



Long Time Sun Blessing

instructions
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About the Long Time Sun Blessing

The Long Time Sun Blessing taps into the vibration of a beautiful Irish blessing that is sung at the end of Kundalini Yoga classes. The words are as follows:

**May the long time sun
Shine upon you,
All love surround you,
And the pure light within you
Guide your way on.**

The energy from this blessing is uplifting and inspiring. It also provides protection.

To Activate

This energy can be activated by intention. Go into a meditative state and ask to receive the energy of the Long Time Sun Blessing. Visualize sunshine surrounding you. To give to a client, visualize sunshine surrounding the client.

The energy can be amplified by listening to, saying, or singing the blessing. There are many beautiful musical versions of this blessing. The artist that is the most well-known when it comes to this blessing is Snatam Kaur. Her mp3s can be found on iTunes or Amazon, and her CDs are sold in many yoga studios.

To Attune Others

Connect to your higher self, and then the higher self of the recipient. Ask to connect to the the Long Time Sun Blessing energy. See it as golden sunshine filled with love.

Use your traditional attunement method if in person to send the energy into the crown chakra.

Via distance, imagine the person in front of you as you send the energy to the recipient. Visualize the sunshine entering in the top of the head.

There is no time-limit or limit on re-attunements.

This energy can be freely shared with anyone, and it is also OK to charge for providing a personalized attunement if you offer attunements as part of your Reiki practice.

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Thank you.

Additional Attunements

More Reiki attunements and systems are available at Elemental Reiki:

www.elementalreiki.com

Donations

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