

Ignite Your Spiritual Life



EXPERIENCE

- ◆ Expanded awareness
- ◆ Greater joy for living
- ◆ Inner peace, healing, and insight
- ◆ A carrier of love between God and Soul.

HU

Ancient Mantra, Sacred Sound

DOWNLOAD

The free **HU app**

LISTEN to thousands chant this sacred sound

WATCH an uplifting video

TRY a spiritual exercise

Learn more at **HUapp.org**.



*(Takes you to app stores on
Apple and Google Play)*

“ I love the instant shift I feel in my heart and state of mind when singing the HU. Without fail, it puts me in a better mood, helps me calm down and think clearly. I love the HU.



ECKANKAR
The Path of Spiritual Freedom

ECKANKAR.ORG