

March Mantra

Our theme is “building greater consciousness and connection” to each other and the planet.

The mantra is based on the bija seed sound “Hum” pronounced “hoom” with a little breathy exhale like you are blowing out your breath. “Svaha”(the “a” is pronounced like the “a” in father) is added to the end as a way of saluting or bowing to greater consciousness. You can also use “Soham” in place of “Svaha” if that feels more natural. Svaha comes from the Vedic tradition and Soham comes from the Tibetan tradition.

Here is the full mantra: Om Hum Svaha or Om Hum Soham”

If this is too long, you can reduce it down to Soham and get many beautiful recordings of Soham on Youtube.