy.
- There is no need to force, strain or extend your breath.
- Pause and allow your next inhalation to arrive naturally.
- Then hum again as you breathe out.
- Hmmmmmm.....Feel the vibration around your lips, face, jaw and throat.
- Your hum may be quiet.
- It may change in tone.
- It may feel smooth or slightly uneven.
- Let it be your sound, exactly as it is today.
- Continue in your own rhythm.
- Breathing in gently.....and humming as you breathe out.

Allow approximately three minutes for unhurried humming, with occasional guidance

- Keep your jaw soft.
- Allow your shoulders to rest.
- Feel the sound rather than trying to perfect it.
- Let each exhale carry a little less effort.
- If you need to return to ordinary breathing at any point, you can.
- Continue only for as long as it feels comfortable and helpful.



‘You Know You’

Humming for Calm

Rest

- Now, gently let go of the humming.
- Allow your breathing to return to its own natural rhythm.
- Notice the quiet that follows the sound.
- You may still sense a subtle vibration around your lips, cheeks, jaw, throat or chest.
- There is no particular sensation you need to find.
- Simply notice what is here now.
- Has anything shifted physically?
- Perhaps your jaw feels a little softer.
- Perhaps your shoulders feel heavier.
- Perhaps your breathing feels slightly easier.
- Now notice your internal experience.
- Do you feel calmer, more grounded or simply more aware?
- Whatever you notice is allowed.
- Place one hand somewhere that feels reassuring—perhaps over your chest, ribs or abdomen.
- Feel the gentle movement of your breathing beneath your hand.
- Remind yourself:
- I can pause.
- I can soften.
- I can return to my breath.
- I can meet myself where I am.
- Take one final, comfortable breath in.
- Let it leave slowly.
- Begin to notice the room around you.
- Feel the surface beneath you.
- Gently move your fingers and toes.
- When you are ready, allow your eyes to open or lift your gaze.
- Take your time before returning to the rest of your day.
- You Know You.
- Notice what feels helpful, leave what does not, and return to this practice whenever you would benefit from a gentle moment to breathe, ground and reconnect.

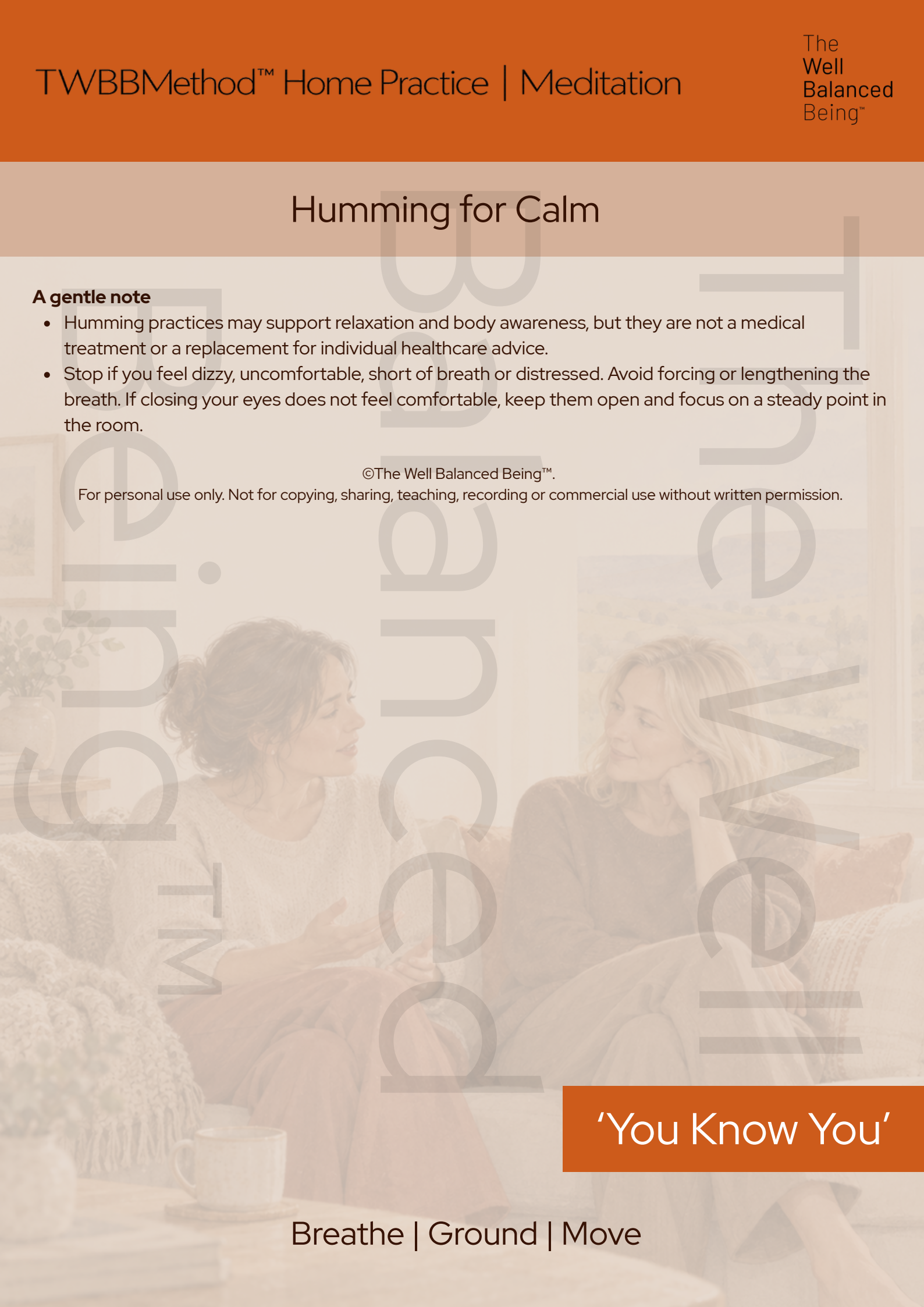
'You Know You'

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A gentle note

- Humming practices may support relaxation and body awareness, but they are not a medical treatment or a replacement for individual healthcare advice.
- Stop if you feel dizzy, uncomfortable, short of breath or distressed. Avoid forcing or lengthening the breath. If closing your eyes does not feel comfortable, keep them open and focus on a steady point in the room.

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'You Know You'

Breathe | Ground | Move