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## The Silent Sound of Breath Analytical Insights into Sohum/Humsa Mantra Meditation

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### Abstract

"I am He" or "I am That" is what Sohum means.

What does "That" mean? It refers to Brahman, the Almighty God, the Universal Soul. The faint sound of "So" is produced by breathing in, and the "Sohum" is the result of the slight "Hum"

sound produced while exhaling. This mantra is the breath's natural inhalation and exhalation, which occurs in all living things with varying frequency, including humans.

All we need to do is remain motionless and focus on this internal breathing process. The Sohum mantra is just the

opposite of the Humsa mantra. When performing the Humsa meditation, inhale "Hum" and exhale "So." Ajapa-Japa is the Sohum/Humsa mantra. What does it signify?

It is referred to as japa (chanting) when a mantra or other word is repeatedly said aloud or even with a whispering sound; it is referred to as ajapa (without chanting or chantless) when it is simply thought from the heart. Thus, Sohum/Humsa is ajapa-

japa, the most organic, the most effortless, making it the best mantra to guide us on the path to enlightenment. This study will discuss the many advantages of this ajapa-japa mantra for sadhakas.

### Keywords:

Ajapa Japa, Sadhana, Sohum, Humsa, Mantra, and Meditation

### 1. Introduction

#### What is a Mantra?

A mantra is a word, sound, or phrase that is repeated, typically in a monotonous tone, and is used as a focus or contemplative object to help relax the mind. Similar to a boat's oar, a mantra is the tool you use to navigate your restless mind's samsara, or world, with its never-ending waves of thoughts. It is thought that a mantra can relieve mental constipation and release all of its knots.

**What does "Sohum" mean?** Sohum means "I am He" or "I am That," or "I am Brahman."

"Sah" translates to "He." "Aham" translates to "I."

It entails identifying one's own soul with the Supreme Soul, or with ultimate reality.

**What does "Humsa" mean?** The "Humsa" mantra is one version of the Sohum mantra.

the coordination of "Hum" with breathing in and "Sa" with breathing out.

Humsa and Sohum have the same meaning. They have the same spiritual impact and are identical.

Some Sadhakas use "Humsa," while others use "Soham" .

### **What is an Ajapa Japa, or chant-less mantra?**

You can recite a mantra silently, chant it out loud, or even think it loudly. The final group includes the Sohum/Humsa mantra. We refer to it as Ajapa-Japa. What does it signify? This motto is the breath's natural inhalation and exhale, which occurs in all living things with varying frequency, including humans . All we need to do is remain motionless and focus on this internal breathing process. For instance, we must deliberately consider syncing "So" with each breath in and "Hum" with each breath out when using the Sohum mantra. Continue to see this process over and over again as a witness. We don't need to do anything. Just watch how you breathe in time with "So" and "Hum." Alternatively, we can perform the same (passive) exercise with the "Humsa" mantra if we so want. "Hum" inhale and "exhale" with "So." That's all.

### **What makes Sohum/Humsa the most powerful mantra?**

Because the Soham/Humsa Mantra's vibrations are already a part of the breath, it has been dubbed the universal mantra.

Because this is our mind's innate nature and inclination, it is the most effective mantra for calming our minds, making us completely comfortable, and putting us at peace with ourselves. The mind naturally flows in the direction of contentment, achievement, happiness, and serenity, just as water naturally flows wherever it finds a downhill slope. The most natural mantra to reach this state is the Sohum/Humsa Mantra .

**Sohum/Humsa Mantra Meditation:** The Isavasya Upanishad contains the Sohum Mantra, "Sohumasmi." As previously stated, there is no attempt in performing Japa for this mantra. If you simply concentrate on the breath, if you simply watch the breath, that is quite sufficient. Therefore it is called "Ajapa (Chant-less) Japa (Chant)". This automatic formation of the sohum/humsa-mantra takes place in muladhara and is anahata. When synchronized with the breath, Sohum/Humsa is the supreme mantra of Selfawareness and Self-knowledge culminating into liberation .

## **2.Glory of Humsa Mantra in Scriptures**

### **Humsa Gayatri Mantra**

ॐ परमहम्साय विद्महे  
महातत्त्वाय धीमहि ।  
तन्नो हंसः प्रचोदयात् ॥

"May we realize Humsa, which is our own Self as Swan." Let's reflect on the Supreme Self, Paramahamsa. May Humsa shine on us.

### **Tejobindu Upanishad**

स्वयमेव स्वयं हंसः  
स्वयमेव स्वयं स्थितः ।

स्वयमेव स्वयं पश्येत्  
स्वात्मराज्ये सुखं वसेत् ॥ ४.३१ ॥

In other words, I am Hamsa. I stay because I want to. I am able to perceive myself. I relish the bliss of my own Atman and rule happily in the kingdom of Atman.

## Yogashikha Upanishad

एक एव चतुर्धायं महायोगोऽभिधीयते ।  
हकारेण बहिर्याति सकारेण विशेत् पुनः ॥ १.१३० ॥

हंसहंसेति मन्त्रोऽयं सर्वैर्जीविश्च जप्यते ।  
गुरुवाक्यात् सुषुम्नायां विपरीतो भवेज्जपः ॥ १.१३१ ॥

सोऽहं सोऽहमिति प्रोक्तो मन्त्रयोगः स उच्यते ।  
प्रतीतिर्मन्त्रयोगाच्च जायते पश्चिमे पथि ॥ १.१३२ ॥

**Meaning:** This mantra, "Humsa Humsa," is chanted by all the Jiva-s (involuntarily) as they go with the sound of "Ha" and return with the sound of "Sa". In the case of yogis, the Japa (prayer) will be inverted during Susumna (-yoga) due to the Guru's command. The Mantra-yoga is that which turns into "So 'ham So 'ham." (1.130–132)

## Yogachudamani Upanishad

जाग्रन्नेत्रद्वयोर्मध्ये हंस एव प्रकाशते ।  
सकारः खेचरी प्रोक्तस्त्वंपदं चेति निश्चितम् ॥ ८२ ॥

**Meaning:** The Hamsa alone (the Paramatman, unbroken in the interior) manifests between the two eyes during the waking stage. The Khechari Bija, or "Sa," is referred to as the Khechari, which is defined as "that which moves in the Avyakta ether of the heart of all beings, reversing its subtle form turned outwards," has been definitively interpreted as signifying the Tvampadartha, or "Thou-substance" or the innermost consciousness.

## Vijnana Bhairava Tantra

सकारेण बहिर्याति हकारेण विशेत् पुनः ।  
हंसहंसेत्ययं मन्त्रं जीवो जपति नित्यशः ॥ १५५ ॥

**Meaning:** The sounds "sa" and "ha" are produced during inhalation and exhalation, respectively. Thus, the ajapa japa (involuntary utterance of a word) of "humsa" occurs constantly in the person.

### 3. The relationship between breathing frequency and lifespan

A day consists of 86,400 seconds (24 x 60 x 60). If we take We determine that we are repeating the Sohum/Humsa mantra 21,600 times a day (=86400 / 4) on average during the full cycle of each inhale + exhale. It is equivalent to 15 breaths per minute on average [10]. The rate that corresponds to 75 or 80 years of life is 15 rounds per minute. Longevity decreases when breathing rates rise.

God Almighty has determined our lifespan by the number of breath cycles (inhalation + exhalation) we take, not by the number of days, months, or years we live.

There is a fascinating relationship between the breathing rates of living things and how long they live. For instance, the typical frequency per minute, in descending order: (i) for a rabbit, it is 78, meaning an average life span of 8 years; (ii) for a monkey, it is 32, meaning an average life span of 10 years; (iii) for a dog, it is 29, meaning an average life span of 11 years; (iv) for a horse, it is 19, meaning an average life span of 35 years; and (v) for a human being, it is 15, meaning an average life span of 80 years;(vii) for a tortoise, it is 5, resulting in an average life span of 2000 years; (vi) for a snake, it is 8, resulting in an average life span of 1000 years.

Consequently, we conclude that one of the best ways to extend our life is to do Sohum/Hamsa pranayama to reduce the average frequency each minute from, say, 15 to 12. This will allow us to live happily and healthily for over 120 years, barring an unnatural death.

#### 4. Sohum/Humsa Mantra Meditation's Advantages

Prana is shakti, or subtle energy, not the breath you take in. Breathing allows us to replenish the our bodies' prana shakti. The majority of people do not breathe correctly, according to scientific research. The majority of people do not breathe enough to meet their body and brain's needs, according to tests conducted all around the world.

Prana and oxygen, which are obtained through breathing through the nose, are what keep us alive.

**Development of Blood Circulation:** Since the main focus of Sohum/Humsa meditation is breathing methods, it helps our bodies' blood circulation. This is because we breathe in oxygen, which is essential for the body's energy needs. Additionally, it relieves pain in the spaces between our muscles and works well for those who have knee and back discomfort. This is due to the fact that it reduces muscle tension.

• **Focus and Concentration Development:** Sohum/Humsa

It takes focus and methodical efforts to meditate. This meditation aids in our ability to concentrate and raise our levels of attention and concentration by teaching our minds to be one-pointed. These are essential for us to carry out our everyday tasks and work successfully. Rehearsing We are helped in this endeavor by Sohum/Humsa with the nostrils. This is due to the fact that concentrating on our breathing allows us to focus on deeper meditation, reduce tension, and investigate the inner energy, or prana.

• **The Path to a Healthy Life:** Sohum/Humsa meditation offers countless advantages. Allow the quiet sound to carry out the action instead of speaking the words. Look for the quiet sound. from within To investigate one's true self, one must learn the songs that our bodies play from within. Compared to the average population, those who meditate have better mental health. They have greater spiritual wealth and are happy. You may have started meditating out of curiosity or perhaps desperation. Once you are proficient in meditation, this will motivate you to use active meditation to discover more about yourself.

• **Improved Breathing and Therapeutic Benefits:** Sohum/Humsa meditation enhances lung function and controls breathing patterns. Deep breathing improves general physical health and boosts the availability of oxygen.

• **Support for Musical Practice:** The practice can help with swara sadhana and enhance musical practice because it is connected to breath-generated sounds (nada).

• **Calming the Mind:** Meditation improves clarity and personality development by calming the conscious mind and facilitating a deeper connection with the subconscious and unconscious levels.

• **tension and Depression Reduction:** By balancing the neurological and endocrine systems and stimulating the brain, the mantra lessens emotional tension, worry, and dread.

• **Development of Self-Esteem:** Consistent practice boosts self-assurance and enables people to successfully handle life's obstacles.

• **Reduction of Asthma Symptoms:** In addition to strengthening the lungs, controlled breathing may be used as a supportive treatment for asthma.

• **Heart Health:** Frequent exercise promotes cardiovascular health by controlling blood pressure and heart rate.

• **Nervous System Strengthening:** Ajapa Japa causes the body to vibrate subtly, which stimulates the nervous system and enhances neural function.

• **Chakra Activation:** The Sohum/Humsa mantra's vibrations activate the body's energy centers, or chakras, enhancing immunity and general wellness.

• **Energizing Prana:** This technique increases the flow of prana, or vital energy, and encourages longevity and vitality.

• **Elimination of Fear and Insecurity:** Frequent practice lessens anxiety, fear, and feelings of insecurity.

• **Dissolution of Ego:** While fostering spiritual awareness, meditation aids in the removal of ego, selfishness, and bad inclinations.

## 5. Conclusion

We have thoroughly examined the chantless Sohum/Humsa mantra meditation in this study. Following our explanation of its meaning and spiritual value, we have consulted ancient Hindu texts to clarify the significance and The mantras of Sohum and Humsa are glorious. The number of breaths, not the number of years, determines how long we will live. Thus, we have discussed in this essay how this mantra can assist its followers live longer, happier, and healthier lives.

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