

Be a Spiritual Exercise

Every moment of your life, you must be the HU. This is more than just chanting *HU*. This is being the HU. The Sound must always be in your atoms. It must be with you when you're driving, when you're at work, when you're home eating a meal with your family. The HU and you must be one and the same. And if you make yourself more and more one with the HU, you will find that life is a more joyful place.

I've used many words to try to show you something. I can't give you truth in words. I can give you ideas; I can give you images. I leave this image with you:

Live your life as if you are one with the HU, so that every moment of your life is a spiritual exercise. When you are talking to a stranger, when you are with your loved ones, you are a spiritual exercise. You are living and moving in the body of ECK.

And as an atom in the body of ECK, there is a sound that comes from you. That sound is HU. This sound not only comes from you, but It is you. You must know that this body you have is just a shield, a barrier—a heavy, coarse shield, and a barrier which is trying to stop you from hearing and seeing your true identity as Soul.

And Soul? What is Soul? Soul is a divine part of God, and you are that. All that remains is for you to recognize yourself. And to recognize yourself as a divine part of God, you must first—and more than anything else—recognize every living thing also as this part of God. We are in this Ocean of Love and Mercy.

If there is nothing else than love in life, there is more than enough for all. So take this love that I have for you and give it to others. Give it to the world.

— Sri Harold Klemp,
Be the HU



ECKANKAR Seminar Handout—Satsang Intensive