



Hazrat Sultan BaHU was born during the year 1628 at Qalai Shorkot, a settlement at the bank of River Chenab (now in District Jhang, Punjab). He passed on in 1691, and is considered to be one of the greatest Sufi Gnostic Poet-Saints in the history of the Indo-Pakistan subcontinent. BaHU was a member of the Qadiri Sufi Order founded by Abdul Qadir Jilani, and eventually created his own branch known as the Sarwari Qadiri Order. Even now, Sultan BaHU's tomb remains a popular pilgrimage spot in Pakistan. It is said that BaHU authored over one hundred books and spiritual discourses! To this day, his hymns and mystic-poems are quite popular. As far as I am aware, there are only two books that have been published thus far in the English language offering substantial collections of BaHU's spiritual poetry: Death Before Dying – The Sufi Poems of Sultan BaHU, edited by Jamal J. Elias, University of California Press, Berkeley, and: Sultan BaHU, edited by J.R. Puri and K.S. Khak, RS Book Dept. (Radha Soami Satsang Beas/Science of the Soul). There are also some very nice BaHU-related websites these days featuring his poetry and hymns of praise. All BaHU passages below are from the J.R. Puri and K.S. Khak translation.

**The HU (WHOOOOOO)
Chant/Mantra/Zikhr of BaHU**

In most all of Hazrat BaHU's poems, in the original Punjabi language, every other line hypnotically ends with a HOO. For example:

**akkheen surkh te mooheen zardee,
har wallon dil aaheen HOO
Muhaa muhaar khushboi waalaa,
pahuntaa vanj kadaaen HOO
Ishq mushk na chhuppe raihnde,
zaahir theen uthaaen HOO
Naam faqeer tinhaan daa BaaHOO,
jin laamakaanee jaaen HOO.**

"BaHU" means "with God." HU is a sacred name for God in Sufi mysticism. "HU" – pronounced "HOOO" or "WHOOOOOOOOOOOOOOOO," is a sacred name which symbolizes and even mimics to some extent the Saut-e Sarmad, also known as the Sound Current, the Abstract Music of the Spheres. BaHU:

**Then, in an ecstasy of love,
you will repeat the Name of HU constantly,
devoting every breath of your life
in contemplation of Him.
Only when your soul merges
in the Essence of the Lord,
will you deserve the name 'BaHU.'
Mystics live in this world as HU personified;
they practice the Name that is the essence of God.**

They live in HU –
beyond religion,
beyond belief and unbelief,
beyond life and death.
If you explore the Path within yourself,
you will find God nearby, through the Royal Vein.
He now lives in me and I in Him, O BaHU:
not only distance from Him
but even nearness to Him
have become irrelevant!
HU is within, HU is without,
HU always reverberates in my heart.
The wound in my heart aches constantly
with the unabating pain of HU's love.
The darkness of ignorance departs
from the heart lit by HU [God, Allah].
I sacrifice myself to the one, O BaHU,
who has realized the significance of HU.

Hazrat Inayat Khan, a more recent Sufi teacher and mystic, once gave an explanation about the HU and the Music of the Spheres in Volume Two of his Sufi Message Series titled, The Mysticism of Sound. Khan describes the HU as a kind of universal name of God often used by HU-man beings and that mysteriously turns up in the various languages and religions of the world: HUZur, YaHUva, Allah HU Akbar, YesHUa, AHUra Mazda, and so on. Khan: "The Supreme Being has been called by various names in different languages, but the mystics have known him as HU, the natural name, not man-made, the only name of the Nameless, which all nature constantly proclaims. The sound HU is most sacred; the mystics call Ism-i Azam, the name of the Most High, for it is the origin and end of every sound as well as the background of each word. The word HU is the spirit of all sounds and of all words, and is hidden within them all, as the spirit in the body. It does not belong to any language, but 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. This word is not only uttered by human beings, but is repeated by animals and birds. All things and beings proclaim this name of the Lord, for every activity of life expresses distinctly or indistinctly this very sound. This is the word mentioned in the Bible as existing before the light came into being, 'In the beginning was the Word, and the Word was with God, and the Word was God.'

"The mystery of HU is revealed to the Sufi who journeys through the path of initiation... Abstract Sound is called Saut-e Sarmad by the Sufis; all space is filled with it. The vibrations of this Sound are too fine to be either audible or visible to the material eyes or ears, since it is even difficult for the eyes to see the form and color of the ethereal vibrations on the external plane. It was the Saut-e Sarmad, the Sound of the abstract plane, which Muhammad heard in the cave of Ghar-e Hira when he became lost in his divine Ideal. The Qur'an refers to this Sound in the words, 'Be! and all became.' Moses heard this very Sound on Mount Sinai, when in communion with God; and the same Word was audible to Christ when absorbed in his Heavenly Father in the wilderness. Shiva heard the same Anhad Nada during his Samadhi [deep meditation] in the cave of the Himalayas. The flute of Krishna is symbolic of the same Sound. This Sound is the source of all revelation to the Masters, to whom it is revealed from within; it is because of this

that they know and teach one and the same truth."

It can be said there is a divine eroticism in the devotional poetry of the Saints and Mystics in the great world religions and schools of spirituality, from Spain to India. These words of light and love are directed towards God yet often seem appropriate for Valentine's Day. As Rumi once said, "There is no salvation for the soul but to fall in love. It has to creep and crawl among the lovers first. Only lovers can escape from these two worlds. This was written in creation. Only from the heart can you reach the sky. The Rose of Glory can only be raised in the heart." As with others in this heart-centered Way of the Lover and the Beloved, like Rumi, Hafiz, Kabir, Baba Farid, Sarmad, Bullah Shah, and countless other mystic-lovers, Hazrat Sultan BaHU's path though life and ultimate destination is the God of Love:

**A heart that fails
to experience the Presence of the Divine
will continue to be poorly evolved, O BaHU!
But when the Essence is freed from its attributes,
the Presence of God becomes evident.
Then HU resounds within and without;
no trace of BaHU can be found – he is lost in HU!
No one who entertains love of the world
can ever become a faqir.
In my devotion to the One,
my consciousness has centred in my body;
now I neither rest nor sleep.
All night I shed tears of longing,
all day I cry in the pain of separation!
O BaHU, the secret of love is
that you sacrifice your life at the altar of God
without a second thought
and rid yourself of the last traces of grief.
Lovers remain completely intoxicated in the
ecstasy of their love for the Beloved.
They offer their souls to the Beloved
while still living and thus immortalize themselves
in this life and the hereafter.
In the dark, fathomless night of ignorance,
love is a torch that brings light.
From it emanates a Melody
that enraptures lover's hearts!
On the path of love are forests, oceans
and wastelands, with a constant threat of lions.
Anyone who cherishes perfect love in his heart
can cross these forests, oceans and wastelands
without fear.
The Lord is an Ocean of Oneness in which lovers
swim as they please, free of care. In their own turn,
they appear in the world to dive deep into that ocean,
to gather pearls. Among the pearls**

is a gem -- unique in value, unmatched in lustre --
that shines like the moon.
We are all in the employ of the Lord, O BaHU;
let us pay homage to him through our prayers.
Repeat the Name of Allah, O BaHU,
and free yourself from the worries of life.
Those who enshrine the Lord in their hearts, O BaHU,
have both the worlds at their command.
I have, at last, grasped the beginning and the end:
I have seen the whole spectacle of past,
present and future pass before my eyes.
Within my heart are fourteen realms:
chambers of Light -- ablaze
with the profusion of God's Radiance.
Those who have not realized God will wander,
homeless in this world, destitute in the next.
But watch the lovers dance with ecstasy,
as they merge into the Oneness of God.

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<http://www.innertapestry.org/columns/exploring-religion/419-the-sufi-wisdom-of-hazrat-sultan-bahu.html>