

Hū as the Sound of the Breath



Hu

Divine Essence!

This name [Hū, Arabic for “He”] refers to the indescribable Essence of Allah beyond created attributes, the Essence from which all qualities arise. Hu is also the Breath and Spirit of Allah blown into Adam, giving him life and making the human being the Crown of Creation. As we recite Hu, it is Allah’s Breath which blows through our breath. It is Allah’s Hu. As we recite Hu, we disappear from name and form and our spirit is merged into the Soul of souls. Hu is the breath that Jesus blew.

[Nur Ashki Jerrahi Sufi Order](#)