

SO HAM Meditation Instructions - AJAP DHARNA

How the meditation works:

Breathe in mentally chant SO

Breathe out mentally chant HAM

When SO, energy moves from throat to navel

When HAM, energy moves from navel to throat

The purpose is to use the breath and the sounds to purify the central channel

Breathing is natural, start with steps down and up / afterwards the whole channel

AJAP (repetition) DHARNA (concentration)

So Ham Instructions

Find a comfortable sitting position,

Hips pushing in the ground

Spine straight, shoulders relaxed

Back of the neck is long, crown of the head reaching up

Easy, relaxed, effortless breathing

Facial muscles relaxed

Eyes gently closed

Gentle smile on your lips

Bring your focus on your Navel Chakra,

Visualise a 2cm wide, milky white channel running from your Navel chakra to Throat chakra.

Explore this channel (2 minutes)

As you breathe mentally chant **So** & as you breathe out mentally chant **HAM**.

Use the sound to clean the channel

Concentrate on the procedure for the next 15 minutes

And as a result observe the channel turning into translucent colour.

Slowly bringing your awareness back to your body,

Take two deep breaths, join your palms rub them gently, make them warm,

Place them on your eyes, massage your face, and relax