



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: The Healing Power of HU¹

“HU opens the heart to healing.” —Sri Harold Klemp,² *The Call of Soul*

FEATURE ARTICLE

HU—The Most Beautiful Prayer

By Sri Harold Klemp



An ECKist in Belgium had lost touch with a friend of hers. They hadn't been in contact for eight years. Then this friend wrote to her. And so the Belgian woman wrote back and told her friend how her life had changed since they'd last been in touch eight years before.

The ECKist explained that in the meantime she'd come in contact with Eckankar and she had learned this word HU, this ancient name for God, this love song to God.

She called it the most beautiful prayer.

She didn't hear from her friend again for some time. Then her friend went into the hospital for treatment for a recurring medical condition. Because of her treatments, she had to get injections for the pain every half hour throughout the night.

The friend was very frightened of the pain and the shots she needed to endure the pain. She was just terrified of having to go back to the hospital because she'd been through the painful treatments before.

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1. HU (pronounced HYOO) is the most ancient, secret name for God. The singing of the word HU is considered a love song to God. It can be sung aloud or silently to oneself.

2. Sri Harold Klemp is the spiritual leader of Eckankar.

A SPIRITUAL STORY

HU for Inner Guidance

By Anne Archer Butcher

As a student of Eckankar, I enjoyed my daily spiritual exercises, especially singing HU. HU allowed me to stay in a calm and untroubled state of mind, most of the time. The spiritual exercises also helped me create a greater inner awareness and mastery over my life.

One particular morning, I decided to ask a specific question during my spiritual exercise. “How can I live in a greater state of peace, harmony, and happiness,” I asked the Inner Master, “while being less affected by the stress and strain of everyday events?”

After posing this question, I continued to contemplate, and I sang HU several times. While I softly chanted this ancient name for God, I felt a strong stirring of love. I almost immediately moved into a deep and expansive awareness. A simple question floated through my mind and heart:

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Inside

- 2 A Spiritual Exercise to Experience Pure Prayer**
- 3 Questions and Answers about Singing HU**
- 4 How to Meet Spiritually Like-Minded People**

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The ECK Prayer



The Spiritual Exercises of ECK, like singing HU, are simple contemplations; in a way they are the ECK equivalent to prayer.

In contemplation you shut your eyes, listen, and wait for God to speak to you. It's a whole different approach. Through the spiritual exercises and this contemplative effort, you learn to listen to the Voice of God. The Voice of God is the Holy Spirit, which we call the ECK.

The pure prayer to God is simply a song of love to the Creator. And the best one I know is the song of HU.

—From *HU, the Most Beautiful Prayer*, by Harold Klemp

HU—The Most Beautiful Prayer

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But then she remembered what her Belgian friend had told her about HU, the most beautiful prayer. And she thought, *Well, there's no harm. Might as well try it. I've got nothing else facing me except this pain and fear.*

So she began to sing HU. As she sang HU, a sense of peace and calm came over her. And throughout the entire night, she didn't have any pain and didn't need any of the injections.

The next morning, the doctor asked her, "Why didn't you need any injections last night? Why were you able to pass the night in quiet sleep?"

She said, "Because of HU, the most beautiful prayer."

"What do you mean?"

So she explained that a friend of hers had told her about this in a letter, and she had the letter with her.

"May I read the letter?" the doctor asked.

The doctor read the letter, and he was very impressed with HU. He could see that it had the power to heal in this woman's life, so he made it part of her physical therapy. Three times a day she had to chant HU—which was quite interesting because his patient was a Catholic and wasn't in Eckankar at all.

Then the ECKist's friend had to see two other doctors. These two doctors also asked her about how she had gotten through the night without any pain. She said, "Because of this HU." And they wanted to know about it too. HU—the most beautiful prayer.

These are just examples of how to help yourself spiritually. There are many areas where HU works.

But don't expect HU to work as you want, because God's love, as it comes down and heals, does things its way. Not my will, but thine be done—the nondirected prayer. You have to have confidence and love in your heart. And you must just sing HU, for all you do.

—From *The Slow Burning Love of God*, Mahanta Transcripts, Book 13, by Harold Klemp

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You've always known there's something more...

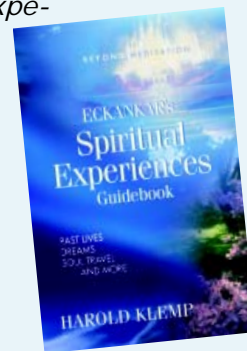
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Ask a Modern Prophet about the Healing Power of HU

What is the purpose of singing HU?

We often sing HU when we are in trouble, but that should never overshadow its true function. It isn't meant to fill gas tanks, heal broken bones, or get us an A on a test we haven't studied for.

We should never lose sight of the fact that HU is the holy name of God. Its purpose is to draw us closer, in our state of consciousness, to the Divine Being.

—From *HU, the Most Beautiful Prayer*, by Harold Klemp

What happens when someone sings HU?

During the time you're singing HU, you are saying to Divine Spirit, "I've opened myself to you. Give me the understanding and the wisdom to meet the waves of life, and the problems, troubles, and whatever else. Give me the strength to meet life." This is basically all that we do when we do a Spiritual Exercise of ECK.

A short session where we meet with the Divine: that is a Spiritual Exercise of ECK.

—From *The Call of Soul*, by Harold Klemp

HU for Inner Guidance

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If there were one simple thing that I could keep in mind that would help me through this entire lifetime, what would it be?

The answer, the briefest inner guidance, came immediately. It came as one word: *grace*. I wondered about that word. My mind could not wrap itself around *grace* as my answer. The word *grace* just didn't have any special meaning for me, and it was not anything I expected. I thought I might be given a word that had more immediate spiritual meaning for me—like *love* or *harmony* or *perseverance*.

What might the word *grace* actually mean in my busy, modern life? . . .

[Later that day, I was driving my daughter to school and about to merge onto a busy highway.] Glancing into the rearview mirror, I was shocked to see a huge white truck coming up rapidly behind me. It appeared the driver did not see my car about to enter the lane. He wasn't moving over or slowing down at all. I was moving too fast to try to stop, but if I proceeded to merge, the truck would surely collide with my car.

There was nowhere else for me to go! Instinctively, I swerved off the road and over the narrow shoulder of the highway. I was forced to drive onto a grassy slope just above an imposing ditch. . . .

I [brought] the situation under control, yet I lapsed into a state of anger. I imagined the

very worst about the truck driver and his intentions. How dare that truck force us off the road! We could have been killed! The driver didn't even stop to see if we were OK. How could he be so callous, so reckless? I really wanted to give him a piece of my mind.

Then something happened, a flash of remembered guidance. I recalled the word *grace*.

I recalled the peaceful stillness I had experienced while singing HU earlier in the morning. I breathed deeply, and as I motored along, I sang HU quietly a few times. The inner calm began to return.

As this feeling of peace returned, I remembered an important fact of life: in some way, everything that happens is for our own spiritual benefit and growth. My daughter and I were safe and sound, not harmed in a single way. Indeed, we'd clearly been protected from a terrible collision. Gratitude began to seep in and

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You Are Invited to a Spiritual Gathering

Eckankar seminars are an opportunity to join with other spiritual seekers and students of Eckankar for one to three days of workshops, small group discussions, inspiring creative arts, programs for youth and families, and outstanding speakers. Sri Harold Klemp is the featured speaker at the two major Eckankar seminars (spring and fall) each year.

Coming in April:

2015 ECK Springtime Seminar
*Transformation in A Year
 of Spiritual Healing*
April 3–5, 2015
Minneapolis, Minnesota, USA

For more information, to pre-register for this seminar, or to see a short video including an excerpt of a seminar talk by Sri Harold Klemp, go to www.ECKseminars.org.

“The HU sound, this Sound of God, can come in all different flavors. And It will come in the way that strikes the consciousness of the individual It’s meant to reach.”

—*The Master’s Talks in The Year of Thanksgiving—2008–9*, by Harold Klemp

Experience it. Go to www.HearHU.org.



Meet people from around the world who share how truth reveals itself to them.

HU for Inner Guidance

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illuminate all the dark corners of my mind and emotions. . . .

My car was now effortlessly heading up a long rise. The white truck was likely not that far ahead of me. . . . I imagined what I would do when I passed him. With my new attitude, I wouldn’t glare at the driver and show anger. Whether he knew what had happened or not didn’t matter to me now. I would smile and nod my head, acknowledging him. We had shared a threatening moment and had all come out of it unscathed. . . .

I saw the long white truck as I approached it. With a smile on my face, I took a deep breath and began to pass. As I glanced over to try to see the driver’s face, I could hardly believe my eyes. I couldn’t see the driver yet, but what I did see was a pristine white truck with one word painted on its side, in giant black letters: GRACE! It was a Grace truck, from a manufacturing company with a private trucking line.

When I saw the driver, I was grinning like the Cheshire cat! I was beaming, laughing, and shaking my head. The driver couldn’t help noticing me. He smiled back and nodded in my direction, giving me a little wave.

Of course, he had no idea what had happened. And he would never know how instrumental he’d been in the delivery of a crystal-clear spiritual message—a waking-dream message that it had taken an entire eighteen-wheeler to deliver!

—From *Inner Guidance: Our Divine Birthright*, by Anne Archer Butcher

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Discover How Inner Guidance Can Help You!

Eckankar author Anne Archer Butcher shares edge-of-your-seat stories about daily miracles, out-of-body experiences, and how anyone can benefit from their own inner guidance. Find out more at www.InnerGuidanceBook.org.

