

Body and Breath Practice  
Humming  
Resmaa Menakem  
My Grandmother's Hands

Focus your attention on the center of your belly, behind your navel.

Breathe in and out, deeply and slowly, a few times. Feel your belly pull the air all the way down into it.

On the fourth or fifth exhalation, hum a low, even tone.

Inhale naturally and repeat this a few times, varying your pitch with each new exhalation.

Do this for two or three minutes.

Then stop and notice what your body experiences afterward. What has changed from before you started humming? What has stayed the same? What sensations thoughts and images are arising?

What does your body want to do now? Does it want to move? Hum some more? Run and hide? Fight?

Without doing anything else, just notice whatever your body is experiencing right now. ,