



.... Om, Om, Om ....

### **Bhramari or (Humming Bee Breath)**

'Bhramari' refers to the humming sound made by a 'bhramara' (a [black bumble bee](#) in Sanskrit). It is another preparatory step in Nada Yoga, the yoga practice of listening to external and internal **sounds** to reach higher levels of consciousness. However, Bhramari breathing also has health benefits and is fun when performed in a group.

**Method** <https://www.youtube.com/shorts/VtHw7rq7-Y8>

1. Adopt a meditation posture.
2. Shut off external sensory input by doing the following. Place the thumbs over the lobe in front of the ear and push it to close the holes. Place the index fingers over the eyes on the brow, the middle fingers on the closed eyelids, the ring fingers on the flare of the nostrils or above the lips and the little finger on or below the lower lip.
3. Press lightly with thumb and fingers to diminish the impact of sensory input.
4. Focus the mind on the third eye, the spot between the eyebrows.
5. Take a deep inhalation. While exhaling, make a soft, humming sound. Like a bee's hum or chant Om, prolonging the mmm sound.
6. Try to keep the breathing deep and gentle; lengthen the inhalation and exhalation without straining the breathing in any way. After exhalation pause and note the stillness.
7. Repeat the cycle of inhalation followed by the humming exhalation ten times.
8. At the end of the routine, continue with silent meditation and focus on the resounding sound of the Universe (Om).

**Benefits** Brahmani Pranayama in Slovenia – other benefits

<http://www.youtube.com/watch?v=y5Zn92Xy6lY>

<https://sarvyoga.com/bhramari-pranayama-bee-breath-steps-and-benefits/>

- The vibration caused by Bhramari fills the whole brain. Vibration of the cerebral cortex sends impulses to the hypothalamus and the pituitary gland- the master gland. The hypothalamus also sends impulses to the sympathetic and parasympathetic nervous systems. This helps the whole neuro-endocrinal system to function in a harmonious and synchronized way.
- It calms the nervous system and brings in a mental state of calm and peace which is helpful in meditation. Try to focus on the stillness after a few rounds of Bhramari.
- It helps in conditions of mental tension, high blood pressure, anxiety and heart-related problems.
- Improves memory and concentration.
- The mind is said to become steeped in bliss with constant practice of Bhramari
- Supposed to help tinnitus but has not worked for me.
- Good for awakening the kundalini
- A lady who had brain surgery claims she recovered her cognitive functions faster after practising Brahmani.

**WARNING:** Not recommended if you have some ear-related disease.