

|| Ajapā Mantraḥ (So'ham) ||

so'haṁ so'haṁ so'ham | repeat 3 times

so'haṁ so'haṁ so'ham | repeat 3 times

so'haṁ so'haṁ so'ham" | repeat 3 times

so'ham" | repeat 3 times

ham sāḥ || repeat 3 times, softening

ham sāḥ || repeat 3 times, silently