

An ECKANKAR *Soul* —   
*Adventure*



HU

**Your Key to  
Spiritual Living**

Sacred Sound—Ancient Mantra

“ *HU is a carrier of love  
between God and Soul.* ”

HAROLD KLEMP

# THE GIFT OF HU: AN ECK SOUL ADVENTURE

*Soul adventures are  
spiritual experiences that  
touch us at the very  
core of our being.*



You are Soul—an eternal, unique spark of God. As Soul, you have the God knowledge within you.

## Stories • Inspiration • Spiritual Exercises



Discover the key  
to spiritual living.

Experience how HU, the Sound behind all sounds, can

- ◇ fill you with peace, relight your dreams, bring a more loving attitude,
- ◇ help you in challenging situations, and
- ◇ attune you to higher awareness!

The word *Eckankar* means Coworker with God. It is the Path of Spiritual Freedom. *ECK* means Life Force, God Current, or Holy Spirit.

## WHAT IS HU?

*Have you ever reached out to the universe for love, answers, or a sign?*

Chanting or singing *HU* is like taking a spiritual deep breath and connecting with the Life Force Itself. Healing, life affirming, purifying, and creative, *HU* is a carrier of love between God and Soul.

And you—Soul—exist because God loves you.

*HU* is an ancient, universal name for God. It can be sung out loud or silently at work or at home, anytime you feel a need to tune in to a higher point of view.

You might try experimenting with it when you face a challenging situation or want to open yourself to a more loving attitude.

Singing *HU* each day can lead to a deeper understanding of yourself and why things happen the way they do.

It opens you to a [greater awareness](#).

Anyone can work with the HU regardless of age, background, or religion. It serves all.

HU is the Sound behind all sounds, woven into the language of life. [Sing it from your heart](#), and you will find infinite ways to benefit from its blessings.

### Thy Will Be Done

A student of ECK named Heidi had a four-year-old nephew. She rarely got to see him, because they lived in different parts of the country. Heidi received news that [the little boy had swallowed something and was in a coma](#). The doctors did all they could, but the child remained comatose for a second day. The family was distraught.

Wanting to do something, [Heidi talked to her inner spiritual guide](#), the MAHANTA. “Inwardly I’m going to invite the parents and my nephew to sing [HU](#) with me on the inner planes if they want to,” she said.

DISCOVER  
MORE ABOUT  
[THE MAHANTA](#) →

The inner planes are the dream worlds and other realms of higher awareness.

So Heidi sat down in contemplation and began to sing *HU*. She was careful to observe the spiritual law and not make a directed prayer, like “Please, God, make this child well” or “Make this child wake up.”

**HAVE YOU  
RECEIVED  
HELP FROM A  
HIGHER POWER?**

We never tell God what to do. Instead, we listen with an open heart and say, “May the blessings be” or “Thy will be done.”

Hers was a true spiritual prayer.

Shortly after this, so many miles away, her nephew suddenly opened his eyes and saw his nurse.

“Are you Heidi?” he asked.

He and his parents had joined the ECKist on the inner planes to sing the HU. And the child remembered the experience. He was awake, and he was well.

The song of **HU** attunes you to a higher center of vibration. It's a tuning fork, perfectly matched to your highest potential of becoming a Coworker with God.



HU can fill you with peace, relight your dreams, and awaken you to the glorious higher truths.

Reaching out to the universe for love and wisdom? Try the Spiritual Exercises of ECK. Sing **HU**—and the love of God will find you. 🌿

## EXPECT A GIFT

Sing **HU** for a few moments, and then imagine that you are **saying yes to all that life brings** you today, with all your heart and being. Like a child waking to a new day of unknown joys, expect a gift in every situation.

During the day, in all you encounter, **know that you have even more love to give than is needed.**





TRY A SPIRITUAL EXERCISE

## THE SOUND OF SOUL



HU is the Sound behind all sounds, woven into the language of life.

It is the wind in the leaves, falling rain, thunder of jets, singing of birds, the awful rumble of a tornado. Its sound is heard in laughter, weeping, the din of city traffic, ocean waves, and the quiet rippling of a mountain stream.

It is a word people anywhere can use to address the **Originator of Life**.

In time you may come to know it as the audible whisper of God's love stirring in your very atoms. A proof that **Soul exists because God loves It**.

So **SING HU,**  
A LOVE SONG  
TO **GOD,**  
**EVERY DAY.**

HU will prepare you to accept the full love of God in this lifetime.

Begin today. Sing *HU*, and look and listen for the love that returns to you.

This is a law of the universe. Love returns love. 🌿

### How to Sing *HU*

Your eyes can be open or closed.

- ◇ Take a few deep breaths to relax.
- ◇ Then begin to sing *HU* (pronounced like the word *hue*) in a long, drawn-out sound: HU-U-U-U.
- ◇ Take another breath, and sing *HU* again. You can continue for up to twenty minutes.
- ◇ Sing *HU* with a feeling of love, and it will gradually open your heart to God.

Experience the Sound of HU →

# HU

Sacred Sound—Ancient Mantra



## A SELF-ESTEEM REPAIR

*Did you know you are made of the Light and love of God? Here is how one woman discovered her spiritual body.*

Long before I became familiar with Eckankar, I was teaching a jewelry-making class and struck up a conversation with one of my students. We found we had a lot in common. Over the course of the class, we became friends.

One day, we began to talk about meditation. My friend seemed very interested in the topic.

“Do you meditate?” she asked. I told her I did.

“I meditate too,” she replied. After a moment, she asked, “Do you ever sing *HU*?”

I’d never heard of singing *HU* before and asked her what she meant.

“HU is an ancient love song to God,” she said. “Do you have any problems with your life?”

“Yes, I do,” I replied. “I’ve always had a problem with low self-esteem.”

“Well, you can say a prayer,” she said. “You can ask for God’s help in healing your low self-esteem, and then sing *HU*.”

**DO YOU HAVE A  
PROBLEM  
YOU’D LIKE GOD  
TO HELP WITH?**

That night, I decided to try singing *HU*. I closed my eyes and asked God to **help me find a way to heal my low self-esteem**. Then I repeatedly sang the word *HU*.

Suddenly, **I saw a ball of Blue Light** in my mind’s eye. Then, inwardly, a man with glasses appeared.

“Did you call me?” he asked.

Surprised, I replied, “I don’t know. Did I?” I was a little confused and didn’t know what to make of this experience.

"Well, yes," he said. "You sang HU."

"I guess I did call you then," I said.

"Is there a problem I can help you with?" he asked.

I told him about my difficulty with low self-esteem and asked him if there was something he could suggest.

In response, he showed me my spiritual body. It was made of beautiful Light.

"All people are the Light of God," he said. "You are the Light of God, and God loves you."

"I'm the Light of God, and God loves me?" I repeated as I pondered his words.

"Yes," he answered. After a few moments, he asked, "Will there be anything else?"

"No, I guess that's it," I said.



“Well, then,” he continued, “**may the blessings be!**”

“May the blessings be to you too. Thank you!”

Then he was gone.



**YOU CAN  
LOOK FOR THE  
BLUE LIGHT  
WHEN YOU  
CHANT *HU*.**

**His words rang inside me.** I am made of the Light of God, and God loves me! I had actually seen my Light-filled spiritual body.

After that experience, **my problem with self-esteem began to fade.** Soon, it was only a distant memory.

Years later, I discovered the teachings of Eckankar and **immediately recognized Sri Harold Klemp**, the MAHANTA, the Living ECK Master of our times. He was the man with glasses who came to me in a ball of Blue Light all those years ago.

He had come to help me with the problem of low self-esteem, long before I consciously knew of the ECK Masters.

I was reminded again of what he had said to me that night: "All people are the Light of God."

What a wonderful confirmation of God's love! 🌿

“ You can get to the most secret part of yourself through contemplation, through the Spiritual Exercises of ECK, through the sacred sound of HU.

*Contemplation is a conversation with the most secret, most genuine, and most mysterious part of yourself.*



# ANSWERS TO YOUR QUESTIONS ABOUT HU

*Can you explain why having  
a feeling of love is part of  
the HU exercise?*

*What or whom am I to love?*



Love opens you to guidance and peace, to healing of body, mind, and spirit, and to the highest form of creativity.

So, whom do you love?

God, the Creator, Divine Intelligence, the Holy Spirit, the ECK, the Life Force, the All in All, the One.

Or just love your family, pets, your neighbor as yourself, the flowers you watered today.

Love is love.  
And you are that.

**WHAT HAS  
OPENED  
YOUR HEART  
TODAY?**

HU is the Sound of Soul. 

*How long will it take for me to see results from using the HU song?*

A spiritual exercise is like a physical exercise in that all muscles need time to respond. **Success comes with diligence.**


If you do an exercise routine for a couple of weeks, you may be surprised at your new spiritual outlook.

The same kind of discipline applies to both physical and spiritual exercises.

**WHAT  
POSITIVE INNER  
CHANGE DO YOU  
WISH FOR?**

The sole purpose of the Spiritual Exercises of ECK is to open a conduit, or channel, between you and the Holy Spirit, the Audible Life Stream.

The origin of this wave is the heart of God.

The moment you begin to sing *HU* and look for truth in this particular way, changes of a positive nature awaken within you. 



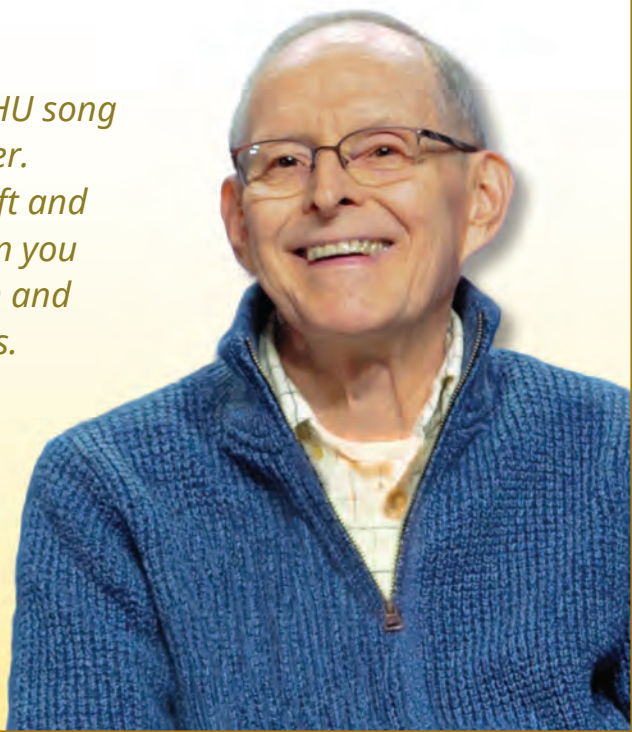
## MEET SRI HAROLD KLEMP

*A spiritual teacher who can help you on your path of spiritual self-discovery.*

Sri Harold Klempe is the spiritual leader of Eckankar—the MAHANTA, the Living ECK Master. His role is to awaken the knowledge and love for the divine things already in your heart.

As the Inner and Outer Master, he gives spiritual help via talks and writings, in the dream state, and in the spiritual worlds.

“*The HU song is a purifier. It will uplift and strengthen you in wisdom and awareness.*”





ECK MEMBERSHIP

## ADVANCED SPIRITUAL LIVING COURSES

*Go higher, further, deeper  
on your path of  
spiritual self-discovery!*



### WHAT WILL YOU EXPERIENCE?

This ever-expanding adventure can bring you personal transformation from the moment you begin. This includes

- ◇ monthly **self-discovery courses** with advanced **spiritual techniques** for private study;
- ◇ opportunities to explore the courses in **small-group discussion classes**;
- ◇ quarterly letter and updates from a **God-Realized teacher** with timely perspectives;
- ◇ **spiritual initiations**—profound steps of enlightenment;

- ◇ a community of like-hearted people who respect spiritual freedom and love truth;
- ◇ opportunities for further spiritual training and service.

## *Start Your ECK Adventure*



AdvancedSpiritualLiving.org



Membership Services  
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**ECKANKAR**  
The Path of Spiritual Freedom

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