



## Long Time Sun

Invokes the protective energy of the universe.

### Mantra:

May the Long Time Sun Shine Upon You,  
All Love Surround You,  
And the Pure Light Within You,  
Guide Your Way On

### More Information:

This song has become the blessing used to end Kundalini Yoga classes. Yogi Bhajan said that this is our closing prayer, and so it is used to end a Kundalini Yoga practice, along with three repetitions of Sat Nam.

Source: Sukhmani Sahib (prayer of peace)

Author: The Incredible String Band (Originally on their album, *The Hangman's Beautiful Daughter*, 1968). It is based upon a traditional Scottish blessing.

Language: English

### Albums that feature the mantra:

