

# humantold

## Om Chanting

This grounding activity uses an action within meditation that is connected to your senses to bring about a sense of calm presence.

“Om” chanting is composed of three syllables of “A - U - M” followed by silence as we go from a completely open mouth to a completely closed mouth. Chanting is about vibration, not sound. Focus on what you feel in your body, not what you hear in your ears.

### Helpful Tips

- A big deep breathe will go a long way
- Remember this practice is about vibration, you may want to adjust the power or pitch to better notice the vibrations.
- If your thoughts begin to wander, that is natural. Bring yourself back to the practice of your breath and sensing the vibrations within each part of the chant.
- Pick a comfortable length of breath and pitch for you. If it hurts, adjust or stop the practice.

### Practice Instructions:

- Start by sitting up straight
- Take a deep breath in
- Chant the 3 syllables of OM using 1/3 of your breath on each syllable
  - Start with the first syllable “A” (aah)
  - Then transition to “U” (ooo)
  - And end with “M” (mmh)
  - Remember that chanting is about the creation of vibration, so adjust your pitch and volume to maximize the production of sound
- The final phase of chanting is silence
  - After your breath, be silent for a few seconds before starting the next round

Start with 3 breaths, then work your way up to 9 breaths for good practice.

- As you complete the meditation, sit in the silence post-practice
  - Feel the residual sensations, energy, or peace left through chanting
  - Sitting in the silence can be done for up to 5 minutes (experienced meditators will do this for longer or integrate a second practice afterward)

Chanting can be continued for a set number of time (generally up to 20 minutes)