

Om Hum So Hum

traditional Sanskrit mantra - music and dance by Bernie Heideman
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no capo

The musical notation is written on a treble clef staff in 4/4 time. The first line consists of five measures. The notes are: Measure 1: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter); Measure 2: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter); Measure 3: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter); Measure 4: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter); Measure 5: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter). The lyrics 'O m hum so hum' are written below the notes. Chords C, G, C, Am, C are indicated above the staff. The second line consists of three measures. The notes are: Measure 1: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter); Measure 2: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter); Measure 3: C4 (half note), G4 (quarter), A4 (quarter), B4 (quarter). The lyrics 'O m hum so hu m' are written below the notes. Chords G, Am, G are indicated above the staff.

Lyrics:

1. Om hum
Om hum so hum
Om hum so
2. hum

Movements:

1. Begin the dance with both hands in clenched fists over heart (as if gripping a veil that is over the heart).

On the first beat of each measure, sidestep to the right while opening both arms outward to the side, releasing the grip, bowing forward slightly (celebrating the removal of the heart veil).

On the third beat of each measure, close with left foot while bringing hands back to heart in clenched fists (perhaps tapping or lightly pounding the heart) and standing up straight.

2. Slowly raise arms toward the heavens with hands open, head leaning back slightly, then bring hands (and the energy) back to the heart, standing up straight.

Attunement:

Consciousness transformation, balancing male/female and allowing the polarities to move together.

Related information:

http://www.focalpointyoga.com/mantra_meditation.htm --

So Ham - Life/Death, light/shadow, inhalation/exhalation - the yin and yang - the integration of opposites (this is a beautiful and powerful mantra, honoring both the light and the shadow)

http://www.yogajournal.com/meditation/504_1.cfm --

Om is considered to be the universal, consummate mantra. The following meditation is based upon the mantra "so hum," ("I am that") used within the traditions of Tantra and Vedanta. Since "so hum" also indicates the sound of the breath, it is a mantra that repeats itself effortlessly.

http://dalsabzi.tripod.com/Mantras/miscellaneous_mantras.htm --

So-Hum meaning 'That I Am' , The simplest and most powerful Mantra is Om.

<http://www.rahoorkhuit.net/devi/hs/meditation.html> --

Om Ah Hum (ohm ah hum) Purifies body, word and mind

Soham (so-hum) Indian. Means "I am That" Unifies with the Absolute

<http://www.dattapeetham.com/india/datta/DattaLarg.html> --

OM is an essential sound. With every breath our lungs resonate the Omkara. So-hum...So-hum... I am the world, I am the universe, I am Lord Shiva, I am Lord Vishnu... We are always chanting this mantra, even when we are walking, talking, eating or sleeping. The speed with which we sound this So-hum may change with our bodily activity, but the So-hum remains eternal. When the body stops resonating with this divine sound, the soul seeks another residence. All living creatures, even animals resonate this AUM in their body.

<http://www.dycusa.org/datta.htm> --

So-hum... I am the world. I am the universe. I am Lord Shiva. I am Lord Vishnu. We are always chanting this mantra even when we are walking, running or sleeping. The sounds are made at different speeds but in the final analysis, there is only the OMKARA So-hum, So-hum. We are always making this sound even though we do not realize it. Lord DATTATREYA has given this gift to every one. Animals also use this OM sound, So-hum, So-hum.