

Meditating on Aum

Some students new to Yoga find chanting a bit embarrassing and they tend to hold back. Sound is a vibration, and energy flows with vibration, therefore it seems a pity to miss out on this practice because of self confidence. Lying down chanting seems strange but you can still get the benefits of chanting whilst lying down when you connect it to a breathing practice. I call it internal chanting.

Naturally when we breathe in we experience a kind of elevation. Something lifts us up from deep inside, and when we exhale we return to our depth, a deep silence within. It is the movement of the prana, so what we experience is the natural movement of the life force rising and then residing. The inhalation is the movement of the prana and the exhalation is the grounding. Therefore we are working internally.

Introducing a Mantra does mean we have to externalise the practice. A Mantra can be repeated mentally or vocally. Meditating or whispering the sound can still be powerful, it is the connection to the vibration that matters and Aum in whatever form is the vibration of the universal sound.

Now we have to introduce the mantra. In the beginning was the word and the word is Aum. Therefore the universal sound is *Aum*. It is healing to the body mind and spirit, it is calming and it promotes relaxation.

Divide the sound into three parts.
Then silence

Ah sound comes from the abdomen, *Oh* comes from the heart, or mid chest and *um* comes from the throat. Then silence.

There are three main chakra points and one continuous flow of sound, the vibration resonates throughout the body through these energy centres.

Lying down we can place the hands on the abdomen and take the inward breath with *ah*, draw it up to the heart centre with *oh*, and exhale with *um*, as in the Ujjayi breath. Then silence. Continuous rounds of O.M lying down will still have the same effect, and help those students who feel a little uneasy about the practice. During the practice lying down, the sound can be either silent or vocal.

I leave it up to the students.

