

Opening the class

We open the class by tuning in, which means chanting three times:

Ong namo guru dev namo

(I call upon the divine wisdom)

Then a mantra for protection, also three times:

Aad guray nameh

Jugad guray nameh

Sat guray nameh

Siri guru dev ay nameh

(I bow to the primal wisdom

I bow to the eternal wisdom

I bow to the true wisdom

I bow to the great unseen wisdom)

Closing the class

We close the class with the Longtime Sunshine Song:

May the longtime sun shine upon you

All love surround you

And the pure light within you

Guide your way on

May the longtime sun shine upon you

All love surround you

And the pure light within you

Guide your way on

Guide your way on

Guide your way on

Finally we chant three times:

Sat nam

(I am truth)