

Mindfulness: Humming Bee Breathing

This breathing technique uses the cutting off of our senses to allow us to center ourselves.

This practice is called Bhramari Pranayama involves buzzing like a bee in a low pitched “aum” sound. Combining this with a hand position that limits our senses allows benefits such as calming anxiety, anger, and getting in touch with ourselves.

Step 1: Shanmukhi Mudra provides more sensory deprivation and is pictured below.

if you feel more comfortable try plugging your ears with your thumb, then simply closing your eyes and mouth

- Place your hands on your face with one thumb on each ear.
- Place index fingers lightly touching the inner corners of eyes (very light pressure)
- Place middle fingers on the sides of the nose.
- Place ring fingers above the lips, and little fingers below the lips.



Step 2: Abdominal or Belly Breathing

- Start by sitting up straight
- As you inhale, first focus on your abdomen (belly) to breathe
- Push your navel out and let the belly expand as you inhale
 - Many people put a hand on their belly to help them.
- Exhale and contract the abdomen.
- Do these 5 times to get comfortable.

Step 3: Humming Bees Breath

- Inhale slowly and deeply through the nose.
- On exhalation, make a low-pitched ‘hmmm’ sound like you are humming or buzzing like a bee with your lips gently pressed and your mouth closed.
- Feel the vibration of the buzzing, dominating your attention and knocking out all or most thoughts.
- **Do 3–5 Bees Breath.**
- Allow yourself to sit in the emptiness of the space without the influences of the outside world and senses.
- If thoughts arise allow them to exist passing by and you can do another 3–5 Bees Breath.
- *After 5–10 minutes when you are ready to finish take two slow deep breaths and when you exhale on the second breathe open your eyes.*