

1- Step Solution

Just
Say
HU

The Universal Panacea
for all that ails you...

Nicole Sebastian B.A.A.S., CAC-R, ACE, ICADC
and Michael Sebastian M.A., ABD

“The Dream Team – Celebrity Life Coaching”™

HU...the Holy Grail of Life!

This book contains a Lost Secret that has the power to transform an individual in an instant---two simple letters that when combined produce a powerful, yet harmonious vibration!

- HU is an Ancient yet forgotten Name of God found in most World Religions
- HU' man Refers to the God Force within Man
- HU uses the Power of Quantum Physics
- HU is the One Place where Science and Spirituality Actually Meet
- HU to Avoid Adversity and Never Get Blind-Sided Again
- HU to Enhance Intuition and Confirm Your Gut Hunches
- HU before Bed and Say Good-bye to Insomnia and Nightmares
- HU to Unfold Spiritually and Tap into your Higher-Self
- HU to Overcome Addictions
- HU to Eliminate Stress and Anxiety

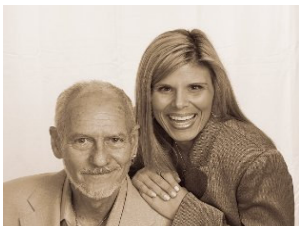
Just Say HU Therapy

1 technique, 4 ways to do it, immediate relief, no RX needed, no therapist required!

"Now that I HU before bed, when I wake up in the morning, the Xanax is still on the nightstand, the ashtray is still empty and the Diet Coke is still unopened." -K.D., MI.

"HUing has helped me get over that obsessive, oppressive, urgent, seemingly hopeless drive to kill myself, and see other options..." -W.A., Washington

"The HU cured my insomnia, and allowed me to sleep through the night for the first time in as long as I remember." - J.C., California



The Dream Team, featured on A&E, E!, VH1 and countless others... Nicole and Michael Sebastian, M.A., ABD, co-founders of "The Dream Team – Celebrity Life Coaching," creators of the "Trust Yourself System" and "Trust Yourself Therapy" are known as Modern-Day Oracles...delivering Wise-Counsel using the Unique Tools of Dreams, Sound, Synchronicity, Intuition, and Quantum Physics for Guidance and Direction. www.DreamTeamCoaching.tv

Just

Say

HU

Also by Michael and Nicole Sebastian, The Dream Team

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*Just
Say
HU*

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for all that ails you...

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and Michael Sebastian, M.A., ABD

The Dream Team – Celebrity Life Coaching™

1-Step Solution...JUST SAY HU
The Universal Panacea

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ACKNOWLEDGEMENTS

This book is dedicated to the Nine, Z, the Vairagi and the ECK.

Thank you for Divine Inspiration, Guidance, and Support.

We are grateful to the many HU researchers, both seen and unseen.

We are also grateful to the many individuals who have shared their HU experiences with us.

We have changed the names of private individuals to protect their privacy. If any of these names belong to any person, living or dead, it is pure coincidence.

Most importantly, this book is dedicated to the people and their search for Truth.

FOREWORD

Just Say HU is a book from the Heart. It is written with one sole purpose in mind---to uplift and assist humanity in all its endeavors.

This book contains a lost secret that has the power to transform an individual in an instant---two simple letters that when combined produce an intense, yet harmonious vibration! These letters form the sacred and all powerful name or word of HU! This ancient word creates a vibration that rolls from one end of this Universe to the other. It is considered by some to be the original impulse or vibration that created the Universe as we know it. In this context, the word Hu'-man refers to the God force within man.

The vibration contained within HU provides a universal panacea for humanity. The Power of HU speaks for itself when chanted or sung by an individual. It produces results that one can feel and experience instantly. You can always gauge Truth by the flame within and how it feels. In this way, the HU can lead you on your individual journey into that sacred part of yourself and the secrets of the Universe. The road map is inside of you and the key to that map is activated by just saying HU.

On a lighter note...

The cool thing about the HU is this: you can use it for insomnia, anxiety, nightmares, anger, grief, fear, stress, headaches; it even soothes crying babies and much more. Therefore, it is safe to say – Everyone can benefit from the HU.

This book contains “the one technique” that can be applied universally to any situation or problem for immediate relief and guidance. The HU is the quickest technique on the planet to silence the Ego and enable you to operate from a place of Divine Guidance and Inspiration.

In our personal and professional life, we share the HU with people from all walks of life, all faiths, races, skeptics, non-skeptics, young, or old and it always garners tremendous acceptance and immediate results. Some even call us the “HU People.”

We got matching HU tattoos on National TV. The television clip is on the website JustSayHU.com. We nicknamed our car the “HU-Mobile” and the license plate reads HUUUUUU. We wrote a HU rap song. We co-authored “*I-Step Solution...JUST SAY HU.*” We filmed a “How to Use HU” Video Series on ExpertVillage.com. The HU is our favorite technique for all that ails you, so we developed “*Just Say HU - HU Therapy.*”

What else can we say...Celebrities love the HU, radio hosts love the HU, doctors love the HU, children love the HU, rappers love the HU, convicts love the HU, even animals love the HU. Try it...chances are...you too will love the HU!

Chapter 1

HU – SOUND IS THE SOLUTION

There exists one sound, one vibration that literally created the Universe. Some call it the Logos, the Word, the Nad, the Bani or simply the Sound. We can hear it everywhere, yet nowhere. The Sound is fleeting, yet pervasive. In the silence, one can hear its eternal rhythm and flow. This sound creates a vibration or frequency that some call Love. It permeates our world and creates all that we see and know; many call it Spirit, while others call it the Living Waters. This sound has a name and that name is “HU.”

HU is an ancient name for God and is pronounced “hue.” It can be traced back to Egypt in 3000 B.C., the Kabbalah, Sufism and is even found in the Oxford English Dictionary. The vibration contained within the name HU provides a universal panacea for humanity. If there exists a single cure for every known ailment on the planet---it is the HU. This word or sound soothes the central-nervous system and stills the mind. Ever wish you had an overview that allowed you to see the greater picture in life? The HU expands our consciousness, provides us with Soul perspective and allows us to see life from a higher viewpoint. It’s like having an aerial snapshot to see which route is clear so you avoid traffic. When we use the HU, it presents us with a view of the problem from above. So we can make the course correction and get back into the flow of life. The HU lifts us above a myopic state of consciousness and gives us a grander view. This is extremely beneficial in these uncertain times.

In our personal life and professional career, we have worked with many people over the years and what we have discovered is nothing less than astounding! The HU works for everything, works with anyone, and it works amazingly fast. It is the one technique that can be applied universally to any situation or

problem for immediate relief and guidance. We were working with a distraught client. She suffered from a multiplicity of problems and her life had been turned upside down. As we sat on a couch to listen to her story, we noted her apprehension and fear. She had come to us looking for relief from her inner demons and distress. We began the session by inviting her to sing HU softly; this accomplishes two things. Initially, it provides mental clarity and secondly, it restores harmony and balance within. All three of us began to HU simultaneously and we continued for a minute or two. When we stopped HUing, we noticed that she had tears streaming down her face and she immediately asked if we could continue HUing. She said, "It feels like coming home." We continued to HU for a few more minutes. When we stopped, there was a feeling of peace and harmony in the room. The client was no longer filled with darkness; she had light coming from her eyes and a big smile on her face. She said, "thank you," as she was filled with gratitude.

In a matter of minutes, the HU had transformed someone's desperation and hopelessness to serenity and gratefulness. The proof of the power of HU is certainly apparent. This story is not an exception, but rather reflective of the many dramatic success stories surrounding the HU. People contact us from all over the globe to relate their experiences with the sound of HU and many say that the HU saved their life.

The HU Is A Universal Panacea

The HU is our favorite tool for all that ails you. So naturally, we developed "Just Say HU – HU Therapy." The HU is simple. It can be chanted silently or out loud like HUuuuu. The HU is great for insomnia, anxiety, nightmares, grief, anger, road-rage, depression, fear or stress. It even helps you make the right decision when you are at a cross roads. It silences the Ego and enables you to operate from a higher place so you can tap into Divine Guidance and Inspiration. The HU is accessible to all. It can be used anywhere, anytime and it's Free! What could be easier? The HU is mobile; it goes with you everywhere you go.

You can HU while sitting in traffic or in a tense business meeting. When you do, the HU changes your vibration and insulates you from negative outer vibrations. The HU instantly changes the frequency within and this in turn resonates outwardly to instill a feeling of calm and peace in the surrounding environment. Though we cannot see the vibration of the HU, we can certainly feel it as it opens our heart and puts us in a place of harmony. The HU impacts the central-nervous system immediately, so it's no wonder the HU works so fast. Since HU is an ancient name for God and at the same time simply a vibration, it's the one place where God and Science actually meet. "Just Say HU" is truly a 1-Step Solution.

HU vs. OM

While acknowledging that Sound is the Solution, different sounds create different vibrations that produce varied results. All sounds are not created equal! We often get the question --- "What's the difference between the OM and the HU? Aren't they about the same?" The two (HU & OM) are distinctly different and produce different results. The OM, creates a vibration that elevates us above the emotional realm. It temporarily eliminates negative emotions and produces a feeling of well being and peace. However, this realm exists in the planes of duality and is still subject to the effects of positive and negative. Therefore, we are not accessing the highest vibration possible. HU creates a vibration that elevates us to the top of the mountain. This vibration or frequency accesses a higher dimension above duality and produces the experience of wholeness. This eliminates the negative effect and we see things from Soul perspective and circumvent the polarity of the lower self or ego. Simply put---HU is the shortcut to GOD.

Coming Attractions

In another chapter, we will demonstrate and discuss the physics of the HU. Thanks to quantum physics, the mechanics of the HU are easily understood in the light of science. Even skeptics become believers when the HU is explained in terms of frequency and vibration. It's amazing how close God and Science

actually appear, especially when you examine the mechanics of spirituality in light of recent scientific discoveries in the field of quantum physics. Science has long been in search of the Holy Grail or Theory of Everything. This theory would unify all of the known laws of physics and connect the dots to everything in the universe. The truth we are searching for is contained within and *Just Say HU* is the formula for accessing the vault that contains the unfoldment of consciousness.

The Power of Sound

In our book *Trust Yourself*, we state, “Sound is a powerful thing. Remember the Memorex commercial with Ella Fitzgerald...her voice shattered the glass. Recall the story in the Bible, the “Battle of Jericho,” in which sound was emitted from large horns in order to knock down the walls. Sound has been used by many cultures around the world to heighten awareness. It has been used in meditation, healing, mantras and initiations for thousands of years. Certainly drums, stringed instruments and wood winds are used by Native Americans in many rituals. In contrast, sound is used in the medical field for healing, as in ultrasound. The power of “toning” has been shown to increase the amount of oxygen to the body while balancing emotional swings and certain sound frequencies dramatically impact brain wave function.”

One day while shopping at the grocery store, we heard someone shout our name---“Sebastian”, we turned around and there was a client that we had worked with a year ago. She had attended one of our workshops and we shared the HU with her. She was excited to tell us, “I’ve been HUing every day for the past year and it has dramatically changed every aspect of my life, I can’t begin to thank you guys enough.”

The HU Is Designed Just For You

The amazing thing is that each person establishes his or her own relationship with the “HU.” Some people see blue, yellow or white lights while HUing and others hear the sound of wind or a train or tinkling bells. The most important thing to note is that the “HU” creates a change in consciousness. In other words, the

person begins to see or experience their reality in a different light. As their attitude changes, their way of viewing the world shifts. We believe that this coincides with an immediate quantum particle (subatomic level) alteration that occurs within the individual. This in turn impacts the central-nervous system. Most say they can feel the difference but didn't expect it to happen so quickly!

Many people today suffer from Insomnia and it is estimated that 48% of our U.S. population now face Insomnia each night. Interestingly, we have received numerous stories from Insomniacs that have tried HU therapy and the results have been stunning. If you can't sleep at night, try the HU. It will be the last thing you remember until morning. Other people have suffered from severe migraines and they used HU to combat their symptoms effectively. In summary, we have found that the HU works for any and all known ailments and problems, be they mental, physical, imagined or real. The HU addresses each problem at the source. It activates the spiritual current within us that allows us to shift gears to a higher, finer vibration or frequency.

From A To Z

Just Say HU explores the history of this ancient word as well as the more recent quantum mechanics contained in its powerful vibration. This book provides specific techniques that you can employ immediately and experience the results for yourself. *Just Say HU* also contains many Stories from the Heart to inspire you to take action for harmonious living now! *Just Say HU* will take you on a journey that slowly expands the consciousness through actual experiences that occur naturally throughout the reading of the text. If you never discover another thing, just know that you are discovering the golden tool of the universe---"HU!" It will take you all the way back Home to God. Sound is the Solution...*Just Say HU!*

Chapter 2

THE HISTORY OF HU

The HU has quite a history. It can be traced back at least 5,000 years and possibly three times that age depending on the source. The HU has been used for thousands of years by various cultures and world religions as a means of accessing greater conscious contact with God or Divine Spirit.

We have organized this chapter for ease of reading and understanding. Our research begins with the most ancient reference to the HU and the chapter ends with the HU in modern times. The world religions, spiritual paths and belief systems are presented alphabetically for simplicity and organizational purposes. The religions and spiritual paths discussed in this chapter in no way represent the totality of religious teachings on this planet. We selected only a cross section to illustrate the pervasive use of the HU in both ancient and modern times. Our goal is to offer a historical snapshot of the word HU and how it is used over time.

The HU Can Be Found In Both Sacred And Secular Texts

HU is an ancient name for God. The Egyptian and Greek traditions of 5000 years ago talk about the use of the word HU as a reference to God. Sufi Saints of Tibet, Druid history approximately 4000 years ago and Kabala reference the word HU as being the originating sound of the universe. The Gnostic gospels (circa, 400 AD) refer to HU as being the true name for God. Even the Oxford English Dictionary recognizes “HU.” It references the word “God” and contends that it can be derived from the Sanskrit word HU.¹ Creation myths are suffused with references to the energy, vibration, sound or Word that created the Universe. Many texts are sacred books or bibles of various religions or spiritual paths, while select books

are simply secular texts that discuss the possibilities of what the originating sound of creation might have been. The writers who discuss these possibilities range from Joseph Campbell to St. John (Gospel of John) and all the way from William Blake to the ancient Vedas. One can't help but wonder what that first sound was and what it now means to our daily existence, if anything. Intuitively, we suspect that it holds a very important key to our unfoldment, evolution and consciousness on this planet.

“In the beginning was Brahman, with whom was the Word. And the Word is Brahman.

- Vedas

In the beginning was the Word, and the Word was with God, and the Word was God.

- Gospel according to St John.

As the religions of East and West so strikingly agree: in the beginning was the Word. But exactly what was -- or, to use the present tense of the Vedic quotation, is -- the Word? The above scriptures describe it as being a part of God, or Brahman. Further, the quotation from the opening of the gospel of St John continues, pregnant with meaning:

The same (the Word) was in the beginning with God. All things were made by him; and without him was not any thing made that was made.

We have, in these famous, deeply mystical lines from St John, then, yet another example of the universal ancient belief that God, or a Divine Being, created the universe, and did so by means of a vibratory emanation. This sacred vibration is usually referred to in early Christian texts as the Word (this meaning of the term having been forgotten or overlooked by most Christians today). In Hinduism the divine vibration is, as we have seen, more usually referred to as OM. Nevertheless, the Word and the OM are one and the same thing. Moreover, a great variety of other terms stemming from the different cultures of ancient times also refer to this same universal, eternal phenomenon. Cosmic Sound, infused with the essence of Consciousness, has been known variously as AUM, AMN, AMEN, AMEEN, OMEN, OMON, I AM, HU, YAHUVAH, the Logos, the Lost Word, and by other names besides.”²

“Incidentally, the root, HU, is a direct reference to the Word of God; and this is most interesting, for this same root is also a part of the Word human. In 'human,' the man portion comes from the Sanskrit Mana, or 'mind of the ordinary man.' So the term 'human' is therefore an eternal reminder of the ancient doctrine: that God is even now in all men, and can be more fully realized by all. Even as Jesus was also the Christ, demonstrating the unification of the principles of earth and heaven as both the Son of Man and the Son of God, so are all men hu-man; God-man.”³

ANCIENT EGYPT and the SPHINX (also known as HU)

The ancient Egyptians certainly had an affinity for the word HU. There are numerous references to HU that run throughout their mythology. As a matter of fact, they erected a monument to HU that remains a living legacy. Today, this legacy is known as the Sphinx.

In an article by Catherine Harris, “The Egyptian God Hu was one of the minor gods in some respects, but he was one of the most important Gods for those serious about Egyptian deities. HU is the power of the spoken word. He personifies the authority of utterance.”⁴ Harris continues, “So far, we know Hu as the personification of divine utterance. However, some legends maintain that he was not just a part of creation, but that he was the creator. It is said that as Hu drew his first breath, there was in that sound the essence of his name. Hence, we have the name Hu, which sounds remarkably like the sound of an expelling breath. With each breath Hu expelled, creation took place... So it is said that Hu is the word of God, the first and the last breaths Hu Hu. The ancient Egyptians recognized the Sphinx at the Giza plateau as an image of Hu.”⁵

In her article on the Sphinx, Harris suggests that the Egyptians used the Sphinx to perform one of their sacred rituals. The ritual was performed at dusk and continued until the following rays of dawn. She

contends that the Egyptians would gather at the Sphinx and begin to chant Hu or Hhhooooo at dusk. This HU chant would continue until daybreak. This twelve hour HU chant was meant to be a reenactment of the creation of the universe. Harris speculates that this ritual involving the Sphinx may be the same ceremony of HU that is mentioned in the *Egyptian Book of The Dead, The Papyrus of Ani*.

Modern history dates the Sphinx back approximately 5000 years. However, this date would certainly be challenged by some who study Egyptian history. Although many of the pyramids were originally thought to be four or five thousand years old, new data is now calling these dates into question. Some speculate that the pyramids are now at least ten thousand years old. The great debate continues as to the real age of the pyramids. In an article in Nova, interviewing the Director General of the Giza, they mention reference to the claims that the pyramids are much older than previously estimated:

“**NOVA:** There have been claims that a great civilization predates ancient dynastic Egypt -- one that existed some 10,500 years B.C. -- and that this civilization was responsible for building the pyramids and sculpting the Sphinx. Is this possible?”⁶

In a rather compelling article by Audrey Fletcher, excerpted from her book, *The Celestial Sphinx: The Lost Word and The Lost Secrets, Ancient Egyptians and the Constellations: Part 2*, she speculates that the Sphinx is approximately 16000 years old. She arrives at this conclusion by comparing a star constellation identified as the Celestial Sphinx with the actual Sphinx located on the plateau of Giza. “In the heavens the Celestial Sphinx is caught in the act of Creation. As he becomes a living God he gently expels his first breath Hhhhhooooooo. As the first Word of God is pronounced it sounds like the harmonics of a cosmic breeze. As a second breath is expelled Hhhhhooooooo the sounds and name of the Ancient Egyptian god Hu Hu, meaning ‘Authoritative Utterance: Word of God: Word of Creation’, is revealed... As the Celestial Sphinx continues to expel his breath of life, Hhhhhooooooo, the heavens are progressively

created. The Celestial Sphinx is the Creator and Architect of the Universe. The Celestial Sphinx is God and the ancient name for God was Hu. 'In the beginning was the Word, and the Word was with God, and the Word was God' (John 1 v 1, 2). In the beginning was the Word, Hhhhhhoooooooo, and the Word was with God, who was the Celestial Sphinx named Hu by the remote Ancient Egyptians, and the Word was God. Hhhhhhoooooooo. Clearly "Hhhhhhoooooooo" or "Hu" is the Word or utterance which means "God."⁷

Fletcher goes on to say, "The word "Sphinx" is of Ancient Greek origin meaning "an enigma" or "a riddle." To the Ancient Greeks, the purpose of the Sphinx was obscure; its meaning had been lost. To the remote Ancient Egyptians however, the esoteric meaning and purpose of the Sphinx at the Giza Plateau was abundantly clear: as demonstrated by their name for the Sphinx ... Hu...The first and final Words of God were identical, Hhhhhhoooooooo. With the First Word God created Orion, the soul of Osiris. With the Last Word God created the Sun. The whole process of Creation is contained within the name Hu Hu ... the First and the Last Breaths of the Creator."⁸

Interestingly enough, Fletcher correlates and interprets the Biblical saying: "The first shall be last and the last shall be first" (Mark 10 v31) to mean that the word HU was the first and last utterance of God. From this, one could infer that the HU is truly representative of the alpha and the omega.

The most intriguing part of her article is how she used computer software (known as Haney, M.A. Software, Skyglobe 3.5 - A Shareware Product of KlassM 1992) to access a sky chart from approximately 16000 years ago. In so doing, she found that there was a conjunction involving the Celestial Sphinx that led her to believe that the Sphinx at Giza is approximately 16000 BCE. "This conjunction involving the Celestial Sphinx and the Sun setting in the West, rising in the East and setting in the West again at exactly twelve hour intervals (which explains why the Ancient Egyptians divided their night and day into exactly

twelve hours each regardless of the amount of daylight and darkness) has never occurred since. The Celestial Sphinx began to disappear below the Giza horizon within 200 years of the conjunction. Indeed by 13750 BCE the Celestial Sphinx was no longer fully visible above the Giza horizon. Based on both remote Ancient Egyptian astronomy which must pre-date 14000 BCE and the East / West alignment of the Sphinx at Giza, the Sphinx, Hu, dates back to 14000 BCE! He will celebrate his 16000th birthday on American Independence Day 2000 AD. (I think that if George Washington were still with us today he would nod his head and smile.)”⁹ Thousands of years later, as Fletcher points out, the true history and meaning of the Sphinx had been totally lost. However, if the ancient star maps are compared with the actual day, date, time and position of the Sphinx at Giza, the synchronicities surrounding the two are overwhelming. In conclusion, the ancient name of HU could possibly be traced back at least 16000 years to the dawn of Egyptian civilization.

BUDDHISM

There are several definitions or descriptions for this religion:

1. “a religion represented by the many groups (especially in Asia) that profess various forms of the Buddhist doctrine and that venerate Buddha
2. the teaching of Buddha that life is permeated with suffering caused by desire, that suffering ceases when desire ceases, and that enlightenment obtained through right conduct and wisdom and meditation releases one from desire and suffering and rebirth.”¹⁰

We did not find many references to HU in mainstream Buddhism. However, Tibetan Buddhism is aware of the term HU and its use in Cosmology. Some consider Tibetan Buddhism to be the esoteric or meditative form of Buddhism. The HU can be recognized in their most widely used mantra: OM-Mani-Padme- Hum. This Buddhist chant is widely used today and the word “HU” is slightly changed by adding

the consonant “M” which changes the sound and frequency of the original word “HU.” As far as we can determine, the word HUM is derived from “HU” but creates a frequency or vibration from a different plane or heaven as compared to HU.

CHRISTIANITY

Certainly, there are many unique brands of Christianity. The dictionary outlines a good starting point:

1. “the Christian religion, including the Catholic, Protestant, and Eastern Orthodox churches.
2. Christian beliefs or practices; Christian quality or character: Christianity mixed with pagan elements; the Christianity of Augustine's thought.
3. a particular Christian religious system: She followed fundamentalist Christianity.
4. the state of being a Christian.
5. Christendom.
6. conformity to the Christian religion or to its beliefs or practices.”¹¹

There is reference to the word HU in the Gospel according to John:

*"God is Love" (E-lo-HEEM HU a-ha-VAH)."*¹²

“The origin of the ancient ecclesiastic music, with character of monody, sung in the liturgy of the Roman Rite under the name of Gregorian Chant, goes back to a distant past. The traditional name stems from that of the Pope Gregory the Great (about the year 600). Gregory I was a Doctor of the Church. He studied laws and about the year 570 he obtained the charge of prefects urbis. He moved back later to his own house which turned into a monastery. In the year 578 he was ordained as a priest and in 590 he was elected as a Pope; it had to face to a great crisis for Justiniano's restoration had failed. He was the first pontiff who with his pastoral review and his reform exposed himself to the Germanic world--- The

knowledge that we possess of the history and of the origin of the ecclesiastic melodies is far from being deep, since scarcely there are some few manuscripts previous to the 10th century that have come up to us. Fortunately, the compared study of the old texts and of the liturgical forms has thrown new light on this topic. The liturgy of Rome—that was celebrated, at first, in Greek language and from the IVth century already in Latin—, was using words of Hebrew origin proceeding from the epoch previous to Christ, as "Hosanna," "Hallelujah."¹³

Along the same lines of thinking, many modern day writers contend that the word Hallelujah originated as a combination of the words Allah and HU. This is an idea that seems to hold some merit due to the fact that Allah-HU is a chant used by some to produce a specific “sound” or mantric vibration. One could speculate that even today the word Hallelujah is used to produce a certain uplifting sound or vibration in Christian chants. The following biblical reference speaks of “sound” in referencing Hallelujah: “Then I heard what sounded like a great multitude, like the roar of rushing waters and like loud peals of thunder, shouting: Hallelujah!”¹⁴

There seems to be scant references to the word HU, except as a derivation in Christianity today. Although Gregorian chant is truly a part of Christian tradition, it plays a minor role in the hymns and singing of prayers in Christian churches today. Even the word “chant” has a certain negative connotation that implies pagan ritual or magic. However, if we view the original roots of Christianity as coming from the Hebrew and Gnostic traditions, then we would find a stronger connection to the word “HU” as a reference to the deity.

CELTICISM and DRUIDISM

The Druids are known for having used the word HU in their religious practices and initiations. The Druids can be traced back at least several thousand years. Both males and females served as Druid priests. Today, there exist modern Druids that still recognize the word “HU” from their ancient rituals and lore.

“Although since Christian times Druids have been identified as wizards and soothsayers, in pre-Christian Celtic society they formed an intellectual class comprising philosophers, judges, educators, historians, doctors, seers, astronomers, and astrologers. The earliest surviving Classical references to Druids date to the 2nd century B.C.E.”¹⁵

The Wikipedia paints the Druids with a broad cultural brush. It points out the diverse roles they played in their particular society. “In Celtic polytheism, a druid was a member of the priestly and learned class in the pre-Christian, ancient Celtic societies. These societies existed through much of Western Europe, Britain and Ireland, until they were supplanted by the Roman government and, later, the arrival of Christianity. Druids were part of the cultures of the tribal peoples who were called "Keltoi" (*Κέλτοι*) or "Keltai" (*Κέλται*) and "Galatai" (*Γαλάται*) by the Greeks and "Celtae" and "Galli" by the Romans. These words evolved into the modern English terms "Celtic", "Gaulish", and "Galatian". In the communities they served, druids combined the duties of priest, arbitrator, healer, scholar, and magistrate. Both men and women served as druids.”¹⁶

In a particularly illuminating book on the Celtic Fold Soul called “*The Flaming Door*,” the author (Eleanor Merry) discusses the light and sound aspects of “HU.” “And that which came to meet the soul (as light and sound come to meet our outer eyes and ears) was called HU, the spiritual world.”¹⁷

References to the word HU continue: "The God HU was the all-ruling Divinity of Western Celtic mythology. He represented the power and the glory of the spiritual world. The Mysteries of HU revealed the other pole of human life: the ascent out of the body into the 'glorified' state of expansion of the consciousness in the spiritual world."¹⁸

The Flaming Door author Eleanor Merry continues: "And HU could bring music to the consciousness of waking man and teach it to him, because he himself could hear in sleep the harmonies of the spheres, and his passage from waking to sleeping to waking was unbroken by any obliteration of consciousness. This was always the summit of initiation experience."¹⁹ "HU or Heu'c', who is also Hugarndn and Hesus or Esus. The Heu'c' sound seems to identify with the name or sound for spirit, identified with breath, very general and coming from very far in time and space."²⁰ "HU or he was the seed or essence, the form of Deity...HU, the unpronounced either with a light i –sound as he or heu'h, is the creative word, the seed of fire, the first sound."²¹

It is evident that the word HU occurs throughout the Celtic tradition. In mentioning this word to several modern day Druids, they responded that they were certainly aware of the term and its usage in their religion.

FREEMASONRY

A dictionary defines Freemasonry in this way:

1. "secret or tacit brotherhood; fellowship; fundamental bond or rapport: the freemasonry of those who hunger for knowledge.
2. (initial capital letter) the principles, practices, and institutions of Freemasons."²²

Albert Pike has written extensively on Freemasonry, its history and meaning. He is a 33rd degree initiate and claims to know the Lost Word. However, since all is kept secret in Masonry and little is truly given to the Uninitiated or even lower initiates, his writings seem only half truths that possibly point to more esoteric meanings.

Albert Pike wrote: "Nothing excites men's curiosity so much as Mystery, concealing things which they desire to know; and nothing so much increases curiosity as obstacles that interpose to prevent them from indulging in the gratification of their desires. Of this the Legislators and Hierophants took advantage, to attract the people to their sanctuaries, and to induce them to seek to obtain lessons from which they would perhaps have turned away with indifference if they had been pressed upon them"²³

There is much speculation that modern day Masons once had and used the word HU in their rituals and rights. However, exactly where and when the word was lost remains a mystery. "Albert Pike says that the Lost Word of Masonry is concealed in the name of the Druid god HU."²⁴

GNOSTICISM

The dictionary defines Gnosticism:

1. "A religious orientation advocating gnosis as the way to release a person's spiritual element; considered heresy by Christian churches."²⁵

The Gnostics were a group of seekers who followed an inner path. They believed that God or truth could only be known in a very personal inward journey. It is believed that Gnosticism is the esoteric or secret side of Christianity. In other words, the early Christians (before they were called Christians) evolved from the Gnostic groups of the time.

“The text of the Nag Hammadi Library are mostly fourth-century copies of earlier Greek versions. The original texts were based upon the inner experiences of the Gnostics... In the Marsanes, a fragmentary codex, there is a guide to thirteen planes and a discussion of sound keys to the planes and luminaries of those planes. The Paraphrase of Shem talks of inner travel as the mind's separation from the body, ‘as if in sleep.’ Another text, the Apocalypse of Paul, tells of Paul's heavenly journeys and his transformation upon reaching the tenth heaven. But it is The Discourse on the Eighth and the Ninth which is most interesting for us. It gives a hermetic exercise for travel to purely spiritual planes, including chanting a secret ‘name’ that can be transliterated from the original Coptic as HU.”²⁶

With regard to Gnostic initiations, the derivation of the word human is examined in light of its true meaning. “The intellectuals are always trying to find the origin of this humanity. They say “the origin of man.” But really, if we investigate – in the complete sense of the word – this humanity, we arrive at the conclusion that MAN does not exist on this planet earth. Then why is everyone talking about man or human beings? If we look in the dictionary or encyclopedia, we find the word “man” or “human being,” we see that it is a title given to anyone who thinks, who rationalizes, and who walks on two feet, and has the appearance that we have. And according to the scientists, anyone who doesn’t have the same features or figure that we have, physically speaking, is not a human being. And that is precisely the great mistake – thinking that a human being is just the shape that we have. If we investigate the sense of the meaning of the word, we have to understand that human being is the Being united with the Mind. “Hu” indicates the spirit. “Man” comes from “manas,” which means mind. So when the spirit, the Hu, dominates the mind, you find a hu-man. Of course, in us, the mind controls everything, and the spirit is ignored. “Being” implies someone who knows how to “be,” and that someone is our own inner God, the Being. We are not what we should be. We have to learn how to be the Being. So a human being is someone who is what they should be: a mind under the direction of the Being.”²⁷

The Gnostics were aware of the sound current as represented in the word “HU” and used it in their meditations. Since inner experience with the Divine was foremost for Gnostics, any sound or word that led to inner illumination was used extensively.

ISLAM

This religion is one of the world’s largest mainstream religions. References to the HU are found throughout their prayers, chants and rituals. Their sacred book is the Koran and in many passages closely resembles the Bible. Their prophet is Muhammad and his teachings come approximately 500 years after Christ. The dictionary has this to say:

1. “the religious faith of Muslims, based on the words and religious system founded by the prophet Muhammad and taught by the Koran, the basic principle of which is absolute submission to a unique and personal god, Allah.
2. the whole body of Muslim believers, their civilization, and the countries in which theirs is the dominant religion.”²⁸

The sacred book of Islam, the Koran, speaks directly about the HU and its role in creation: “Hu gives you life and death. When a thing is created, Hu says to it: "Be," and it is.”²⁹

The following excerpts give a good idea of how the HU is used in context:

"Alif Laam Raa. A Book which We (ALLAH) Have Revealed to You (O Prophet Mohammed, Sall ALLAH Hu Alai Hi Wa Sallam) so that You may lead the humankind from out of the darkneses into the Light by their Lord's leave to the Path of the All-Mighty, the Praiseworthy" (Holy Qur'an 14:1)

“We (ALLAH) have not sent thee but as a Universal (Messenger, O Prophet Mohammed, Sall ALLAH Hu Alai Hi Wa Sallam) to humankind, giving them Glad tidings, and Warning them (against sin), but most men understand not” (Holy Qur'an 34:28)

The Qur'an is a Message from ALLAH to humanity. It was transmitted to us in a chain starting from the Almighty ALLAH Himself (swt) to the angel Gabriel, Alaihis Salam to the Prophet Muhammad, Sall ALLAH Hu Alai Hi Wa Sallam. This message was given to the Messenger of ALLAH, Muhammad, Sall ALLAH Hu Alai Hi Wa Sallam in pieces over a period spanning approximately 23 years (610 CE to 622 CE). The Messenger of ALLAH, Muhammad, Sall ALLAH Hu Alai Hi Wa Sallam was 40 years old when the Qur'an began to be revealed to him, and he (Sall ALLAH Hu Alai Hi Wa Sallam) was 63 when the revelation was completed. The language of the original message was Divine language of Arabic, but it has been translated into many other languages.

The Qur'an is one leg of two which form the basis of Islam. The second leg is the Sunnah of the Prophet Muhammad, Sall ALLAH Hu Alai Hi Wa Sallam. What makes the Qur'an different from the Sunnah is primarily its form. Unlike the Sunnah, the Qur'an is the Word of ALLAH, whereas the Sunnah was Inspired by ALLAH but the wording and actions are of the Messenger of ALLAH, Muhammad, Sall ALLAH Hu Alai Hi Wa Sallam through Divine Commandment. The Qur'an has not been expressed using any human's words. Its wording is letter for letter, word for word fixed by no one but ALLAH (swt).³⁰

The HU is used extensively in conjunction with Allah. Many contend that Allah Hu eventually became Hallelujah. Additionally, HU is referenced again directly in the Koran: "Allah looses (sends) the winds, that stir up clouds, and Hu spreads them over the skies as Hu wills." ³¹

JUDAISM

One of the oldest world religions is defined in the dictionary as:

"The religion of the Israelites of the Bible and of the Jews of today, based on the teachings of the Torah. Judaism involves the belief in one God, whose Chosen People are the Jews. Abraham is considered the founder of Judaism, although Moses, who delivered the laws of God to the Israelites, is also an important figure. The holy days and festivals of Judaism include Hanukkah, Passover, Purim, Rosh Hashanah, and Yom Kippur. (See also Sabbath)"³²

We have found many references to HU throughout the Torah. It is generally referenced as a name for God. "Since according to Jewish tradition the explicit name of God cannot be verbally uttered, some common names exist to mention or address God. While some can be as simple as "Adonay" (My Lord),

some can clearly differentiate God from the rest of the world, names such as "Hakadosh Baruch Hu" (The Blessed Holy One) or "Melech Malchey Hamelachim" (The King who reigns over kings who reign over kings).”³³

In JOB CHAPTER 37, we found reference to HU. “The concluding section of Eli-hu's answer to Job, which occupies the whole of our present chapter, is a direct continuation from the previous chapter. In the Hebrew text there is no section break between the two chapters. Moreover the chapter break in the printed Bible texts actually violates the thematic continuity of Eli-hu's speech. This is because in the closing verses of chapter 36 vv 26-33, he had begun to give expression to God's unfathomable power and His detailed providence over the universe through depicting specifically the wonders of rainfall, which is the foundation of human prosperity and which is responsive to men's behavior and their prayers. Now in the conclusion of his speech in Chapter 37, Eli-hu expands on the theme of the wonders of thunder and lightning, storms and rain clouds, lifting our eyes and our inner thoughts steadily higher, level by level, to the heavens and beyond, to the inscrutable Ruler of all, who knows man's thoughts before he even speaks...: ‘Hear this, Job, stand and contemplate the wonders of God!’ (v 14). After Eli-hu concludes his speech, Job does not answer him – he had no answer because apparently, he accepted Eli-hu's arguments. This enabled him to rise to the level of prophecy (see our commentary on the next chapter), and immediately after the end of Eli-hu's speech, HaShem Himself answers Job out of the storm-wind (chapters 38ff).”³⁴

From a layman perspective, it is unclear whether Eli-hu is a deity that JOB converses with or if he is a personification of God or perhaps a comforter who is simply a friend of Job's. In any case, the reference to HU in the name indicates a sacred and special quality to be approached with reverence and respect.

Additionally, many Rabbis recommend spending Quality Time With HaKadosh Baruch Hu:

“Psychologists tell us that investing in "quality time" is the best way to solidify a relationship. Our Rabbis agree, that investing in "quality time" is the best way to also build a relationship with HaKadosh Baruch Hu.

- Our shul tries to create this atmosphere each Shabbos morning where one can put aside outside distractions in order to focus on HaKadosh Baruch Hu.
- Rabbi Aryeh Kaplan in his sefer "Jewish Meditation" recommends that everyone should take five minutes before davening to meditate so that one can begin davening with the proper kavannah.”³⁵

In another reference to HU, rabbi Twersky states:

“In fact, Judaism does not recognize a natural moral independent of *Hakadosh Baruch Hu*. *Hakadosh Baruch Hu* is the source of all morality. Rambam opens his *magnum opus* by declaring that the fundamental principle which underlies all others and the pillar of all wisdom is knowing of the existence of *Hakadosh Baruch Hu*, Creator of heaven and Earth (3). Rav Soloveitchik zt"l commented that Rambam clearly indicates that all wisdom depends upon knowledge of *Hakadosh Baruch Hu*; i.e., there is no ethical or moral knowledge independent of Him.”³⁶

KABBALAH

It is said that the esoteric side of Judaism is Kabbalah. It is also spelled Cabala or Kabala. The dictionary says this about Kabbalism:

1. “often Kabbalah A body of mystical teachings of rabbinical origin, often based on an esoteric interpretation of the Hebrew Scriptures.
2. a secret doctrine resembling these teachings.”³⁷

Kabbalah is a form of mystical interpretation of the Scriptures. The word Kabbalah itself means “to

receive.” Originally, it was a secret teaching that came into existence to revive the hide-bound, dead letter representations put forth in Judaism by the Rabbi’s. The teachings of Kabbalah use mystical words and chants as part of their ritual. The word HU is scattered throughout the teachings. Today, due to a resurgence of interest, Kabbalah is experiencing new growth. The spotlight of recognition has once again touched this ancient teaching.

“The Radical Cabalistical References of each Letter in the Hebrew-Alphabet the Cabalists set forth in the following manner.

I. The Letter Aleph (Doctrine) denotes, among the Cabalists, the Holy Name Hu, assign’d to the Inaccessible Light of the Divine Being, who is signified by the Word Ensuph, i.e. Infinite...”³⁸

One source, in talking about roots of the Kabbalah, mentions HU (HUH) as a name for God. In several cases, it (HU) has different prefixes with different shades of meaning:

“YaHUUH from *Ehiyeh* ‘I shall be’ (for archaic AHUH) by declaring *Ehiyeh Shelachani Alekhem* as synonymous with YaHUUH *Shelachani Alekhem* (Exodus 3, 13–15).²⁹⁾ According to the weekly section on jurisprudence (*Parashat Mishpatim*), which immediately follows the one containing the Ten Commandments, the word ALHIM (*Elohim*) as a technical term of the law of the *Torah* does not mean “God,” but the earthly “judges,” who condemn the defendant to pay double damages (Exodus 22, 8 et passim), and hence it may also refer to *Moses*.³⁰⁾ § 11. The theological reinterpretation of the second word of the Ten Commandments from AHIH (*Ehiyeh*) or archaic AHUH (*Ahuweh*) “I 29) One is substituted for the other or merely the initial letters, since the root is identical, cf. Adon Olam: “*we-Hu Hayah we-Hu Howe*”. The name YaHUUH was unknown before the time of *Moses* (Exodus 6, 2 and 3), – who first wrote it on the Tablets of the Law. 30) Both *Rashi* and the King James Version translate *Elohim* in Exodus 22 with *Dayanim* (English “judges”): see *Ed Metzler*, Ten

Commandments (N. 3) Note 44. The *Sefer Yetzirah* (chapter 1, no. 1) reports that the supreme judge and commander-in-chief of the troops (*Elohey Tzeva'ot*) inscribed (*Chakak*) the tablets, cf. Note 10 supra. Shall be” into the proper name of YaHUH (*Yahuweh*), by prefixing the final *Yod* of the preceding word ANKI (*Anokhi*) “I”, meant the personification of the stone tablets, which could be read as introducing themselves by saying:

“I *am* YaHUH thy God.”³⁹

The source continues with discussing the notion of HU being in charge of heaven:

“The supremacy clause referring to the jurisdiction of *Moses* at the beginning of the Ten Commandments, if applied to his successors YaHUH and *Asherah*, operated to exclude all other gods, finally even the Goddess, leading to monotheism and extending their realm to the whole world, YaHUH being in charge of Heaven.”⁴⁰

As can be seen, the Kabbalah not only has references to the name HU but considers it to be one of the more sacred names for the Supreme One or God. In our research, we cannot help but notice that most orthodox religions have an esoteric counterpart. For example, Christianity has Gnosticism while Judaism has the Kabbalah and Islam has Sufism. HU seems to be more prevalent and occurring as a sacred name for God in the esoteric sects and less prevalent in the Orthodox side of the religions.

SIKHISM

The dictionary defines Sikhism as:

“n. A monotheistic religion founded in northern India in the 16th century by the guru Nanak. Sikhism

rejects caste distinctions, idolatry, and asceticism and is characterized by belief in a cycle of reincarnation from which humans can free themselves by living righteous lives as active members of society.”⁴¹

The Sikh's recognize and borrow on the word HU in their chants and meditations. The following is a Sikh chant using the word HU. “Allah-hu-Akbar.”⁴² The translation is “God Is Great.” In addition, their sacred text, “Guru Granth Sahib,” makes reference to the word HU.

SUFISM

Sufism is the esoteric sect of Islam. The definition of Sufism is:

“noun. the ascetic and mystical system of the Sufis.”⁴³

The Sufis contend that the path to God is through the heart and not the head. Their rituals and initiations lead to a very personal truth. The Whirling Dervishes are part of the Sufi order known as Mevlevi. This particular order was founded by the great poet and mystic Jalaluddin Rumi. To state that the word “HU” is part of their tradition is an understatement. This sacred word is utilized throughout their dances, initiations and rituals. In our research, we have discovered that the Sufis use the mantra of HU in both their chanting and dancing. It is also used in their meditations and prayers.

“The Sheik recites the Fathia, the first sura of the Koran, and all the dervishes kiss the floor and rise. The Sheik then sounds a prayer to Mevlana and Shams Tabriz and begins the sound "HU". The dervishes join in sounding the "HU" which is all the names of God in one.”⁴⁴

Hazrat Khan, in his book *The Music of Life*, talks extensively about the word HU and its relationship to EK and the combination of the two words meaning God is Truth or God and Truth are one. “The mystery of HU is revealed to the Sufi who journeys through the path of initiation. Truth, the knowledge of God, is

called by a Sufi "haqq". If we divide the word "haqq" into two parts, its assonant sounds become "hu ek," HU signifying God or truth and EK in Hindustani meaning one. Both together express one God and one truth. "Haqiqat" in Arabic means the essential truth, "hakim" means master, and "hakim" means knower, all of which words express the essential characteristics of life. In English the word 'human' explains two facts which are characteristic of humanity: 'hu' means God and "man" means mind, which word comes from the Sanskrit "mana", mind being the ordinary person. The two words united represent the idea of the God-conscious person; in other words HU, God, is in all things and beings, but it is man by whom He is known. 'Human' therefore may be said to mean God-conscious, God-realized, or God-man. All of these examples signify the origin of God in the word HU and the life of God in every thing and being."⁴⁵

As mentioned earlier, the spiritual path of Sufism comes from the heart of their being. It certainly steers clear of the constructs of the mind and mental contortions. In our research, we found that Sufism truly presents an experiential path to God that requires the seeker to go within and experience Divine bliss personally.

The well-known Persian Mystic and Poet, Rumi, speaks of the HU and its impact. The HU runs throughout his writings and is utilized by his followers in their songs and dances. The Columbia Electronic Encyclopedia has this to say about Rumi:

“Rumi, Jalal ad-Din, 1207-73, great Islamic Persian sage and poet mystic, b. in Balkh. His father, a scholar, was invited by the Seljuk sultan of Rum to settle in Iconium (now Konya), Turkey. His apprenticeship as a Sufi mystic was guided by the mysterious Shams ad-Din Tabrizi (d. 1247), who was considered one of the spiritual masters of Rumi's age. His major work is the *Mathnawi*, a vast 6 vol. work of spiritual teaching and Sufi lore in the form of stories and lyric poetry of extraordinary quality. The *Mathnawi* is one of the enduring treasures of the Persian-speaking world, known and memorized by most.

It is popularly called "the Qur'an in Persian." The singing of the *Mathnawi* has become an art form in itself. Rumi also founded the Mawlawiyya (Mevlevi) Sufi order, who use dancing and music as part of their spiritual method, and who are known in the West as Whirling Dervishes. Rumi's influence spread to Persian-speakers in Afghanistan and central Asia, and beyond, to Turkey and India. His tomb in Konya is a place of pilgrimage, and the Mawlawiyya order is still centered in Konya."⁴⁶

Rumi has inspired nations and moved many a seeker to take the next spiritual step. His poetry emphasizes the ecstatic state experienced by singing HU.

Recognize that your imagination and your thinking
and your sense-perception are reed canes
that children cut and pretend are horsies.

The Knowing of mystic Lovers is different.
The empirical, sensory, sciences
are like a donkey loaded with books,
or like the makeup woman's makeup.
It washes off.

But if you lift the baggage rightly, it will give you joy.
Don't carry your knowledge-load for some selfish reason.
Deny your desires and willfulness,
and a real mount may appear under you.

Don't be satisfied with the name of HU,
with just words about it.
Experience That Drunkenness.
From books and words come fantasy,
and sometimes, from fantasy comes UNION.⁴⁷

-Rumi

ZOROASTRIANISM

The dictionary states:

“The religious system founded by Zoroaster and set forth in the Avesta, teaching the worship of Ahura Mazda in the context of a universal struggle between the forces of light and darkness.”⁴⁸

The word HU is contained within the reference to their God named - "Ahura Mazda."

Once again, Hazrat Khan provides insight to the word HU and its role in forming the name of God:

"Hur" in Arabic means the beauties of heavens; its real meaning is the expression of heavenly beauty.

"Zahur" in Arabic means manifestation, especially that of God in nature. "Ahura Mazda" is the name of God known to the Zoroastrians. The first word, "Ahura", suggests HU, upon which the whole name is built.”⁴⁹

THE HU IN MODERN TIMES

ECKANKAR, EXPERIENCE THE LIGHT AND SOUND OF GOD

Eckankar pronounced: “*EHK-ahn-kahr*”

The path of TOTAL AWARENESS; the way of all things; means “CO-WORKER with God”; a teaching that gives knowledge of both the LIGHT and SOUND which contains the total sum of all teachings emanating from God; the very foundation of all systems of science, and the key to success in unfolding all spiritual powers...”⁵⁰

Eckankar, Religion of the Light and Sound of God, uses HU as a form of contemplation and non-directed

prayer to align with the will of the Holy Spirit (the ECK). No other religion uses the word HU as extensively as Eckankar. The HU is sung for 5 to 10 minutes at the beginning and ending of Eckankar's Worship Service. Eckankar offers regular 20 minute group HU Chants at various ECK Center locations around the world. Eckankar Members are encouraged to HU daily for 20 minutes, as a spiritual exercise to have direct contact with Divine Spirit.

The ECKANKAR Lexicon, A Cosmic Sea of Words defines HU as "The secret name for God; the spirit CURRENT, the prime mover, and the first impulse that came from the Deity; also the first cause of motion, color, and form..."⁵¹

"The secret and unknown name of God was first given light by the ECK Masters ---that which we call HU, the beginning and ending of all. The Supreme has been called various names in different languages, but it is known to those who recognize the real wisdom as HU, the name of the nameless one. The word *HU* is the Spirit of all sounds and of all words, and is hidden under them all as the Spirit of Soul. It does not belong to any language; no language can help belonging to it. This alone is the true name of God, a name that no people and no religion can claim as their own."⁵²

Twitchell continues, "This is the word mentioned in the Bible as existing before light came into this world: 'In the beginning was the Word and the Word was with God, and the Word was God.'⁵³ He continues his line of thinking in explaining the derivation of the word HU. "Human therefore, means God-Conscious being, God-Realized, or the God-Man. There are many corruptions of the word HU found in the Bible---Eloi, Elohim and Alleluia which came from the original word HU."⁵⁴

Along the same lines of thinking, Harold Klemp states, that the word Alleluia is a derivation of the word HU. He contends that originally it was a combination of the word Allah and HU and this led to the word Allahu. Over time this became Alleluia and then finally changed to what we know today as Hallelujah.⁵⁵

Harold Klemp, the spiritual leader of Eckankar, was asked an interesting question: “HU is the main mantra used in Eckankar. It has also been used in spiritual traditions in the past. What makes this one-syllable so powerful?” His answer: “It’s powerful because it’s the ancient name for God... HU is ancient. When they come back to ECK, it’s the name people recognize from other lifetimes...They’re going to find help in their lives when using it, when singing it, because it makes a connection all the way back through the earliest times when people came to this planet. People who reincarnated a long time ago have this unconscious knowledge of it. And the ones who have been here before many times love the sound.”⁵⁶

In *The Living Word*, Book 2, additional dimensions are added to the extensive history of the word HU. “HU is both a name for God and a sound of the Audible Life Stream, which we know as the ECK, or Holy Spirit. HU, along with Sugmad, is a charged word for God that can spiritually uplift the people of any religion...” *The Shariyat-Ki-Sugmad, Way of the Eternal*, says of the sacred sound HU: ‘In this mantric sound all the positive and forward-pressing forces of the human, which are trying to blow up its limitations and burst the fetters of ignorance, are united and concentrated on the ECK (Divine Spirit), like an arrow point.’ The Shariyat adds that “there really is a way out of personal misery of every kind; out of the meaningless of life; out of boredom, discouragement, failure, obsessive anxiety, or depression; and out of fear.”⁵⁷

Harold Klemp teaches the HU as a way out of negativity in this life and he emphasizes the role of HU in igniting a brand new cycle in the spiritual history of humanity! “In all heaven and earth no name is

mightier than HU. It can lift the grieving heart to a temple of solace...In time, people everywhere will have the chance to sing this age-old, universal name for God. This is a new cycle in the spiritual history of the human community. It will all be due to HU.”⁵⁸

IN SUMMARY

People from a multitude of faiths and spiritual paths use HU to have a smoother journey...

Remember...*Just Say HU.*

Chapter 3

HU - ONE PLACE WHERE GOD AND SCIENCE ACTUALLY MEET

Scientists and Clergy are typically worlds apart when it comes to how they view the world. Or are they? Is spirituality and science really so different? Quantum physics speculates on ten different dimensions and how we access them through “resonance” or meditation with sound. The monks use meditation as their fuel for personal energy, while they sleep less and work longer. Quantum physics and scientists speculate on how to tap into the Zero Point Field for endless energy. In quantum physics, the Zero Point Field (ZPF) is considered an underlying, background field from which all quantum particles originate. It seems to be the force that binds and unifies all matter. The monk searches for God using meditation while the scientist dissects “reality” searching for clues as to the origin and maker. Perhaps they are both part of the same fabric, while looking in the mirror of expectation. Someone said, “we all see it the same, just from a different point of view.”

No matter what your perspective, God and science appear to meet in the HU. Whether it’s sound, frequency, vibration or Zero Point Field, the starting point for matter and reality begins within each of us; it has been scientifically proven to be an interactive universe. As quantum physics has shown, reality is truly non-local. In other words, everything starts with the observer. The observer and the observed are connected in an eternal quantum dance.

The Music of Zero Point Field

Quantum physics today is literally changing the landscape of not only science but the way we view God. The beauty of this new paradigm shift lies in the fact that the mystical and the sacred now have an explanation in the “New Science.”

Quantum has recently discovered a field called “Zero Point Field.” This field is the basis for everything in the universe. “The ZPF is made up of Zero Point Energy (ZPE), a literal sea of energy that we swim in, as fish in the ocean, unaware of the vastness of our surroundings... The sea is really a field, a matrix-like medium upon which the forces, like gravity or the electromagnetic force, move in ripples and waves... As McTaggart says, The Zero Point field is a repository of all fields and all ground energy states and all virtual particles---a field of fields.”¹ Scientists believe that the ZPF is potentially infinite and that everything we know as the physics of the universe is contained within it.

“Scientifically, the existence of a ‘field of all fields’ or a ‘source energy’ such as the ZPE was exciting enough. But for those who chose to look beyond the confines of strictly scientific thinking, the implications were nothing short of metaphysical. If this field existed in every bit of empty space between matter, then that meant that everything that existed in the universe was connected to everything else. By virtue of this field, reality is one big spider web with an infinite number of fine strands crisscrossing, intersecting, and creating a wholeness that extends throughout time and space.”²

In considering the quantum findings relating to the Zero Point Field, our next question should be --- Is it the original source of creation? If so, how do we access it? More importantly, how can each individual “Benefit” from accessing the ZPF? What key can we use to unlock the harmonic of the field and begin to resonate with the music of the Universe? The solution is readily available...HU unlocks the door by acting as a harmonic bridge with our individual frequency and the resonance of the field itself. We believe that the HU is a “golden tuning fork” that sets the resonance within us to vibrate at the frequency of

perfect pitch or Zero Point Field. At this point, we begin to “synch-up” with the surrounding vibrations of the universe and step into our multi-dimensional capabilities that are our birthright!

In a manner of speaking, we believe that the Zero Point Field is the scientific name given to Divine Spirit. Since Spirit is all pervasive, the ZPF becomes the Quantum version of the Holy Spirit. Science fiction would call it the “Matrix,” while theology would call it the Voice of God! In other words, the underlying force that supports and generates all reality, both seen and unseen, macro and micro, sacred and profane is none other than the Divine ZPF or Holy Spirit in a scientific framework.

Our theory aligns nicely with metaphysical writings from sources as diverse as the Sufi’s and Druids to religions that mention the HU as the sound behind all sounds and the vibration underlying creation itself. Physicists discuss the Zero Point Field with a reverence that places it in the realm of the “sacred.” Scientists would agree that the ZPF could be the foundation of everything, while metaphysicians and theologians would concur. It seems that we are all on the same page, reading from the same book.

Without vibration, there is no planet, universe or existence as we know it. This vibration or resonance can simply be called a “Spiritual Symphony.” This music of the spheres, as it is sometimes called, plays continuously within each of us. At the same time, the spiritual melody resonates from one end of this Universe to the other. Many of the classical musicians and composers talk about hearing the music inwardly before they compose their music.

The celestial music that many report hearing upon experiencing a near death experience resembles the sound of the HU. It could be speculated that these people are hearing the melody of the Zero Point Field or the HU. Additionally, everything from the micro to the macro starts with resonance and this pertains directly to vibration and frequency. If the ZPF discussed in quantum physics can be accessed daily by each of us, it can be used for an infinity of purposes. Physicists believe that the ZPF can be tapped as a

limitless source of fuel that would weigh nothing and provide unlimited power. Since the ZPF is everywhere and everything, we could even use it to transport ourselves instantly from point to point on a matrix grid with no elapsed time.

“If Science is about the structure of the universe, then spirituality is about the essence. We can never really understand the nature of reality unless we find a theory that encompasses both the implicate and the explicate. The macrocosm and the microcosm. As above, so below.”³

Scientists speak of the Zero Point Field as a vibrating field of energy that ultimately creates light and sound. This creation is called “consciousness” by some and life by others. Science expresses this phenomenon with math formulas and theories, while monks and spiritual masters express it through mantras, symbols and sounds. In the final analysis, the two are one; the language used to describe the phenomena is immaterial.

Holographic theory says that everything is indeed part of everything else. The micro begets the macro and vice-versa. We are given or granted “free-will” and this permits us the luxury of viewing reality from the perspective of Science or Spirituality. Neither view is right or wrong. Since we now know that the Universe is interactive, whichever perspective we choose will create an entire worldview for us. We can call the HU: Soul, Divine Spirit, living waters, energy, ether or Zero Point Field. However, the nomenclature does not change the essence of what we know. Truth is truth whether we are talking to a physicist or a Shaman. “Shamans could be using parallel universes or the ZPF to journey between the lower, middle, and upper ‘worlds’ to heal the sick and gather information.”⁴

Energy = Energy

Science has shown that everything is energy. This energy makes up the universe and everything in it.

Energy is neither created nor destroyed but simply changes states. In our daily reality, energy appears as our automobile, cat, house and friends. However, at the quantum level, this energy appears as packets of light. Clergy may call this energy ---Divine Spirit, while scientists may call it quanta. In either case, they are speaking of the same thing. We can use this energy to power our planet or we can split the atom and cause mass destruction.

Every gift is a double-edged sword and each disaster is a blessing in disguise on our road to expanded consciousness. Science studies phenomena from the outside looking in, while the new field of spirituality studies the same thing from the inside out. These two separate and distinct fields are now meeting each other just like space eventually bends back on itself. In other words, each is a mirror image of the other. Science studies the building blocks of the universe and it's called quantum physics. Thinkers and spiritual philosophers ponder the existence of God and call it theology. The new science of quantum is now bridging the age-old gap between science and religion.

Miracles and Science

Miracles don't violate the laws of science but rather violate our understanding of the laws of science. Actually, St Augustine owns the original quote: "Miracles happen, not in opposition to Nature, but in opposition to what we know of Nature." With our evolving understanding, we now view our world with a new pair of glasses. Today, quantum physics and specifically super string theory believe they may have finally found the unified field theory. In so doing, physics may have inadvertently or coincidentally opened a true dialogue between spirituality and science. As this dialogue continues to unfold, we may witness the results of a unified field theory that bridges the mystical and the scientific. For years, Einstein sought a unified-field theory. This is a theory that would unify the small (microscopic matter-quantum) with the large (solar-systems, galaxies and the universe). The unified-field theory would provide a frame-

work for describing and explaining all of nature's forces in one single broad stroke. This has been the illusive golden-fleece of science and Einstein died without realizing his cherished dream.

“Einstein was simply ahead of his time. More than half a century later, his dream of a unified theory has become the Holy Grail of modern physics. And a sizeable part of the physics and math community is becoming increasingly convinced that String Theory may provide the answer. From one principle- that everything at its most microscopic level consists of combinations of vibrating strands-string theory provides a single explanatory framework capable of encompassing all forces and all matter.”⁵

Inner Symphony

When we say that the HU is a vibration at the most fundamental level, we are talking about a resonance that can be felt all the way down to the subatomic level. The HU acts as a tuning fork that re-tunes our subatomic particles that harmonize and create a symphony of peace and tranquility within each of us.

We can view the HU as a meeting with Divine Spirit or simply as a harmonically altered state of consciousness. Either way, the HU provides relief and comfort that can be felt and experienced immediately! Since everything in the Universe is energy and this energy vibrates, it's simply a matter of harmonics whether it harmonizes with our personal frequencies or acts as a disharmonic and disturbs us. These harmonics have wavelengths that vibrate at different frequencies and these frequencies blend and build or clash and destroy. The harmonics of the HU serve to harmonize each individual at their perfect pitch! The HU acts as a personal tuning fork or “sound-coach” that allows us to find our personal “set-point” for optimal operation. It is the sound that puts us back in-the-flow and keeps us there by purifying our atoms. “Perhaps sound is the path back to the Source, holding the key to our search for meaning. Some say sound may be the closest we ever get to knowing God!”⁶

Spiritual Laws

In the two diverse fields of Science and Spirituality, the terminology has varied but the meaning has always pointed in the same direction. Science speaks of energy in terms of resonance and frequency and vibration. Spiritual theology speaks of Karma, Laws of Attraction and Cause and Effect. They say, “do unto others what you would want done unto you,” for it surely will come back to you. In the case of Science and Spirituality, vibrations bring or attract to us whatever we are sending out. In other words, “like attracts like” and in that vibration we actually create our life. It’s simply harmonics and attraction. Whatever we feel and think and visualize is what we get in our life. This is a scientific mechanical process, as well as esoteric spiritual law.

There are books on spiritual law that read like quantum physics in terms of the way the universe works and our interactive part in it. The beauty of the two diverse fields lay in the fact that they both describe the same thing, only from different points of view. One field wears corduroys and the other wears jeans but underneath each perspective we find a similar body. The way we are beginning to view this new body, or more appropriately “body of knowledge,” is through the brand new lens of “scientific-spiritualism.” The bridge is now in place to view and speak of phenomena that previously belonged to only science or spiritualism. When we speak of the HU as an ancient name for God and then talk about the impact it has as a vibration at the Quantum level, there is no longer a disconnect. The HU lives in both worlds (science and spiritual) and can easily be understood through quantum physics as well as ancient religious chants. The mechanics and performance of the HU demonstrate that we can feel, see, hear and explain it in either traditional religious terms, modern new age thought or quantum terminology.

Holograms

In his book, *The Holographic Universe*, Michael Talbot talks about his theory of the Universe being a three dimensional hologram. We have all seen a hologram at one time or another... simply put, it is a

three dimensional picture made with the help of lasers. It looks solid but you can wave your hand through it. Additionally, no matter how small of a slice you take from a hologram, the slice contains the original whole image. Many scientists today are starting to believe that the Universe itself is a hologram. From this viewpoint, a grain of sand contains each of us and all the stars in our galaxy. In his book, Talbot makes a good case for everything being enfolded into everything else. He uses this theory to explain paranormal phenomenon, ESP and other dimensions. In other words, everything is connected at the micro and macro level and the separation of things and events are simply illusion. At one point, he discusses the connection in terms of “resonance” and it parallels the explanation of how the HU works so efficiently.

Resonance and Epiphany

Since we are all connected and part of the same whole, we begin to synch-up and experience a break through or revelation. When we HU or tone, we automatically establish the necessary frequency to access a higher state of consciousness and valuable information. This in turn leads to a paradigm shift or epiphany! “He feels all psychoanalytic approaches are purely ceremonial, and change is due to something else entirely... Levenson believes that something is resonance. The therapist is not saying anything new to the patient, but instead seems to be resonating with something the patient already unconsciously knows.”⁷

In working with clients, we have often witnessed this “resonance-break-through pattern.” Each session begins and ends with the HU. We attribute the rapid insights and breakthroughs to the resonance created by the HU within the individual as well as the group resonance impact on the client. As to what exactly happens in the sessions that trigger a breakthrough, we believe that Paul Twitchell summarizes it perfectly: “The ECK Current, latent in these atoms, is steeped in the matter of the lower spheres, and it requires an impulse from a higher current or word, especially HU, appertaining to and descending from the higher sphere, to awaken It's energy and move It into action.”⁸

As Twitchell points out, the current is the all pervasive spirit or force that lies dormant at the subatomic level and is activated by applying a vibration or vibratory word. The result is a stunning realization on the part of the client or a new insight into an old problem. It's like an electrical current that sits waiting in the outlet until the switch is flipped. This activates the current and powers the appliance to which it is connected. The HU simply activates the potential that lies within all of us and acts as the spark or ignition for the creativity of Soul. The result is a combination of science and spiritual law. The mechanics of vibration conform to the laws of physics while also aligning with spiritual law.

Frequency Domain = The Matrix

In working with the HU over the past few decades, it has been our experience that the HU alone carries the power to activate the light and sound (Divine Spirit) at the subatomic or quantum level and results in stunning insights and observations by the user. Some quantum theorists call this contact with the "frequency domain." "Although Pribram began by studying the frequencies of our normal sensory world, such as sound and light, he now uses the term "frequency domain to refer to the interference patterns that compose the implicate order. Pribram believes there may be all kinds of things out there in the frequency domain that we are not seeing, things our brains have learned to edit out regularly of our visual reality. He thinks that when mystics have transcendental experiences, what they are really doing is catching glimpses of the frequency domain."⁹ This frequency domain is the substructure for all existing matter that we see and experience, in other words---reality. At this quantum building block level, miniature strings and loops as well as light and sound seem to perform a symphony and vibrational dance that can be accessed with certain harmonic keys. It is our theory and belief that the HU frequency or harmonic opens this inter dimensional gateway for the user. The HU is such a simple password for such a marvelous dimensional journey to the frequency domain of light and sound. The best part is the fact that it is a journey inward and

not outward. It appears that the final frontier is “inner space” rather than “outer space.” As it turns out, we carry our space ship within us at all times. When we HU, we activate the warp drive!

Your Aura As A Personal Zero Point Field

Michael Talbot discusses the ability to see this frequency domain when we experience flashes of the human Aura. “One mystical phenomenon that appears to involve the ability to see reality’s frequency aspects is the aura, or human energy field. ---Under normal circumstances, however, the human energy field is visible only to individuals who have a specially developed capacity to see. Sometimes people are born with this ability. Sometimes it develops spontaneously at a certain point in a person’s life ...

According to some schools of thought the human energy field has a number of distinct layers. Different schools of thought refer to these energy bodies by different names. One common system of nomenclature refers to the first four as the etheric body: the astral, or emotional body; the mental body, and the causal, or intuitive body.”¹⁰

When we consider these different bodies, it becomes clear that they all vibrate at different frequencies and consequently produce different colors and wavelengths. It is our theory that the HU synchronizes the vibratory rates of the different bodies so that they all act in harmony or unison. In other words, visualize the Olympic event that involves synchronized swimming or diving. It must be done in unison and that is exactly what the HU does in synchronizing the different bodies to act as one. This results in a noticeable increase in harmony and serenity as stress is reduced and disharmony disappears. When our bodies are in synch, we feel together, connected, focused and at peace. The HU has the ability, when chanted, to act as a tuning fork. This fork resonates and produces a wave of resonance or sound that synchs-up our energy bodies and gives us a feeling of joy and happiness.

Talbot goes on to state: “When people are in a joyous state, this whirlwind of energy grows taller and brighter, and when they dance, it bobs and sways like a candle flame. I’ve often wondered if this was what the apostle Luke was seeing when he described the ‘flame of the Pentecost,’ the tongues of fire that appeared on the heads of the apostles when the Holy Ghost descended on them.”¹¹

In this context, when the HU produces a state of joy, it can be seen, if we have the eyes to see it. Perhaps we only experience this state as a feeling because that is what we expect but when we realize that we can also see it, it becomes readily apparent. The next time you finish HUing and feel ecstatic, look in the mirror and squint your eyes and see what transparency fields or colors appear around your head. Most of us can feel it but you might just be the one who sees it.

The HU heals and repairs holes in the auric field caused by disease and drugs (both prescription and illegal). “Drugs such as alcohol, marijuana, and cocaine are also detrimental to the brilliant, healthy colors of the aura and create what Brennan calls ‘etheric mucus.’ In one instance she was able to tell a startled client which nostril he habitually used to snort cocaine because the field over that side of his face was always gray with the sticky etheric mucus.”¹² The point to be made here is that the HU acts as a harmonic healing agent and literally closes wounds in the Aura. It increases the electro-magnetic field with light and sound to strengthen and fortify a weak or depleted auric field.

The person is unable to see these rather dramatic changes. However, the results are experienced immediately in a feeling of relief and tranquility. The HU changes the vibrations flowing through the aura to reduce the cravings of drug addiction and compulsive behavior. We are using the HU in this case to adjust the harmonic volume and brightness within us. It is change from the inside-out and this is the kind of shift that becomes permanent over time.

The Vedas address this very point: “In the Vedantic traditions sound is considered one of the most important principles of existence, as it is both the source of matter and the key to become free from it. One who can thoroughly understand the four stages of sound as explained in the Vedic texts can utilize this science to become free from the bondage of matter.”¹³ Perry states: “HU not only is a name for God but also a sound of the Audible Sound Current, woven into the language of life. HU is a universal sound descending from the highest levels, charged with the power to spiritually uplift and heal people of any religion. Modern photographic technology demonstrates that sound waves create light waves as well. The two are inseparable. --- This Sound Current, which is the Holy Spirit, flows outward from its Source, then rebounds, much like the ripples and wake caused by a rock dropped into a pond. Within this Sound Current all life truly lives, moves and has its being. Ultimately, it is the source of divine love flowing forth from the Heart of God.”¹⁴

Everything Is A Vibration

Webster’s dictionary says “resonance” occurs when the vibration frequency of a body is greatly amplified by similar vibrations close to the same frequency from a different body or bodies. Since the HU is a vibration or frequency, it is important to understand how we can use it to increase our “resonance.”

“But bodies are not the only things that resonate. ---the so-called vacuum of space is teeming with quantum fluctuations that display a resonance, a vibration. There is nothing that does NOT vibrate. There is no such thing as zero, dead, still. Everything that exists gives off some vibration of a certain frequency. Every planet, every person, every particle.--- Musicians know that when a guitar string is plucked on one instrument in a music store, all the other guitars in the same room will vibrate to that tone. The Zero Point Field could act as a field of ‘entrainment’ or resonance, where the vibrations of particles tune to specific frequencies, creating different forms of matter, energy and interactions. Other scientists believe this field has different names.”¹⁵ We believe the field to be the HU itself. In other words, the HU harmonic

generates and drives the universe as the prime source. Additionally, everything is enfolded into everything else which makes the HU the key for each of us to become human tuning forks that resonate in harmony with the HU itself or ZPF.

“Take the idea that everything is the result of a vibration, and even the Zero Point Energy in the quantum vacuum has been shown to ‘jiggle’ or vibrate. ---Vibrations are dynamic, interacting with one another and their environment, creating different tones and chords and harmonics. ---in a sense, that is what the tiniest particle is---a vibration ---and easily see how the universe could be made up of harmonics.”¹⁶

Some scientists call this vibratory field a “morphogenic field.” Sheldrake suggests that “there is ‘morphic resonance,’ or the resonance of memories which exist in the sort of Akashic or ‘collective unconscious’ of Jung. “Morphic fields also contain attractors, which draw organisms towards future states. This could explain how a dog might pick up a change in the morphic field that lets it know its owner is only a half block away.”¹⁷

“The morphogenic field itself could be made up of ‘morphic wavelets’ of resonating, vibratory energy that differ in scale and frequency. The wave could have a resonance that synchs up with the resonance of a pet, or human... It seems quite possible humans and animals could find a way to set their own frequency to the station of their choice.”¹⁸

The HU can be heard daily in every waking activity. It is the sound of the jack hammer, the lawnmower, the impatient horn, the barking dog and the crying baby. It is the whisper between lovers and the soft hum of a kitten’s purr. When we meditate or listen to the silence of a clear mountain morning, we hear the HU. It is the sound behind and within all sounds.

HU = Zero Point Field

Today, we experience the synchronization of frequencies as “being in the flow.” It not only feels good but puts us directly in the zone of high performance and optimal potential! The big benefit we receive when synching-up is the feeling of “divine guidance.” This results from a shift in consciousness or harmonic that aligns us with the Zero Point Field or HU. We truly can choose the station we tune-in to. When we synch-up or experience synchronicities, we are using resonance within us to align our invisible bodies (and chakras) with our true self---Soul. This is all accomplished quickly and smoothly---Just say HUuuuuuuuuu.

In our opinion, HU (the ancient name of God) is the Zero Point Field in Quantum Physics. From the void of nothing and silence comes the science of sound known to us as the HU; this sound creates the world as we know it. The HU is the glue that holds together the spinning planets and the far flung galaxies. It is the ancient name of God that commands the true power of the logos or word. HU speaks for itself in the whisper of the wind and the awesome rumble of an earthquake. It is the Alpha and the Omega.

Chapter 4

HU---THE UNIVERSAL PANACEA

The HU not only alleviates the symptoms, it addresses the cause. We call it the 60 second turn around therapy because it dramatically and quickly impacts anxiety, nightmares, excessive mental chatter, insomnia, projecting into the past or the future, depression, stress, anger, poor choices, indecision, ego running the show, fear, grief, headache, addiction, heartbreak, lack of discipline, procrastination, negative thought patterns, and much more. If you have a problem, HU is the solution.

All problems stem from our individual state of consciousness. Certain states of consciousness promote wrong thinking and this type of thinking creates disharmony. This disharmony manifests itself as problems and disease. Hence the term “dis-ease” or not being at ease with our self. We mask this disharmony with pharmaceuticals and over-indulgence, rarely getting to the heart of the matter.

The HU goes to work on the cause of the problem. It works from the inside out. The HU has the ability to change your state of consciousness in an instant; it has the ability to lift you to a higher-state of consciousness. There is a big difference in addressing the symptom or the cause; the HU literally re-programs the cause and allows you to start anew and resonate with a new harmony. Consequently, the symptoms simply fade away. The HU corrects the problem at a deep cellular or subatomic level. These problems cannot be readily accessed by traditional therapy but respond rather dramatically to the HU.

Problems are Universal to the human race. Forty eight percent of America complains about Insomnia. Who hasn't experienced Anger, Depression or Anxiety. Yearly, in the month of May, we now acknowledge National Depression and Anxiety week. Our problems seem complex and appear to come from a multitude of sources. Nothing could be further from the truth; we have but one problem with many

masks and the source of the problem is contained within us. One way of approaching the problem is through the concept of “harmony.” When we are in harmony or in-sync with our soul-vibration, we feel at peace and at “one.” We feel a flow or connectedness with everything and everyone around us. It’s as if life has suddenly become a unified whole in which we operate as an atom of Unity. This feeling actually results from a type of personal surrender where we stop resisting the direction and momentum of life.

Resistance

Spirit knows where we are headed and presents opportunities and roads that we may choose to travel. When we resist the natural Flow of a positive direction in our life, it is usually due to fear of change or just a simple unwillingness to let go of old habits. We may notice a feeling of anxiety or disquiet creeping into our state of consciousness. This occurs due to resistance on our part. We fight the change or opportunity that is being offered to us. We may not even recognize it as an opportunity because we fear it. We may notice that little things begin to go wrong on a daily basis and our routines take on the air of difficulty and challenge. This situation signals that we are out of harmony and need to correct it. The funny thing is that we are the ones creating the difficulties due to our resistance. When we view it from this perspective, all problems in life are of our creation and choosing.

Anxiety and Discontent

Who doesn’t want their life to be peaceful, calm and serene? However, what people say and what people do are usually two different things entirely. We may profess to be seeking harmony and serenity but continue to pursue drama and chaos in our relationships and careers. Serenity, peace and harmony flow directly from contentment. This state of contentment comes from being happy with ourselves in the moment and ridding ourselves of desire for more and more. As long as we are constantly striving for more

things - money, status, recognition, fame, beauty, adulation or even security, we will never have contentment nor true peace of mind.

All of this striving creates an inner tension that acts like an electro-magnetic force field that repels peace, calm and serenity. This self-created force field resonates at a negative frequency and produces disharmony that we experience as anxiety or fear. The problem is not in the things we seek, but rather the method in which we seek them. We tend to seek these material things with an outer focus on the things themselves and not on the inner qualities that naturally bring all we desire.

For example, if we want a promotion from our boss, we begin to work extra hard to impress the boss and perhaps come in early and stay late. We worry that we are not going to be recognized for our efforts and hope that we will be rewarded for a strong performance. With this attempt at promotion, we experience tension, worry and fear. These traits cut us off from the peace and contentment we so desperately seek. Even if we attain our goal, we never fully realize it because we lack the contentment to appreciate it. We then move on to the next goal and repeat the process while locked in an endless cycle of desire that breeds tension and worry. We will forever be chasing the dragon, while feeling empty and isolated. In truth, anxiety springs from pursuing a thing or goal and not realizing that we already have it.

Nightmares

Simply put, a Nightmare is an important message to ourselves that we overlooked. This message may have been presented in the waking state or the dream state as a forgotten dream. Consequently, the volume on the dream is turned up or amplified resulting in a nightmare. It is meant to grab our attention and it certainly does! If we HU just before going to sleep, it works on the source of the nightmare...disharmony within. Once again, nightmares are but another mask being presented to us in a scary form to let us know that we are resisting or dismissing a great opportunity or new direction in our

life. It may be warning us to take another path or pay attention to our current road in life and watch the road signs. Nightmares are indeed our best advisors and should never be summarily dismissed as nonsense or unimportant. A helpful way to view this is to see the Nightmare as the problem and the solution. The nightmare shows us the problem and then provides a solution.

Mental Chatter

The monkeys of the mind will run wild every chance they get. The old saying is still true, “the mind makes a great servant but a poor master.” How did the mind ever take over as master and who gave it permission to run our life? We did of course. By not taking quiet time for ourselves and ignoring the importance of going “within,” we have now been forced to go without! We are not our mind and should never equate ourselves with being just the mind. Such identification leads directly to the problems we have been discussing. The mind assumes that it is the master and we are the slave. This turnaround originally came about like a default setting on our internal software. Soul creates...not the mind. When we stop creating as Soul, we default to the mind and it sends the message that it is in charge of running our life. It begins to structure and organize our life until all becomes habit, routine and rote. Anytime we attempt to step out of the box and create from Soul, the mind rebels and tells us how illogical and risky this action truly is. In other words, the mind is simply a machine and should never be left in charge of creativity in our life. We must begin by going within to take back and claim the land that is rightfully ours. The HU will balance the inner with the outer and instill autonomy. Just say HU to still the monkey's of the mind once and for all!

Insomnia

Have you ever noticed that unruly thoughts spill over into Insomnia? You can't sleep at night because your thoughts race out of control and interfere with drifting into an alpha state just before going to sleep. These jumbled and unruly thoughts keep you fastened on your waking or beta state resulting in another sleepless night. This syndrome has become pandemic in America. People are self-medicating, misusing, abusing and over-dosing

left and right. There is no need for this medical approach to a simple sleepless night. This is like putting band aids over your eyes so you won't see the outside world because it's keeping you awake.

What's keeping you awake is the internal tension that won't allow you to shift into the alpha state to begin to drift off to sleep. Insomnia is a warning bell that something is out of sync in your life cycle and needs to be addressed to uncover the root cause. With 48% of the country suffering from insomnia, we can't help but wonder why we are fighting the flow of life. Can you imagine what a peaceful world it would be if everyone got a restful, serene night's sleep? Instead, we go to the pharmacy and pop a few pills that render us unconscious and unaware, while the warning bell is still ringing but muffled by drugs. We have compounded the problem by disguising it with a variety of masks but we still know that it's there. Our sleep patterns are quite different when induced by a pharmaceutical. Our dreams will appear muddy and more jumbled or disconnected. Additionally, we never feel totally rested. This remains a big price to pay for what should be a simple night's rest. We can avoid all this by simply using sound to insure a good night's sleep. Remember, *Just Say HU* for a Sound night's sleep (pun intended).

Projecting Into the Past or the Future

Quantum Physics states that the present moment is all that exists. Everything we experience comes from the ever present moment and all perceptions of the past and future are simply illusion. We are always in the now and simply use the past and future as reference points for describing the passage of time. We use these organizing points (past and future) so often that we now believe they exist.

How often have we thought about yesterday's events and conversations or dwelled on our performance from a week or year ago, wishing that we could go back and change it. Perhaps we are focusing on an upcoming event, while wondering about its impact on our life. This type of projection into the past or the future causes us to lose control of the only position we can create our life from---the present moment!

When we are present, we are awake, aware, conscious and creative. If we are drifting into the past or projecting into the future, we are experiencing dead energy flows. These are places that leave us feeling ineffectual and anxious. These are states of mind that rob us of our power to change and leave us feeling powerless and alone.

The vibrancy of life comes from staying in the moment and directing the ongoing saga of the unfolding moment. This shift in consciousness to the present moment restores control to our creative impulse that we call Soul or Spirit. All this sounds easy but it's harder to implement than you realize. Whenever we listen to the TV or radio, we allow the media to construct the moment and focus our attention elsewhere. Along these same lines of thought, when we chat on a cell phone it too keeps us from remaining present.

Almost all activities require us to visit the past or focus on the future, thus reducing our ability to impact our life in a meaningful way. A good exercise to see if you are present is to close your eyes and see if you can describe what's going on around you at the present moment. Describe simple things like what is the person wearing that you have been talking with for 15 minutes or what's the color of the car in front of you or how many trees are on the street where you live? Do you notice when someone changes their hair color or shaves off their beard? You will find it challenging to repeat with accuracy any details or descriptions of events or things surrounding you in the moment. Why---we just aren't present. It is little wonder that we have become such a neurotic nation focused only on the negative. When we feel like we have become a zombie doing the same thing every day, it is the result of not being present and thus forfeiting our right to create our life with the knowledge that we are the creators of our destiny in this very moment. If you take a moment and look around you when you are driving to work or walking down the street, you will see a multitude of people with head sets on or talking on cell phones; none of these people are present and therefore none of these people are in charge of their life at that moment! When we unplug from our electronic drug, we begin to wake up for the first time!

Depression

So who isn't depressed these days? The commute to work is enough to depress anyone. Not to mention the cost of gas and the soaring price of food. Life itself has truly become a challenge and how we respond to it determines our state of depression or joy. Much has been written about depression and its symptoms. Very little addresses the cause. If we go back to the principle once again that we create our own world, we logically arrive at the conclusion that we create our own state of consciousness and therefore construct our own state of depression.

It has been said that life is truly a mirror and reflects back whatever we see in our lives. If we see misery, failure and hatred, the source of it is within ourselves. Most people react (and the operative work is react) to circumstances in their environment. When we react to what we see, we are emotionally attracting similar circumstances to us. In other words, when we view something negative and react with anger, repulsion or retribution, we immediately set the stage for all vibrations on that wavelength to come into our consciousness. The rule being---like attracts like.

Pretty soon life looks like a messy house with unwanted debris scattered across the landscape of our daily routines. This syndrome perpetuates introversion until the symptoms of depression are overwhelming. What we fail to see is that we are creating the circumstances that are causing our depression. We cannot think our way out of this cycle. The mind is the cause of the problem and must be shut down or turned off so higher-self or Soul can begin to work its magic. When we sit and HU for fifteen or twenty minutes daily, sound therapy will retune our emotional and mental bodies and shut down the negative self talk. This will end the constant cycle of self-analysis.

Stress

Time seems to have accelerated and placed an increased burden on each of us. We create and manifest much faster than we did 10 or 15 years ago. However, the downside hits us at our weakest point...our character flaws. Perhaps we have a self-worth issue and that is our challenge in this lifetime; it will be magnified and reflected in all of our affairs. We may find ourselves financially challenged and witness our relationships fall apart due to our lack of self-confidence. The problem of self-worth will require our immediate attention because it too has been quickened along with all of our sterling attributes. The point is this...Stress has now become a way of life and not just a temporary symptom of some circumstance. Therefore, a permanent counter-balance is needed to offset this daily condition.

Since stress impacts the central nervous system, the perfect solution is the HU. This simple sound creates a vibration and frequency that immediately begins to work on the nervous system to relieve the stress and replace it with an inner peace. The effect can be felt within 30 seconds and continues long after the HU is finished.

Anger

All anger stems from fear. Fear of not getting what we want or fear of losing what we have. We once had a client who suffered from extreme road rage. He would begin to heat-up until he reached the boiling point and then swerve into the other lane to intimidate other drivers. He said that he would lose control.

For Brian, it was a fear of losing his personal space on the road and losing respect that he thought he deserved. His anger would explode and result in multiple problems. We gave him the HU and told him to try it the next time he felt the anger taking control. One day, we received a call on our cell phone and he had pulled over to the side of the road to call us. He described how he felt the anger rising while on the freeway and he remembered the HU. As he started HUing, he could feel himself start to come down from

the anger and regain control. Immediately, his normal perspective was restored. He stayed focused and in control and the incident passed without any further problems. He said that he had never experienced anything quite as dramatic as the HU in combating his anger and turning it around on the spot!

Today, anger is pandemic and everyone seems to have less tolerance and patience. There are many techniques for anger but the quickest is the 60 second turn around called *Just Say HU*. It works quickly, efficiently and consistently!

Poor Choices, Indecision, Ego Running the Show

Have you ever made a wrong choice, been burned or blind-sided? If you answered “Yes,” that’s simply because you were following the lead of the little-self or “EGO,” as opposed to the call of Spirit, Soul or Higher-Self. The ego tends to get us in trouble. It wants what it wants and it wants it now! It has no regard for discipline, let alone good judgment. Most suffering can be traced to “Ego running the show.” Perhaps you are married, you’re on a business trip and you meet someone very attractive. You begin to chat with this person and they ask you out to dinner. You accept the invitation, while inwardly thinking ... no one will know. One thing leads to another and you end up in bed together. Marriage vows go out the window. This is a good example of Ego running the show.

Perhaps you meet someone online, they have a dynamite profile and they look good too. You make plans to hook up. You hit it off; it’s hot and heavy from the beginning. At the same time, you know this person is not right for you. Your backgrounds are dissimilar...different religions, a bothersome age gap, been married, divorced and a litany of other differences. But the passion is intense and you are lonely, so you stay in the relationship. Once again, this is Ego running the show. Your gut is telling you there is a problem but you ignore it and pay the price later. We can learn lessons the hard way. However, it doesn’t have to be so difficult when we listen to our inner guide.

Fear

Fear comes in many forms but usually results from fear of not getting what we want or losing what we have. When this happens, we react with anger and withdraw. We experience depression, anxiety and resentment. These diverse behavioral manifestations are simply masking responses to the same root cause---Fear! The beauty of working with the HU is that it immediately impacts the problem and shifts the frequency or vibration within the individual; the result is noticeable and immediate. There is an old saying that if we are willing to give up fear in this lifetime, we will never have to give up another thing. When we give up fear, we naturally open ourselves to the gifts of the Universe. Fear constricts and closes down our ability flow in the moment. Energy is closed off and we become withdrawn and lonely. This is due to the fear that we have allowed to consume us. The problem starts with us and ends with us. When we conquer fear, we conquer all of our demons in one dramatic stroke!

Grief and Heartbreak

No one is immune to grief. We have all experienced the loss of a loved one, pet, friend, job or prized possession. The grieving process is part of the human condition and doesn't discriminate. Each of us has learned to cope 'or not' with grief over the duration of our lifetime. The harsh reality is that grief can incapacitate a healthy person for long periods of time. Today, after any traumatic event, grief counselors are provided for the victims. Many books have been written on the grief process and therapeutic ways of addressing it. However, we have found that the HU offers solace and peace during these trying times. It offers a short-cut to a typically lengthy process.

Addiction

The cravings are killing you. You just don't know how to stop eating, drinking, shopping, drugging, smoking and surfing the Internet. Where do you start and how do you defeat the demons of addiction?

Addiction stems from “the void within.” If you fill the void, the insatiable cravings subside. The tricky part is filling the void with something that does not lead to another craving and another addiction and another endless cycle. More material things and substances just lead to more of the same. In order to avoid this “chasing the dragon syndrome,” we suggest you fill the void of addiction with a healthy replacement... “the HU.” The fastest therapy on the planet --- *Just Say HU!*

Lack of Discipline and Procrastination

Discipline is almost a forgotten word in a world of self indulgence and procrastination. No one wants to make a tough choice or stick with a strict diet even though the result is what most of us are seeking. The double edged sword of poor discipline and procrastination leads to predictable failure and a victim mentality. We all look for someone to blame while the real culprit is staring back at us from the mirror. Discipline is a learned trait and can be facilitated and enhanced by simply practicing the HU each day. It strengthens us from the inside out and provides resolve and determination on a daily basis. So, don't procrastinate another moment ---*Just Say HU!*

Negative Thought Patterns

Who hasn't had a negative thought or reflected on a very negative event that was part of our history and biography. The question is how to stop this incessant negative thought flow of the mind that seems to spring from an eternal river of negativity. The catch twenty-two seems to be that we absolutely cannot think our way out of a negative thought pattern or flow. The HU will quickly still the mind and the negativity dries up! Once the riverbed of negativity has evaporated, rich new thoughts will begin to grow and replace the old negative flows. This results in a new mindset of hope, determination, inspiration and a renewed emphasis on positive thinking.

The HU combats all problems and much, much more-----

Chapter 5

JUST SAY HU---HU THERAPY

The coolest thing about HU Therapy is that with one simple technique you can have immediate relief, no RX needed and no therapist required!

All of life is a vibration. This includes your habits, your likes, your opinions, your attitudes, your attractions and most certainly your ailments. If you change your inner vibration, you change everything in your world. These changes move you toward your “true-self,” while leaving the old self behind.

Most people tend toward what we call “spoon-fed vibrations” for change, such as, TV, radio, pills, drugs, alcohol, and drama. In other words, people want to change their thoughts, emotions and behavior.

Nevertheless, they turn on the TV when they walk in the door and catch happy hour every Friday. These are the same people that complain... “same stuff - different day.” The means they use for an internal change in vibration are temporary fixes, leaving them right where they started...frustrated, tired and bored.

HU changes you from the inside out; this results in permanent change, leaving you in total control. HU is a short-cut and here is the reason; if you use outer vibrations to alter your inner vibrations, you must use these outer vibrations over and over for that same effect. This is the main reason people are in therapy for years, on the same prescriptions forever and stuck in a rut. Some people choose the same type of mate over and over again, getting burned each time. The problem is always within the individual, not with their outer circumstances. The outer world or environment can only respond to our internal vibrations. Even

though it seems we are the victim, this is not the case. We have chosen our situation either consciously or unconsciously!

The HU Rx

Internal vibrations can change quickly. But make no mistake, if you only HU once a month, you might not notice a lot of change. On the other hand, if you HU daily, you will create long-lasting internal change for yourself, resulting in many natural outward changes. These changes can range from the elimination of limiting habits, attitudes and negative relationships, to greater refinement, patience and joy. Habitual ways of being, thinking and acting tend to hang on tightly. This is why we recommend HUing daily for inner strength, resolve and permanent change, coupled with “HU in a Pinch.” This will help you get over any hurdles you may encounter along your journey.

Let’s get right to it. Simply put, it goes like this...

HU Therapy

Just Say HU is a 3 step technique that guarantees success

-Inhale

-Exhale while saying HU (hue) like HUUUUUU (silently or aloud) eyes open or closed

-Repeat. Do this for 1-20 minutes Daily

-Tip: It helps to think of something or someone you love to open your heart before you start. Thinking of your favorite pet will do the trick and accelerate the process. Love is the key to expanded consciousness.

Yes, that’s all there is to it. Pretty simple... After you try it you will *feel* the difference. It works and it works quick. That’s the wonder of sound and vibration – it creates an immediate change within the central nervous system and your subatomic structure. Now for the specifics: there are two occasions when the HU is most useful...daily and anytime you’re in a pinch.

When To Just Say HU

Daily HU

You can use the HU daily for ongoing balance and harmony. It will keep you in the zone. It is much easier to *stay* in the zone than to try to *get back* in the zone. Wouldn't you agree? Here is how you can set it up. Pick a time that works for you and establish a standing appointment with yourself. It becomes as regular as clockwork, just like hitting the gym. For instance, "Each day at 7am I will HU for 20 minutes." This will allow you to reap the *ongoing* benefits of HU.

In a Pinch HU

Anytime something unexpected occurs in your world, such as a stressful situation, a bad feeling, or a decision you are faced with, all you need to do is "HU In A Pinch." It doesn't matter what you are doing, where you are at, how much time you have or who else is around. As you read further, you will see the HU has you covered no matter what your circumstances.

Custom Designed HU Therapy

There are various ways to *Just Say HU*. One of these is sure to please, no matter what your comfort level or situation.

4 ways to *Just Say HU*:

Out loud HU

You can use this version when you are alone or in a group HU chant.

-Inhale

-Exhale while **saying HU** (hue) like HUUUUUU (eyes open or closed)

-Repeat. Do this for 1-20 minutes

Silent HU

You can use this version when you are *not* alone. Such as, a tense business meeting, just before getting on stage to speak, on an airplane, if your spouse is getting on your nerves or you're in class taking a test. The Silent HU can even be used when you get into bed with your significant other and you want a good night's sleep.

-Inhale

-Exhale while **thinking HU** (hue) like HUUUUUU (eyes open or closed)

-Repeat. Do this for 1-20 minutes

Whispering HU

You can use this version whenever it feels right. It's kind of like a sigh of relief. You can even do this version if people are close by – no one will hear you because it's like a soft whisper.

-Inhale

-Exhale while **whispering HU** (hue) like HUUUUUU (eyes open or closed)

-Repeat. Do this for 1-20 minutes

Spell the HU

You can use this version for yet another variation of the HU. Maybe you would rather spell it.

You will notice a different vibration or feeling when spelled out.

-Inhale

-Exhale while **spelling HU** (hue) like H...U... out loud or silently (eyes open or closed)

-Repeat. Do this for 1-20 minutes

You can stick with your favorite or mix-and-match.

Custom Designed HU Therapy – how cool is that!

HU vs. Traditional Therapy

Does HU Therapy Replace Prescriptions or Traditional Therapy? HU therapy will enhance whatever you are currently doing. You may find in time, you can do away with a certain prescription or therapy.

However, that is something to be determined between you and your medical professional.

A gal in Phoenix came to us for a session. She had been in traditional therapy for 10 years. We had one session with her and within 45 minutes she experienced a breakthrough. This is the power of the HU. It dramatically and immediately increases “resonance” within us that leads to an insight or breakthrough with tough problems.

Another girl who normally experiences severe anxiety left her anxiety medication at home. While she was out, she experienced a major panic attack. The only thing she could do was HU. She called us the moment she got home. She said the HU “literally saved her life.”

Here is yet another story from Texas on the Power of the HU. "One day David was sitting in his chair watching TV. He did not have his oxygen on at the time. He tested his oxygen level using an oxymeter. His oxygen level was down between 82-84. Normal is 94-100. David began using "the HU" technique and within 2-3 minutes his oxygen level was up to 95. The HU really worked for him. I told him now you don't have to panic if you are out and you don't have your oxygen tank with you. When you feel your oxygen level is going down, all you have to do is HU!!! These are just a few stories on the Power of the HU. Try it for yourself, gauge your results and go from there. You can never go wrong with the HU.

HU as Quantum Therapy

How and why does the "HU" actually work? Well, it's simply a matter of Physics... When we HU, we create an electro-magnetic field that vibrates at a certain frequency. Quantum physics states that everything in the universe vibrates at its own particular frequency, known as a quantum signature.

The negative emotions of fear, anger, sadness, depression and tension all vibrate at the lower end of the spectrum. The negative emotions cluster around 1 to 3 or lower end of the scale. Neutrality is a 5 or the middle of the scale. The emotions of joy, compassion, and love cluster around 7-10 or higher end of the scale. Our electro-magnetic shield (aura) protects against negative emotional attacks. However, if we are frazzled, anxious or unhappy, this lowers our defenses and weakens our electro-magnetic shield, leaving us open to surrounding negative emotions. Here's where the HU comes in. When we HU, we immediately create a positive force field. This strengthens us from the inside out. This frequency adjustment protects us from negativity, creating peace and harmony within.

We can use the HU for protection against emotional contagion and keep ourselves in a state of joy, love and serenity. We become big Love balls (filled with love) and everyone around us feels it and responds with corresponding love. The Universe is a "mirror" and it reflects back exactly what we put out! This explains the phenomenon that when we feel great on certain days, the whole world smiles back at us. It's no wonder...they are simply responding to the frequency of joy and happiness! It's just a matter of physics, like attracts like. This law of attraction draws to us every known experience in the universe. When we say HU, we experience the higher harmonics of ecstasy and love.

HU Therapy Recap...

The HU is an effective technique for all that ails you. It's simple and uses sound. HU is an ancient word and it contains a vibration that promotes clarity and restores harmony within. The HU can be used for

anxiety, fear, nightmares, depression, insomnia, centering, decision-making or simply any time you need to feel better.

The HU retunes the central nervous system in the way one would tune a piano. It silences the Ego and fosters Discernment while activating and enhancing your personal connection with Divine Spirit or Higher-self. After all, that is where every great idea or solution comes from... You'll gain clarity and receive guidance in all your affairs. Remember...*Just Say HU*

Below are a few examples of *Just Say HU* in action...

“Just Say HU” Experiences

“Thanks AGAIN for the gift of HU...I can't tell you how grateful I am! I hadn't gotten more than 3 hours of sleep a night since Tyler was born a month ago and I was just exhausted and starting to lose it, and after the HU got me and Tyler through that episode, I started HU-ing regularly, and I have actually gotten sound sleep ever since! Granted, it's only been a couple days since I learned HU, but it already saved me and the baby Friday night and has gotten me more sleep than I've gotten in a month! No words can express my gratitude! It's like you gave me GOLD! I feel SO much better since I've been able to sleep! And the baby is showing a night and day improvement as well! Thanks again! You're a life-saver!”
-Natalie, MI

Featured on E! Entertainment - Chelsea Lately

"HUuuu...Well, I'm working with 2 Life-Coaches...They taught me to HU and help me deal with certain things that come my way." The HU is for, if you have to answer a difficult question or something you don't want to deal with in your life...It can help you relax and release your mind."

-Tiffany “New York” Pollard of “I Love New York”

"I've been on my spiritual path for about 10 years and just recently been drawn to doing voice toning. I've been doing the "A" "E" "I" "O" "U" and "OM" and "Ahh." But...I was amazed with the results I personally received from saying "HU". I have been stressed in so many areas of my life recently and just by using your "HU" method.. I'm feeling like I'm "high" on a "drug". My whole being is vibrating and I'm calm and peaceful... It dramatically impacted me in such a short time...I feel this needs to be shared with the whole world....its such a simple but powerful technique for relieving stress, etc." **-HollyMarie, OH**

"It's as if the HU cleans our Soul" **-Nick, "The Night Before with Nick Margerrison" Kerrang Radio**

"The HU feels like coming home...Thank you!!!" **-T.W., New York**

"Thanks very much!!!! The HU sure is calming me down and I sure am happier!!!" **-Shawn Neal**

"I have been laden with anxiety so I have been HUing big time. It's been such a Blessing. Thank you!!! It used to take me 30-45 minutes to fall asleep, now I HU when I go to bed, it calms me, relaxes me and it only takes me 10 minutes to fall asleep." **-Amy L. MI**

"The HU is like a Homing Device"

-Rob McConnell, Host & Executive Producer of The 'X' Zone Radio & TV Show

"I HU before bed and now when I wake up the Xanax is still on the dresser, the ashtray is still empty and the Diet Coke is still unopened." **- Koula D. MI**

Featured on A&E Network - INKED

"Everyone in the shop started doing it. Twig and everybody. It was kind of relaxing. It helped me do the Tattoos. They were fun and they actually made the shop a little brighter while they were HUing and I enjoyed myself." **-Jesse, TV Show Personality, Tattoo Artist**

Featured on A&E Network - INKED

"HUUUUU...It's like the Supreme's plus one. I like people who don't really care what other people think and those people definitely didn't care. They were really, really wild."

-Twig, TV Show Personality, Tattoo Artist

"Sure enough it works!!!! I HU myself to sleep. Do it in the middle of the night too...and I am 60 years old! Live Long and Prosper!" **-DJ, MI**

"HUing has helped me get over that obsessive, oppressive, urgent, seemingly hopeless drive to kill myself, and see other options, and indeed be a bit more optimistic about the future."

-W.A., Washington

"Thank you Dream Dudes! I feel so much calmer. Things are changing for the positive :)"

-Evita Melikyan, CA

"The HU is great for me! I HU from time to time. I have noticed that when I feel a headache coming on I HU to reduce it. Sometimes I HU while on my walks. And sometimes I HU in bed to promote a deeper sleep. Live, Love, and Laugh" **-Marisol, L.A., CA**

"I was having a full-blown panic attack and the HU literally saved my life." **-Lisa, Austin, TX**

"Just wanted to give you an update. God is good, along with family and my total inner strength and will to quit I have made it to day number 8 with no problems. I have prayed hard and been very sincere about not smoking and followed the HU technique thru a few stressful moments at work but to my surprise this has been easier this go round than anticipated. I just want to take the time to thank you for your guidance because it is well appreciated. **-DaBoss, Austin, TX**

"Still HUing my lil heart away but the sensation for me to want to smoke is gone it doesn't even bother me but the smell of it does now how funny is that." **-DaBoss, Austin, TX**

"Before The Dream Dudes, I was saying, "Huh?" Now, I'm saying, "Huuuuuu"! And you will, too, when you learn to trust yourself, go within and listen closely to your own instincts. Listen to what Nicole & Michael have to say about dream interpretation, then listen to your inner voice, which has been trying to tell you something important - all of your life." **-Kat, Bad Kat Productions**

"When my son was 4 weeks old he would wake up at 1:00 in the morning and scream for one straight hour. We tried everything- checked his diaper, tried feeding him, made sure he wasn't cold and burped him. Nothing seemed to work. I had shared with my husband months before about finding your center with "HU". My husband started doing HU with the baby and it worked!!" **-Cindy Grohman, LA, CA**

"The HU cured my insomnia, and allowed me to sleep through the night for the first time in as long as I remember." **-Joel Calzada, California**

"One day David was sitting in his chair watching TV. He did not have his oxygen on at the time. He tested his oxygen level using an oxymeter. His oxygen level was down between 82-84. Normal is 94-100. David began using "the HU" technique and within 2-3 minutes his oxygen level was up to 95. The HU really worked for him. I told him now you don't have to panic if you are out and you don't have your oxygen tank with you and you feel your oxygen level is going down. All you have to do is HU!!! Praise the Lord!!!" **-Susan A., El Paso, TX**

"David is still HUing and is doing great. We both HU and it really helps to make us feel better. Think of you often." **-Susan A., El Paso, TX**

"Thanks to the HU---My golf game has hit a new level of excellence! It helps me to focus and stay in the zone. Before I tee off, I always say HUuuuuuu ---Thanks so much Dream Dudes---You guys rock!" **-Jason Buttriss - 0 Handicap Golfer, Phoenix, AZ**

"You would love to hear that I have incorporated the HU into my yoga workouts! It really has improved my workouts! Thanks so much!" **-Maria G. Meleandez**

"My Boyfriend commented that I was soooo much more calm and easy to get along with. He said I'd stopped snapping at him. I told him it was the HU and he was amazed." **-EM, CA**

"I HU before I make a phone call and I can feel the difference and so can the person I am calling. They say to me - "What have you been smoking? Can I get some?" **-Dr. Pat Baccili, The Dr. Pat Show**

"I was driving to work and I had a strong craving for Starbucks (I'm trying to kick the habit) So I started HUing for relief. By the time I got Starbucks the craving had passed and I drove right by. Thank HU!" **-Yesenia Villa, L.A., CA**

"Ok the HU-ing is great. My whole family has been using it and it works. I have been using it to sleep. Wow... Great show!" **-Listener, Santa Barbara, CA**

"If I was not HUing I would be making poor choices all the time. It actually makes you stop and think before doing anything, so I can tap into my higher-self. **-Kari E. MI**

"When I HU it's as though something has been lifted off my shoulders." **-Diamond N., MI**

"I started HUing with my son before bed, his nightmares have stopped and he's not scared to go to bed anymore, not only that but with the world today as crazy as it is, I would be a wreck. HUing gives me a calm center and no matter what I still feel safe." **-A.L. MI**

We invite you to send us your Personal HU Experiences - info@JustSayHU.com

Chapter 6

HU – REAP THE BENEFITS

Relief is on the way...serenity, peace, calm, harmony, overcome addictions, clarity, being present, relaxation, creativity, Divine Guidance, avoiding adversity, inner strength, good night's sleep, eliminating nightmares, heightened intuition, dream recall, dream programming, dream interpretation, good decision-making, direction, discipline, inspired action, confidence, the "Ego-Buster," happiness, mastering your destiny, unconditional love, activating your inner oracle, healing, and it even slows the aging process. All of this is just the beginning!

Relief Is Spelled...HU

We are all seeking refuge in one form or another. This is witnessed in the mass pursuit of stress-reduction, all the way to the voracious consumption of pharmaceuticals. The HU will assist you in all your endeavors while providing relief 100% of the time. This results from the fact that the HU is a 24 hour tool. In other words, it is something you can use while at work, driving, or sitting at home in the living room.

Serenity, Peace, Calm, Harmony

If you HU daily, you harmonize your vibrations. The effect can be felt from a feeling of unity and harmony that keep us balanced and in synch with our true self or Soul. You become a fine-tuned machine that hums effortlessly. The HU shatters disruptive vibrations and restores inner peace and tranquility. It becomes the harmonic wave that washes over our troubled lives and restores balance. This effect is immediate and dramatic. The tendency of life is toward entropy or a state of chaos. In this way, order gives way to disorder, confusion and disharmony. The HU acts like a glue that provides cohesion to life and keeps it from fragmenting.

Overcoming Addiction

Addictions are simply unwanted behavior or negative habits that we have developed over time. They are connected to a certain vibration or frequency within us that trigger the craving to continue the behavior. When we HU, we change this internal vibration and re-set or re-tune the central nervous system so the craving subsides and allows us to get past the over-powering desire for the addiction. This process is simple, yet profound. It uses sound to alter our internal rhythm and re-programs us to a new vibration and behavior. This can be done during the day in a silent fashion whenever a craving strikes. Additionally, you can assign 20 minute sessions for rebuilding and repairing the damage done to the central nervous system as well as the electro-magnetic field. A twenty minute HU session will work wonders for erasing that nervous, frazzled feeling that comes from addictive behavior.

Clarity

Ever have jumbled thoughts? Clarity comes from clearing the mental chatter and restoring harmony within. It comes from directing our thoughts and not being directed by them. It comes from creating our mindset and not being a product of it. The HU will streamline your thoughts and ideas, making them clear and concise. This provides you with laser-beam focus. The advantage of clarity is that it allows you to be single-minded while accomplishing your goals in an orderly fashion. Specifically, the HU establishes a frequency that holds and maintains focused thought. In other words, it acts just like the focus adjustment on a camera. We suddenly see the vivid colors that provide us with a way out of our fuzzy dilemma. When we HU for clarity, we not only see the problem in sharper contrast but we perceive the solution woven into the fabric of the problem. The solution is always right in front of us but simply out of focus; the HU brings it into focus!

Be Present

Being present provides us with a strong center point from which everything occurs. A great way to stay in the present moment is to HU inwardly or silently throughout the day. By creating this internal vibration with the HU,

it keeps us from drifting into the past or projecting into the future. In this way, you create your life from a true place of spiritual power, the present moment!

All motion and action radiate outward from a point in the center of a circle; this point is referred to as the present moment. When we are there or here to be exact, everything flows with ease and grace from this dot of potential. The HU takes us on a ride to the center of the circle and shows us how we become the dot. Life takes on a quality of “isness” that just seems to happen naturally. We create our world effortlessly from this point. This sound fixes us in the eternal moment and holds the frequency necessary to sustain this state of consciousness. This becomes a new reality or state of being for us when we use the HU to stay present.

Relaxation

How many times have you heard someone say, “I just can’t seem to relax.” We cannot think ourselves into a state of relaxation; it must come from shutting down the mental apparatus. Another way of putting it, we must start by not thinking! The HU puts us into a state of “non-thought.” Take a deep breath and as you exhale *Just Say HU*....Repeat at least 10 times. As we begin to feel the harmonic sound, our jangled nervous system will begin to relax. It takes us on an inner journey where perception and feeling are governed by vibration and frequency. This state is subtle and fluid and acts to shut the mind down so we can relax. This allows us to know what it feels like once again to enjoy the moment in repose and relaxation.

Creativity

Need a boost in this area? Just say HU. You’re a creative spark of God and therefore, when you invoke the ancient name of God, you are automatically going to ignite the creative juices within. Since the HU is the original primal sound that created the Universe, it automatically enhances creativity. Within the HU is contained the original blueprint for creating the Universe and we access this creativity when we tone the sound or chant the word HU. Our primary purpose as Soul is to be creative. This process is sometimes hindered due to habit,

repetition and routine. When we HU, it creates patterns or vibrations that urge us to solve our problems and take action. This is called being creative. It comes from working with the HU on a daily basis. We paint our canvas with infinite shades of the rainbow. The brush we use to splash the color on our canvas is the act of creativity. If you want more---*Just Say HU!*

Inspired Action

They say this is the best kind. If you HU daily, you tend to operate from a place of inspired action continuously. Look at it this way, if inspired action comes from above, then when you invoke the name of HU, you are filling yourself with this essence from which all inspired things originate. In some ways, inspired action can be equated with “spontaneous” action. It tends to pop into our mind suddenly and come out of nowhere. This usually occurs after a session of HUing for 1 to 20 minutes. The HU vibration activates the dormant ideas already within us and stimulates the flow of inspired thought and action. Suddenly, it feels right to engage in a certain behavior or just go for ice cream down the block. While at the ice cream store, you run into an old friend that you had been meaning to call. The old friend gives you an idea for a totally new business venture and your life takes a turn for the better. What a coincidence! The inspired action led to a completely unexpected and unique turn of events in your life---all due to the HU!

Divine Guidance, Direction

Use the HU to receive divine guidance and you will be amazed. It is as direct as picking up the telephone, dialing God, and getting an answer! The HU taps into the original source that we call God or Spirit. It can be used as a form of prayer but the kind of prayer that asks for nothing and assumes that God knows what is best and everything is exactly where it needs to be. We HU to align ourselves with this divine current and we reap the benefits of such a contact. It's like accessing a super battery that gives us a boost that allows us to peek a little more deeply into the truth. It's an experiential thing and hard to put into words because it must be felt and experienced to know what the guidance feels like and how it manifests through us when we begin to HU. Divine

Guidance comes in many shapes and forms but it usually results from us being an open channel for Spirit. It literally clears the disharmony that is blocking the free flow of energy through us. It's like taking the kink out of your garden hose and the waters of life begin to flow freely and swiftly. This occurs quickly when we start to HU and continue the exercise for up to 20 minutes.

Avoid Adversity, Good Decision-Making

The HU puts you in a higher state of awareness or consciousness, and silences the ego. We make poor decisions because we are operating from the lower-self or ego and we pursue an outcome for all the wrong reasons---greed, fear, vanity or self-aggrandizement just to name a few. This adversity results from poor choices and the HU technique corrects this. When we HU, we begin to align ourselves with Spirit and consequently we make the best possible decision for us at the time! It's really simple. When you follow this advice you naturally and effortlessly avoid adversity. Since HUing puts you in the zone, it automatically sharpens your decision making ability. If you use the HU daily, good decision-making will be on auto-pilot.

Mastering Your Destiny

Destiny is what you are born with, while free-will is what you make of it. When you HU, you gain the insight to alter your destiny thereby mastering it. Imagine a five dimensional game of chess that resembles a hologram. Each time we move one chess piece, a chess piece moves in every dimension. Therefore, strategy is almost impossible to implement or design. When we HU, we gain a 360 degree perspective of the chess board that allows us to know the exact impact of our next move and how it will effect our life. The HU assists us in moving from the back seat of our automobile to the driver's seat. We are now in charge of our life and see exactly where we are headed. Everything begins and ends with us and all we have to do is HU.

Activate and Access Your “Inner Oracle”

In ancient times, people would consult an oracle for wise-counsel. Why don't we ever hear this oracle speaking to us? The truth is that the oracle is constantly speaking to us but we have the volume turned down. One of the best kept secrets in the Universe is that you are your own best counsel. The question has always been—how do we activate and access this counsel? If you HU daily, you activate the oracle within. The oracle is the Holy Spirit or energy current that's lies dormant within each atom and its waiting to be called upon for counsel. After all, it has your best interest at heart. The HU will activate the new sound system within and the Oracle will provide us with wise counsel and direction. There really is NO need to consult a psychic or travel to Greece to seek the ancient Oracle from thousands of years ago, instead---*Just Say HU* and tune in to your “Inner Oracle.”

Inner-Strength

If you HU daily, you build incredible inner-strength, resolve, and neutrality. When things don't go as planned, you don't get knocked down as easy as the next guy. You don't get as frazzled or upset. You remain calm in the midst of any storm. The old saying is---if you resist, it will persist! The HU will allow you to flow with the moment and gain strength in the midst of a crisis. The strength comes from within and is activated by the HU. Rather than resist, we simply allow the trouble or adversity to flow over us or around us and in that moment we gain the strength and resolve to withstand adversity. The HU exercise will build incredible strength over time.

Confidence

HUing daily builds your confidence from the inside-out. It happens naturally, everything begins and ends with us. The HU promotes right thinking and right action and that is where confidence and self-assurance begin. We are not talking Ego, we are talking about real confidence. When we HU, our attitude toward ourselves and life in general becomes positive and expansive. This switch occurs from an increase in our electro-magnetic field that radiates outward into our environment. This field impacts our feelings and attitudes about our life. As we HU, we

begin to feel certain, confident and clear. This is reflected back to us from others who are impacted by our new state of confidence.

“Ego-Buster”

Use sound to silence the ego. The little-self wants what it wants when it wants it. In other words, it tends to get you in trouble. When we satisfy the ego and not the higher-self or greater good, we end up feeling unsatisfied and frustrated in our achievements. When we HU, it removes the Ego from the equation. We begin to act with a higher purpose of service and love. This in turn is reflected back to us immediately and we get more than we initially asked for. The great mirror of life gives back 10 fold and richly rewards us. If you HU daily, the higher-self takes control and begins running the show.

Discipline

HUing daily allows you to remain in a higher-state of consciousness throughout the day. You will rise above the passions of the mind and function as the master, not the slave. Nothing in life worth having comes without discipline. If we lack discipline, our surrounding circumstances will dictate our success or failure. With discipline comes self-responsibility and accomplishment. When we HU, it strengthens our resolve and determination. We are then afforded the discipline to direct our life and master our destiny!

Good Night’s Sleep, Eliminate Nightmares

HU just before bed, this will harmonize your vibrations for restful sleep. As far as Nightmares are concerned, if you are already HUing daily, there is no need for these dramatic missed messages. You should be receiving ongoing guidance for direction and decision-making and if you are following this advice, it naturally eliminates nightmares. Nightmares occur because we are resisting the message contained within a dream. The nightmare is scary in order to get our attention. In this sense, nightmares are doing us a favor by jolting us with graphic and dramatic pictures and messages. When we awaken, we almost always remember a nightmare.

When we HU, it informs our psyche that we are open to receiving a message from our higher-self and consequently the message is delivered as a normal dream. Think about it like this; someone tells you not to drink and drive and you ignore it and get a DUI. The advice you now get is shouted at you ---“Don’t drink and drive, you idiot!” The message is the same but the delivery is different. The same holds true for dreams that turn to nightmares. When you HU, the message is delivered calmly in a dream. Plus, the HUing increases the chances of remembering the dream. Sweet Dreams.

Heightened Intuition

When you HU daily, you tap into the god force within you. You automatically gain quick and keen insight into all your affairs and the ability to ascertain direct perception of truth in any situation. You may notice that you begin to know things before they happen. You will have a feeling (it is usually very subtle) about what to do just before doing it. Some people call this gut feeling or intuition. It occurs a split second before the mind sends a thought about what action to take. If you journal your intuitive promptings, you will find that they are usually 100% accurate. This exercise will help to build confidence and reliance on your intuition. Additionally, this whole process is enhanced when we HU daily for heightened intuition.

We like to think of Intuition as a way of knowing something without knowing how or why we know it. Intuition is lightning fast and can certainly save us from a dangerous situation. Once we become adept at using it and relying on its accuracy, we can enhance our decision making skills dramatically. The HU not only brings this talent to the surface but fine tunes it within us.

Happiness

If you are HUing daily, you are reaping prolific rewards. How could you not be Happy? There is much written about happiness today. Many contend that it is the short cut to manifesting our greatest desires. Since happiness is a vibration and a specific state of consciousness, it attracts good things to us. In other words, when we are happy, we are joyful. This state puts us in a position to receive the abundance of the universe. Happiness surrounds us with a frequency that attracts other forms of happiness. This translates into our lives as a state of

well being, while automatically being taken care of by Spirit or the Universe. Another way to express this is... when you cry, you cry alone but when you smile, the world smiles with you. The HU sets the frequency or vibration that opens the heart and allows happiness to flow in naturally. So, *Just Say HU* to be happy and stay happy.

Unconditional Love

When we think of love, we think of worldly love. It is usually love of passion and possession. However, when we HU, it transforms our worldly love to a love that gives freedom and service with no expectation of return. This is the best kind. By HUing daily, you are creating the vibration to be a Love-Ball. This is a person that is happy, joyous and free. Eventually, you become a person that offers freedom and divine love to all, effortlessly. This type of love is truly unconditional love. This is the higher love that is so often referred to in poems and songs but only experienced in the heart as unconditional love. The HU originates at such a high state of consciousness that it carries the benefit of unconditional love within it. Remember, HU for unconditional love.

Dream Recall, Dream Programming and Dream Interpretation

We ran into a girl who believed she never dreamed. She couldn't even remember one dream from any part of her life. We explained the HU and invited her to HU for a few minutes at bedtime and ask inwardly to remember her dreams. We suggested she keep a journal by her bed so she could record her dreams when she awoke. At first, she said that she wouldn't need the journal since she didn't dream. However, several days later she called to say she was remembering two or three dreams a night and had now purchased a dream journal that she used regularly. The HU is often used for increasing dream recall. If you are struggling with remembering your dreams or they are muddy, unclear or jumbled, simply HU just before drifting off to sleep. It will enhance the clarity and focus of dreams as well as helping you with dream recall.

If you want to program your dreams, the HU has you covered on this one too. Lie down, get comfy cozy, place your full attention on the details of the dream you would like to have. Next, fill your heart with love and sing HU

a few times. Additionally, intend on having the dream of your choosing. You can ask any question before sleep and receive an answer in the dream state.

The HU can also be used for assisting with dream interpretation. When you can't decode the meaning of a dream, simply HU for a few minutes and read the dream through again. In many cases, the meaning will suddenly present itself. When it comes to dreams--- *Just Say HU!*

Healing and Slowing the Aging Process

HU daily and you will notice that your vibrations slow down. As this internal frequency shift occurs, your metabolic rate slows down and so does the aging process. In this way, we are much more likely to stay fit and healthy longer, looking much younger than our physical age. This happens naturally and automatically. The outer is a reflection of the inner. Since the HU is working overtime on our inner subatomic structure to activate the life force, we begin to radiate outwardly.

And that's just the beginning...there are many more benefits of the HU. Simply put, the HU is a universal panacea for everything that ails you. But the best part of the HU is that it takes you all the way back home to God! Happy HUing!!!

Chapter 7

SHARE THE HU

It's real simple; when you have something great--- you want to share it! We have already seen the far reaching benefits and effects of the HU. So why not share it? This way others can take advantage of this wonderful tool. Simply act as if it's the holidays all year round and give the gift of "personal transformation and harmony." The HU comes pre-wrapped with a bow. It's mobile, great for any occasion, non-denominational and not gender specific. Plus, it's free and doesn't cost you a penny.

The Law Of Cause And Effect

The best part about sharing the HU with others is that we are really giving back to ourselves. Life is a give and take. It is great to receive but even better to give---it provides a deep abiding feeling of joy in the heart. It can't be expressed only experienced. So, whenever we give with an open heart---it comes back to us many times over. Some call this the Law of Cause and Effect or the play of Karma or simply the Law of Giving. In other words, life is a two way street; what we receive, we must give back in some form. In this way, we maintain the flow of spirit and unfold naturally and easily, just like the ebb and flow of the tides. By the way, the HU should not be used to influence others. In other words, it is not appropriate to HU "for" someone else. Share the HU, so that they can HU for themselves; this is an important point to remember.

Opportunities Abound

When you are open to sharing the HU with others, Spirit will provide many interesting opportunities to be of service. We will often get the feeling that something unusual is happening but we can't pinpoint it. We may overlook golden opportunities because we are not aware and awake. The important thing is to stay open to

unusual circumstances and pay attention to the present moment. In many cases, this can be an opportunity to be of service. When we mentally drift into the past or future, we miss the dynamics of the moment.

The Law Of Economy

One evening, as we left our place, we realized that we had just locked ourselves out. We walked down to the garage to get the hidden house key - it was gone. At first, we were irritated and considered breaking in but decided against it. We called the locksmith and he said it would take hours; he was on the other side of town. Then it occurred to us that maybe this all happened for a reason and decided to go for a walk. We ran into a security guard who was distraught. He claimed his life was in chaos and he had just broken up with his significant other. We spent an hour listening and sharing the HU with him. He was extremely grateful and said he would continue HUing to feel better. A week later we ran into him and he appeared to be a different person. He was upbeat, cheerful and once again grateful for life. He shared that he had been HUing daily, felt much better and even repaired the relationship.

Occasionally Spirit will orchestrate a situation for us so we will be forced out of our routine. In this way, we will be afforded an opportunity to share the HU with someone who desperately needs it. If we hadn't been locked out, we wouldn't have run into the security guard. If the locksmith hadn't taken hours, we would not have been able to chat so freely and offer him the HU for solace. This incident adhered to the Law of Economy. It benefited the security guard, while allowing us to watch Divine Spirit in action and witness the interplay of Spirit in our daily life.

Easy-Breezy Ways To Share HU

Don't be shy...spread the word. There are many cool and creative ways to share the HU. You may find yourself creating new and customized ways that work especially well for you. On the other hand, you can use any or all of the ways we have found that work for us. We listed our favorites below.

There are a number of techniques that work well in a variety of situations. It's important to find what works for you, as well as feeling comfortable and relaxed in sharing the HU. In any case, just know everyone is looking for something and the HU will provide whatever it is they are seeking---it's really that simple!

We have divided the methods into three parts. Depending on your personality, you may prefer one way over another. The first one is “**Look For An Opening;**” this works well if you are a talker...a real social butterfly. The second is the “**Silent Method;**” this is for those of you who are shy, introverted or just don't like talking to people. Lastly, “**Get Them To Ask You;**” this works if you don't want to start the conversation but you are comfortable talking with people and don't mind being on display for the benefit of the HU.

LOOK FOR AN OPENING

The really cool part about sharing the HU is its universal application. For instance, anytime someone mentions the key-words: Insomnia, Anxiety, Depression, Anger, Fear, Stress, Nightmares, Grief, Addictions, Heartbreak, or Pain... there's your opening. You have a universal technique you can share with everyone – no matter what ails them. The HU gives you a universal tool for addressing all of these symptoms or problems and provides you with an opportunity to help someone.

Share HU For Insomnia

We have a friend that suffers from insomnia. He told us ---“Last night I only slept a few hours and its killing me and it's been going on for months!” We shared the HU technique with him. The next day we ran into him and he said, “I got to tell you guys something. Last night I was lying awake around 1am and thinking that I will never get to sleep. Suddenly I remembered the HU and started HUing to see if it would put me to sleep. Well, I did the HU for what seemed like several minutes and then I thought---this isn't working! I looked over at my alarm clock and it read 8:00 am. I realized that the HU was the last thing I remembered before falling asleep. I'm now going

to use it every night for my Insomnia. No prescription needed---how cool!” He ended up sharing the HU with his wife and she personally called to thank us for the beneficial changes it has brought into their lives. She said it reduced her anxiety and stress and provided peace and comfort to her hectic life.

Share HU For Nightmares

Along these same lines, we have run into a host of people suffering from nightmares. Some were afraid to go to sleep at night. When you hear of someone suffering from Nightmares, it is a great opportunity to assist them by sharing the HU. Additionally, many children suffer from nightmares. If you know of a child with recurring nightmares or maybe your own child suffers from Nightmares, just give them HU therapy for Nightmares! You will find that children will begin to use the HU naturally because kids are quick to recognize what really works.

Share HU For Stress

Stress and Anxiety are companion symptoms. Where you have one, the other soon manifests. We hear it every day---“I’m so stressed out” or “my anxiety is out of control.” We met a medical doctor who worked long days at her clinic. She seemed tired and distracted while we were talking. We asked her if she was alright and she said that the stress of her routine was taking a toll on her. We said that we were giving her a prescription that would help her decompress and to try it in the evening and call us if she didn’t feel better tomorrow. She laughed and we invited her to HU with us for a minute. We all began HUing and we could literally feel the shift in consciousness as the tension in the room dissipated. The Doc said that she had never felt such a quick and complete release of tension. She decided on the spot to make it part of her daily routine and begin HUing every day. Whenever you hear someone complaining of stress---*Just Say HU* and share the good stuff.

Share HU For Grief

We had a meeting scheduled with a girl at a downtown restaurant. When we arrived, she was quietly sobbing at the table. We sat sown and waited for her sobbing to subside. She told us that she had just received a phone call

informing her of her grandfather's death. She was very close to her grandfather. She was devastated and overcome with grief. We said there is a technique that will help you with the pain and grief. We proceeded to share the HU and invited her to HU for a few minutes right there in the restaurant. After a few minutes of HUing, she asked if we could continue for awhile because it felt so good. We continued for approximately 10 minutes and when we finished she said, "I feel so much better and balanced." The HU became a permanent practice for her in resolving her grief as well as tempering the chaos of daily living. Whenever you meet someone suffering from the loss of a loved one, take the opportunity to *Share the HU*.

THE SILENT METHOD

Many of you may be shy when it comes to sharing the HU, so we developed the Silent Method. This method is non-intrusive and can be used in a number of ways. It involves sharing the HU without speaking a word and is as simple as leaving the HU technique with a tip in a restaurant after a meal. We intentionally carry HU cards in our pocket. These HU cards are business card size and provide instructions on how to do the HU and it lists a few benefits. We leave these cards randomly at gyms, libraries, book stores, coffee shops, malls and public gatherings. You can leave the HU card in inconspicuous places. Divine Spirit will see to it that the right people find them and reap the benefits. For you, it means having the satisfaction that you are being of service and helping your fellow man. The rewards that come from this type of service are immense and can best be experienced rather than verbalized. When you share the HU, you are working directly with Holy Spirit.

In The Mail

Another great technique for sharing the HU is placing a HU card in the envelope with each monthly bill and then mailing it. This makes paying those monthly bills a little easier and it provides a very special gift to the person who opens the bill at the other end. You can even share the HU at Holiday time. Simply put the HU card in with

a Holiday card and voila...after all, it is the season of giving. Birthday cards, anniversary, sympathy...the list goes on. This simple act of giving is life-changing and provides you with yet another way to be of service. This is one easy, breezy way to share HU.

Over The Internet

The Internet is a great tool for spreading the HU without saying a word. Some friends of ours use the HU in their email signature. They also post it on My Space and You Tube. In this digital age, we can certainly use our imagination to figure out different ways to share HU.

On The Street

The next time a homeless person hits you up for some change, give him or her a HU card. We shared the HU with a homeless man and then ran into him one week later. He made a point to thank us for giving him that HU card. The HU doesn't discriminate – neither should we.

GET THEM TO ASK YOU...CREATE AN OPPORTUNITY

A third method that we use to share the HU is what we call ---“Creating Opportunities.” We utilize this method to open a conversation about the HU. For example, we might say, “Do you meditate?” This will usually trigger a yes or no response. If they say yes, we will say, “Got a great technique for you” and then share the HU. If they say no, we still say, “Got a great technique for you.” In other words, it works the same either way.

You can even lead with the question---“Want something really cool”? People usually say---sure! Then share the HU and watch the amount of gratitude that follows on the part of the receiver. You will be amazed at how many people give sincere thanks. Another great lead-in is: “Got a gift for you.” Who doesn't want a gift?

It is usually beneficial to demonstrate the HU while inviting the person to try it on the spot. Why? This allows them to experience the power of the HU first hand. They will know the HU, as opposed to only hearing about the HU. There is a big difference in experiencing the HU and hearing about it. The HU speaks for itself when it is put into action by the user!

HU Tattoos

You can even get a HU Tattoo. We got matching HU tattoos several years ago on a national reality television show. We love the HU and we use all opportunities to display it. It generates intrigue so we can share it.

While at the gym, I was changing in the locker-room, I had my shirt off and a guy asked me what the HU tattoo stood for ---was it my initials or what? I gave him a demonstration of how it works and then invited him to HU with me. While we were HUing, the door to the locker-room opened and two more guys came in and stopped in their tracks wondering what the deal was with two guys making this unusual sound. I invited them to HU with us as I explained the benefits. One of the guys had just lost his cat of 16 years and was very sad. He tried the HU and it worked; he felt better that instant. Boy, was he grateful. It was synchronistic that he came in exactly at the moment we were HUing, but that is how Spirit works.

HU Clothing - HU Bling

We have HU shirts and HU hats that we wear from time to time. This simply gives us the opportunity to share the HU because the clothing creates the opening or opportunity to engage in a conversation about the HU. You can even make fun jewelry with the HU on it or have some HU Bling made by your favorite jeweler.

HU License Plates

The whole idea behind “creating opportunities” is to grab their attention and get them to ask you about the HU. We have a car that we call the “HU mobile.” The license plate has an H with six U’s to form HUUUUUU. To say that we receive constant comment on the uniqueness of the license plate is an understatement. When we are

waiting at red lights, pedestrians crossing in front of our car will point and mimic the sound of HU. Some will pause in front of the car and shrug their shoulders as if to say---what does that mean? People on the sidewalks will signal us to roll the window down and then ask us what the HUUUUUU plate means. Of course, this is our opportunity to share the HU and hand them a HU card through the car window. Even the police are intrigued with HUUUUUU. We were stopped for a minor traffic violation (the window tint was too dark), the officer walked up to the window and asked, “How many U’s are in that license plate?” We told him “six” and shared the benefits of the HU and gave him a demo. He smiled and gave us a warning.

When You Give The HU...You Give To Yourself

Remember, when you give the HU, you give to yourself. I think we can all agree that the ability to help another is one of the most rewarding feelings on this planet. Sharing such a powerful gift is a true joy and contains a feeling of satisfaction and love. The big bonus here results from the exponential effect of giving - the more we give, the more we receive. We have found that the HU takes care of its own; sharing the HU has literally changed our life!

HU Game

With so many opportunities to share the HU, we sometimes we play the “HU game.” We keep score as to who experienced more opportunities to share the HU on any given day. We keep it creative and fun. It tends to reveal how loving you are on any particular day. In other words, it indicates whether you are a Love-Ball or a Sourpuss. This type of thing keeps us in check, while providing a great chance to share the HU.

HU For Harmony, Be A Love-Ball, And Share The HU

The most amazing thing about sharing the HU comes from the pure high energy flow that we experience as a result of sharing the ancient name of God. Pay it forward with the HU. When you share the HU with someone, you can bet that person will share it with their friends, family and strangers. Why? Because it works and people

naturally feel compelled to share something that works. So, be a Love-Ball, share the HU and watch the domino effect. As you share the HU, you will notice that your inner life will begin to shine brightly!

EPILOGUE

Just Say HU --- Rap

Gonna give you the Sound

To turn your life around

It's called the HU

And it's just for you

Filled with fright

Can't sleep at night

Try the HU

You'll be asleep at 2

Wanna relax

Wanna be chill

Try the HU

You know you will

-Michael Sebastian

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ABOUT THE AUTHORS

The Dream Team

Featured on A&E, E!, VH1, Coast to Coast, Sally Jessy Raphael, Jay Thomas, Howard 101 & countless others

Co-Founders of “The Dream Team – Celebrity Life Coaching” and Creators of the “Trust Yourself System” and “Trust Yourself Therapy”

Nicole and Michael Sebastian aka “The Dream Team” are Celebrity Life Coaches, Expert Decision Coaches, Authors, Celebrity Dream Experts, Addictions Therapist, DUI Specialist and Behavioral Sociologist.

Known as Modern-Day Oracles, they deliver Wise-Counsel using Traditional Methods coupled with the Unique Tools of Dreams, Sound, Synchronicity, Intuition, and Quantum Physics for Guidance and Direction. This is what "Trust Yourself" is all about.

Authors of: *"TRUST YOURSELF: Master Your Dreams, Master Your Destiny," "TRUST YOURSELF SYSTEM: The Ultimate Guide to Making Any Decision, Avoiding Adversity and Never Getting Blind-Sided Again," "TRUST YOURSELF THERAPY: 9 Steps to a Quantum Transformation," "SOCIOLOGY OF SOUL: A Spiritual Wake-up Call,"* and *"1-Step Solution...JUST SAY HU: The Universal Panacea."*

Their tools and techniques provide a methodology for opening a window to personal transformation and spiritual unfoldment.

The Dream Team is available for Workshops, Business Seminars, Private Consultations, Parties, Charity Events, Media and Guest appearances.

MORE ABOUT US

Nicole Sebastian is a St. Edwards University Graduate in Psychology. She is a Licensed Addictions Counselor, DUI Specialist, Certified Fitness Trainer, Certified Nutrition Counselor, Certified Smoking Cessation Counselor, Life Coach and Relationship Expert. Nicole is a Professional Public Speaker and has shared her experiences throughout the country. Nicole has been recognized by the "Cambridge Who's Who" as a tribute to her worldwide achievements.

Michael Sebastian is a Behavioral Sociologist with extensive experience as an Instructor, Life Coach and Relationship Expert. He has taught at numerous Universities throughout the country. As a Behavioral Sociologist, Michael has written extensively on the subject of Spiritual Sociology. Additionally, he was featured in People Magazine and recognized by The Wall Street Journal for his entrepreneurial abilities, as well as teaching Small Business Start-Up to industry executives.

OUR STORY - The Condensed Version

Now married 13 years, we actually met in a dream, 5 years before we met (for the first time) in a college classroom. This profound event changed our lives forever. We began to use our Dreams to guide our lives and teaching others our secret. This is why we are such advocates of "Using Your Dreams to Manifest Your Dreams" and Dream Work as a whole for providing your best guidance when interpreted accurately... When you combine this method with Sound, Intuition and Synchronicity and you have a winning team of Confirmation and Discernment in all your affairs. Through personal experience and many years of trial and error in our personal spiritual laboratory, we developed the "Trust Yourself System."

Additionally, our long-standing passion is quantum physics. We have read voraciously in the field of quantum for the past 20 years and have applied the concepts of physics to our life as well as our writings. We use our own tools for daily decision-making and ongoing guidance. And as long as you Silence the voice of the Ego aka "the little-self" - using "Just Say HU" - you too can tap into the Infinite guidance of your higher-self or Soul...

After personally using the HU for decades, we got matching HU tattoos on National TV. The television clip is on the website JustSayHU.com. We nicknamed our car the "HU-Mobile" and the license plate reads HUUUUUU. We wrote a HU rap song. We filmed a "How to Use HU" Video Series on ExpertVillage.com. The HU is our favorite technique for all that ails you, so we developed "*Just Say HU...HU Therapy*" and we co-authored "*1-Step Solution...JUST SAY HU.*"

So as we like to say, "Just Say HU" and Activate Your "Inner Oracle." *More to come...*

www.DreamTeamCoaching.tv