

HU

A Love Song to God

Singing *HU* can

Expand your awareness

Heal a broken heart

Help you experience divine love

Bring peace and calm

HearHU.org

Singing HU draws one closer to God.

With eyes 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. Continue for up to twenty minutes. Sing *HU* with a feeling of love, and it will gradually open your heart to God.



“When your day is hard, remember to sing *HU*. It puts you back in line with the Holy Spirit.”

—Harold Klemp

The Slow Burning Love of God, p. 25

For more information about HU and the teachings of ECKANKAR, visit **HearHU.org**, call **1-800-LOVE GOD** (in USA, or 952-380-2200), or write ECKANKAR, PO Box 2000, Chanhassen, MN 55317-2000 USA.