

Humming

Our brain likes to absorb high frequency sounds-it stimulates us and increases energy whereas low frequency sound (TV airplane noise, etc) decreases our energy. Humming is a simple sound that has an abundance of the necessary high frequencies. Humming (nasally) stimulates the inner ear and in particular the vestibular system and the 10th cranial (vagus) nerve. The vestibular system has, for some years, been linked with balance and coordination. However it is now understood how much more it does. Stimulating the vestibular system will:

- Increase energy and stamina
- Improve clarity of mind, focus, creativity, reading and comprehension
- Improve balance, coordination, posture and in turn make moving, walking running and playing sport etc. easier.
- Balance blood pressure
- Balance brain waves-leading to calmness, relaxation, improved sleep
- balanced hormones
- Increase antibodies/strengthen the immune system.

The 10th cranial (vagus) nerve is involved with man psychosomatic disease and connects the ear to the lungs, heart and stomach. Humming therefore affects these major organs too. Consider the importance of these organs and how they affect you.

Regular Humming:

People who practice humming (a minimum of 10 minutes a day preferably 20) report the additional following benefits:

- An "inner massage"
- Helps connect to yourself
- Keeps you more together
- More Grounded
- Better able to cope.

Where to hum?

Anywhere! It only needs to be a quiet gentle hum-no one else can usually hear you. Get up a little earlier and sit quietly, hum in the shower, whilst you drive to work, whilst you walk, or on an airplane, train or bus.

—courtesy of Pat Moffitt Cook (Open Ear Center)