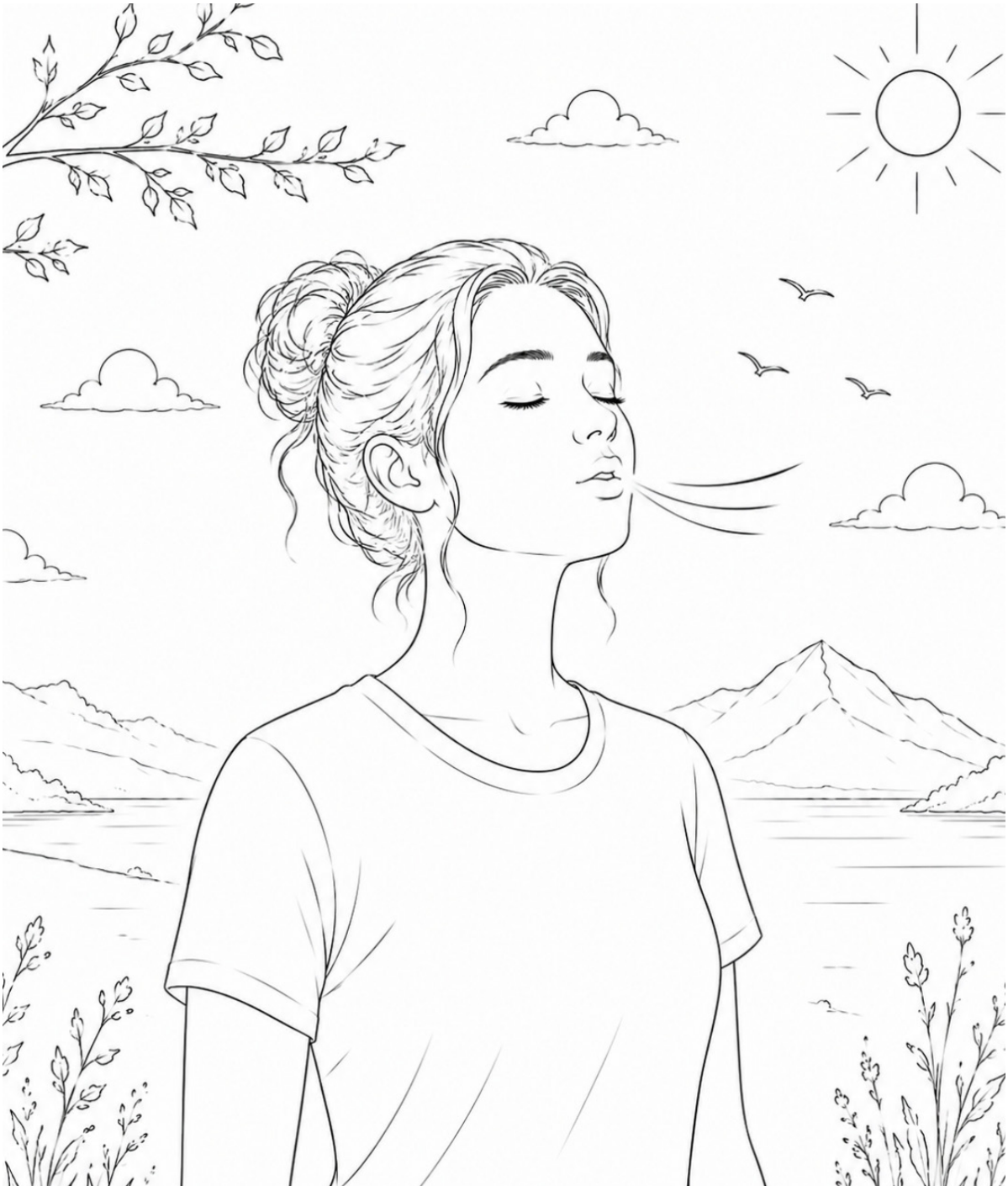
VENTRAL VAGAL — Calm & Safety

SOFT HUMMING

Engages vagal tone through the larynx.



BLOOMING from Within

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Why this practice

The vagus nerve — the long nerve that connects brain to body and regulates the calm state — passes through the larynx. Gentle humming creates vibration directly along this pathway, stimulating vagal tone in a way that breathing alone cannot. The sound also has a self-soothing quality that activates the social engagement system. Many caregivers find that humming provides a quality of comfort that is difficult to describe but immediately felt — a sense of being accompanied, even when alone. It is particularly useful in the long middle when isolation is most acute.

→ *See also: Chapter Three: Treatment — Supporting Yourself / Chapter Seven: Recalibrate*

How to practise

1. Find a moment of relative quiet. Sitting comfortably is enough.
2. Inhale slowly through the nose.
3. On the exhale, allow a soft, gentle hum to emerge — mouth closed, sound vibrating in throat and chest.
4. Feel the vibration. Let it spread. Repeat for 5–7 breaths.
5. There is no perfect pitch. The practice works regardless of how it sounds.

Best used: *Before bed. During quiet moments. In the car on the way home from an appointment.*

What you might notice

A warmth in the chest and throat. A softening around the eyes and jaw. Sometimes an unexpected sense of tenderness — toward yourself, toward the situation.

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