

## **The Song of HU, A Gift of Prayer to the World**

*Why do thousands the world over now sing HU? As a form of non-directed prayer, singing HU (pronounced hue) entrusts our concerns to Spirit. It opens the door to profound healing, provides solace in times of grief, offers protection and guidance, brings emotional balance"and enhances every area of our lives.*

July 31, 2010 (FPRC) -- Asheville, NC - A highlight of the upcoming 2010 Eckankar Seminar (August 27-29), 'Spiritual Tools for Mastering Life'<sup>TM</sup>s Challenges,' is a Community HU Song. In this concluding event on Sunday morning, hundreds of attendees will sing HU together for twenty minutes, followed by five minutes of silent contemplation. Keynote speaker, Peter Skelskey, Eckankar president, will lead the program. Also of note is the interactive workshop, HU"The Most Beautiful Prayer, Saturday at 9:00 am.

Followers of many spiritual traditions have long used the singing or chanting of holy words to get closer to the divine. In the same way, those who have discovered HU, sing it for their spiritual upliftment. Singing HU brings help and healing in their lives, because it connects them to the source of all life.

Eckankar has embarked on a program of bringing HU to people globally. Although this ancient sound does not belong to any religion, it has been lost to all but a few through the ages. It was sung by the ancient Egyptians at the foot of the Sphinx, and Sufis have chanted it in their spiritual practices for centuries. In some African cultures children are taught to sing HU when afraid or in trouble. HU helps uplift individuals to their highest potential.

Harold Klemp, spiritual leader of Eckankar, explains in HU, The Most Beautiful Prayer, 'Singing HU each day can lead to a deeper understanding of yourself and why things happen the way they do in your life. It carefully opens your awareness to new viewpoints and attitudes. Anyone can work with the HU regardless of age, background, or religion.'

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This 2010 NC Eckankar Seminar, open to the public, is August 27-29 at the Crowne Plaza Resort, Asheville, NC. Learn more at: <http://www.masteringchallengesinlife.org>

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### **Keywords**

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