**BENEFITS OF HUMMING**

**PHYSICAL HEALTH**

* Activates the vagal nerve and brings the body into parasympathetic relaxation

Slows down the breath and extends the exhale which further activates the parasympathetic nervous system

* Humming helps with many health issues including chronic sinus issues, asthma, high blood pressure, sleep disturbance, colds, headaches, and many other stress related issues. It increases oxygen in cells, lowers heart rate, increases lymphatic circulation, increases melatonin, reduces stress hormones, helps balance blood sugar levels, energizes the thyroid gland, and boosts metabolism. Also, humming increases nitric oxide in the body by 15 times. Nitric oxide (NO) provides a lot of healing and repair in the body and is produced when breathing through the nose. NO is anti-fungal, anti-bacterial and anti-viral.

**MENTAL HEALTH**

* Regulates the autonomic nervous system, therefore reduces anxiety, depression, helps heal trauma and chronic stress patterns. Humming increases endorphins and releases serotonin, which balances mood and lifts our mood. It also releases oxytocin, which helps us bond and relate to others better.
* Humming is a direct and effective ways to shake loose old, dysfunctional habits of how we perceive our self and world by inviting the stuck patterns to release into more accurate perceptions and well-being through sound and vibration. It changes our neurochemistry.

**SPIRITUAL AWAKENING**

* Increases Gamma waves in brain, which results in more clarity, self-awareness and capacity to be present
* Humming with conscious intention can be a powerful way of shifting our consciousness and creating positive experience and healing
* Humming has been used for centuries by Buddhist, Yogic, and other spiritual traditions to quiet down the mind and body for meditation and increase access to our deeper being, the primordial sound current, through mantras, and pranayama breathing.