

**Hi Everyone**

**Welcome to the *First issue* of the "Awakening Dreams Newsletter".**

**For the first issue of my newsletter I would like to share a Contemplation / Meditation technique I use.**

**It is called the HU Song. My wife Erika posted on her blog about the HU, so I thought i would simply use her post, instead of reinventing the wheel, so to speak. So, here is all the info about the HU.**

**I hope you find it usefull and uplifting.**

**Michael**



**One of the ways to connect with the divine is to sing HU, a love song to the Divine or God, a sound you sing out loud to lift yourself spiritually. The sound I use is called the HU (pronouced Hue). HU is an ancient name for God or Divine Spirit. It's sung as a long drawn out note and comes out sounding like "Huuooooooooo....".**

**When sung with a feeling of love in the heart, it uplifts and helps to center oneself. You can sing it anytime inside your head mentally if you wish. This can be very useful in times of trouble, to help rise above whatever is causing problems, and get answers from your own inner guidance.**

**To sing HU, first get comfortable either sitting or lying down, with your hands in your lap or by your sides, and your feet uncrossed. Then place your attention on a spot between the eyebrows, just above the bridge of the nose. Think of some loving or happy experience you have had, and then sing HU in a long drawn out note. Sing it for as long as you feel comfortable. Generally at first no more than 20 minutes. You may experience upliftment, see colours in your third eye area, or hear uplifting sounds, such as nature sounds or uplifting music. All of these are manifestations of divine love.**

**You can listen to a Hu recording on my websites [Free Recordings](#) page .**

**If you would like to download a 5 minute mp3 file of people singing HU, click [Here](#) to go to the Eckankar website, and to get the 20mins full HU mp3 recording for \$2 [click here](#) .**

**If you live in Australia you can request a free HU cd to be sent to you by calling the Eckankar Centre on **(03) 9532 0523** and just leave your name and address.**

P.S. Hu picture above by Eva Shari, who shares on Facebook all her art and spirituality.

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Michael Woolcock  
,Melbourne,  
All other e-mail inquiries should be directed to  
[michael@awakeningdreams.com](mailto:michael@awakeningdreams.com). Thank You.

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