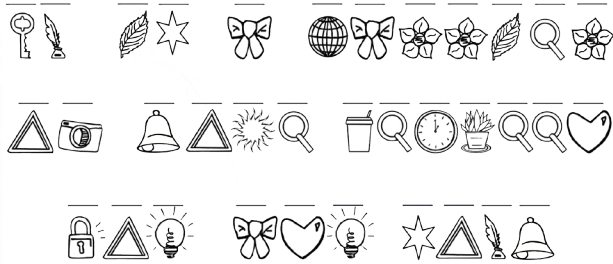


The Gift of HU

Singing or chanting *Hum*, the Sound behind all sounds, can fill you with peace, relight your dreams, help you in challenging situations, and attune you to higher awareness!

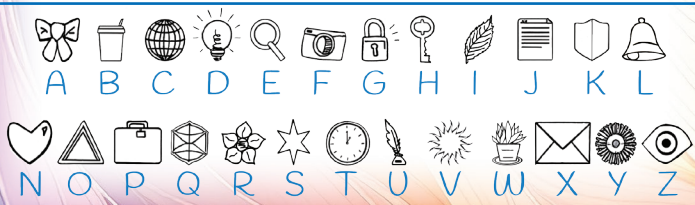
Decode the Secret Message!

Use the key code below to fill in the blanks and discover a secret message from the MAHANTA.



—Harold Klemp, *The Wonder Within You*, p. 8

KEY CODE



The song
of birds is of
the sound
of HU!

How many birds can you find?

Sing *HU*
while you
color and
count
them all.

Answer: 18

A Spiritual Exercise to Try!

In contemplation, visualize two front doors of the Temple of ECK in Chanhassen, Minnesota. On the left door see a big golden H and on the right door a big golden U .

Sing *HU* as you walk to the doors, open them, and enter the Temple.

The MAHANTA, the Living ECK Master is waiting for you inside. He greets you and has something special to share with you, something that will help you grow spiritually. It might be a bit of wisdom, an insight into life, or a heart-opening message just for

you. Whatever it is, it tells of God's immense love for you.

What does the Master show you?

Take a moment to fully accept this gift of love with your entire heart. It can change your life.

—Harold Klemp,
The Wonder Within You, p. 9

Benefits of Singing HU

Have fun finding the words listed below in the grid. Remember to look horizontally, vertically, diagonally, forward, and backward!

WORD LIST



ANSWERS	INSIGHT
CONNECTION	JOY
GUIDANCE	LOVE
HAPPINESS	OPEN HEART
HEALING	PROTECTION
INNER PEACE	UPLIFTMENT

