



HUM THERAPY

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Hum Therapy

Hello everyone. This book is designed to give people an idea of what we do to relax, invigorate, inspire as well as clarify the mind and body using emotional energy.

When our bodies or our minds are disturbed for whatever reason this process is used to quickly bring relief. What we do is simple and peaceful. Kids and animals love it. Adults can get back on the path that helps them to regain balance.

Autonomy according to AI is defined as the state of being independent or free, especially in one's actions or will. It can also refer to the right of self-government or the condition of being self-governing.

Our premise is built that when humans and animals feel a sense of freedom coupled with safety there is more ease and comfort.

We have refined Hum Therapy using movement and sound and sometimes color. These three formats seem to bring the sense of relaxation we consider important.

There doesn't need to be any standard of accomplishment on this. Pitch is one concept that people can be irritated when the tonality is considered off pitch.

What we have found is that pitch is something that depending on many factors such as energy levels, enthusiasm, mind moods and relationship connects are just a small number of combinations that are part of this process.

Now having said all that let's move forward.

First of all, I have done this in any type of clothes so what fits for you is good.

Secondly, if someone plays an instrument that is good too. I like to feel the blend and connection. Some people like to feel space and distance. This can be done alone or with others. There can be taped music, or whatever. We have also seen people use speech.

You can move about or stand still. Arms up or down.

Sitting, laying down, whatever works for you.

Animals of any nature and even reptiles for some people so whatever you want on that avenue also.

Now we will start with a type of rule that we use.

We are humming which is different than singing.


Humming has the lips closed and the concept is that we want to work on inner vibration.

Eyes open or closed it doesn't matter. For myself I like to sway, twirl, wiggle, move with or without rhythm.

There are many possibilities and the idea is to feel.

Feelings using autonomy as defined by AI is as follows.

"Feelings of autonomy" refer to a sense of psychological freedom, control, and the ability to make choices about one's own life, essentially feeling like the master of one's own destiny, rather than being directed by external forces; it's the feeling of being in charge of your own actions and decisions.



Further on it is: When people feel autonomous, they perceive their needs, motivations, preferences, and behaviors to be aligned and congruent with one another. In other words, they feel like the directors of their own lives and live according to their own interests and values.

Here Autonomous-Emotions are defined by AI that “Emotional autonomy” allows individuals to maintain a sense of self within the context of a relationship.

So we begin putting on some music we feel appropriate. We may want to wear out the kids or maybe calm them.

Agitation-related emotions typically result from feeling anxious, threatened, frustrated, dissatisfied, or a sense of being overwhelmed; essentially, a feeling that one's current situation does not align with their expectations or desired outcome, leading to restlessness and unease.

I have found that for me this always works. For one thing I am stopping what I am doing and putting on music I like and others generally will learn that this as a fun game can be expanded so that there is a chance of almost every time there is connections.

Couples can dance together while humming. There doesn't have to be outside music and so you get the idea that there can be a sense of connection.

Now what about the off pitch issue. My mother could never keep a pitch at all. She could hum off tune. There can be so many reasons why this is and when I was a child I wanted to fix it. I never was able to get any results.

My dad, on the other hand had a beautiful voice and we would join in and connect.

My mom would sway with us and that was enough. Not all people will be able to hum.

The vocal muscles or vocal chords as they are commonly called are muscles so they will change. My goal as a youngster was to help mom, dad, brother or sister as well as grand mom or grand dad be close to me.

My suggestion would be divide and conquer. That means that no two sessions are the same. Sometimes I use breathing techniques to get the mood better aligned to my goal.

There are only four breathing techniques in the sense as follows:

1. in through the mouth and out through the mouth.
2. in through the mouth and out through the nose.
3. In through the nose and out through the mouth.
4. In through the nose and out through the nose.

Some people use these forms of connections in lieu of humming itself.

Some things take years to get the courage to try but I would always keep the door open. Other people make up their minds that sound is something they cannot do especially anything to do with the thought of singing.

Many times I use humming alone especially if I am overly tired and have trouble relaxing. There have been times when parts of my body are crying out and I can try renewing myself through humming. Movement sometimes is difficult when I am driving but when I don't know the song or there is nothing but silence then I can hum.

I can hum in a jerky manner and many times no matter how I hum I will start yawning. Yawning is the reflex action of opening the mouth wide and inhaling deeply. I was taught that those reflexes such as yawning or even sneezing help the body to overcome itself or to release in the sense of letting go.

Letting go in my life seems to sometimes be difficult even challenging.

When I am angry about something and don't want to let it go then I know that my feelings want to display and for me I have wasted much energy because my feelings feel out of balance.

Maybe my mind hasn't processed the feeling. I know my thinking can be saying that's not fair or that's not right or even how dare you. Pain and suffering are two different things and as a child I went through pain without any defenses. This led me to the understanding that pain is one thing and suffering is another. Suffering in some contexts means to allow so if I am dragging out pain or anger. I use these seven emotions as follows:

1. happiness
2. anger
3. sadness
4. surprise
5. kindness
6. distaste
7. want

My goal is to land onto letting go or making peace inside or outside of myself.

I like having humour and I like being able to lightly hang on or lightly let go which translates to an action needed or an action of detaching.

When I write these words it all sounds so good in theory. We all know that out there in the lands of the living pain can cause many reactions. Real or imagined pain whether self induce or outer induced can either cause me to be refined but my goal is that if something is changing then I want the process to be as effective as possible.

There is prayer which some say is talking to God or some say is talking to yourself. You decide for yourself. I know that for myself I am trying to gain comfort. I call it Nachamu.

So when I am humming I run words through my mind that may be a sentence or maybe just one word. Sometimes three words. All I know is that I am on the hunt looking for a change.

The word criticize is unbelievably interesting. There is the ever popular don't judge me which translates don't condemn me or put me down. There can be the meaning don't have an opinion which some can call a trespass or trying to pin me down or tie me or bind me. The interesting thing about opinions is that some of them are useful although not always comfortable

Another meaning of criticize is to critique which is a theory that can lead to action. Critiquing speaks of refining like something being made better through a process.

Still yet there is the word hypocrite which is another interesting word born from criticize. A hypocrite is loosely defined as a cheat. It also comes from the word actor which in this sense can be linked to humour which can be a way of accelerating something to bring to the attention or lessening so as to make sense of.

The point being that humming with movement has its place in moving the body and mind to a different place.

- In closing this matter, humming is a sport that when done spontaneously is likened to being in a contented state.

- So everyone that gets this book has a tool in their life that can change the mood, calm the situation, revitalize and energize.

- Give yourself to this simple method and see if you don't get the benefits that so many need and can find useful. We use zoom under www.fantasticalslc.com and we are able to keep our dignity, our privacy and connect socially while maintaining autonomy.

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