

## The Story Behind the Closing Song. . . “May the Long Time Sun.”

I have often been asked about the origin of the song we sing at the end of every yoga class. There's been some discussion on the Kundalini Yoga message boards. So here's the result. The link takes you to a story about the singers, The Incredible String Band off their *The Hangman's Beautiful Daughter* album from back in the 60's. At the end of the story is a link to download a 13 minute version of *A Very Cellular Song* which ends with *May the Long Time Sun...* Below are the complete lyrics. As you can see it is VERY 60's in tone. But also quite poignant and uplifting.

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<http://sahej.com/Incredible-String-and-Led-Zepelin.htm>

### **A VERY CELLULAR SONG**

**Album : The Hangman's Beautiful Daughter 1968**

**(Mike Heron)**

**The Incredible String Band**

Winter was cold and the clothing was thin  
But the gentle shepherd calls the tune  
Oh dear mother what shall I do  
First please your eyes and then your ears Jenny  
Exchanging love tokens say goodnight

Lay down my dear sister  
Won't you lay and take your rest  
Won't you lay your head upon your saviour's breast  
And I love you but Jesus loves you the best  
And I bid you goodnight, goodnight, goodnight,  
And I bid you goodnight, goodnight, goodnight.  
One of these mornings bright and early and fine.  
Goodnight, goodnight  
Not a cricket not a spirit going to shout me on  
Goodnight, goodnight  
I go walking in the valley of the shadow of death  
Goodnight, goodnight  
And his rod and his staff shall comfort me  
Goodnight, goodnight  
Oh John the wine he saw the sign  
Goodnight, goodnight  
Oh John say I seen a number of signs  
Goodnight, goodnight  
Tell A for the ark that wonderful boat  
Goodnight, goodnight  
You know they built it on the land getting water to float  
Goodnight, goodnight  
Tell B for the beast at the ending of the wood  
Goodnight, goodnight  
You know it ate all the children when they wouldn't be good  
Goodnight, goodnight  
I remember quite well, I remember quite well  
Goodnight, goodnight  
I was walking in Jerusalem just like John  
Goodnight, goodnight, goodnight.

Who would lose and who would bruise  
Or who would live quite prettily?

## The Story Behind the Closing Song. . . “May the Long Time Sun.”

And who would love what comes along  
And fill the air with joyous song

Who would go and who would come  
Or who would simply linger  
And who would hide behind your chair  
And steal your crystallised ginger

Nebulous nearness cry to me  
At this timeless moment  
Someone dear to me wants me near, makes me high  
I can hear vibrations fly  
Through mangoes, pomegranates and planes  
All the same  
When it reaches me and teaches me  
To sigh

Who would mouse and who would lion  
Or who would be the tamer  
And who would hear directions clear  
From the unnameable namer

Who would skip and who would plod  
Or who would like quite silly  
And who would ride backwards on a giraffe  
Stopping every so often to laugh

Amoebas are very small

Oh ah ee oo there's absolutely no strife  
living the timeless life  
I don't need a wife  
living the timeless life  
If I need a friend I just give a wriggle  
Split right down the middle  
And when I look there's two of me  
Both as handsome as can be  
Oh here we go slithering, here we go slithering and squelching on  
Oh here we go slithering, here we go slithering and squelching on  
Oh ah ee oo there's absolutely no strife  
living the timeless life

Black hair brown hair feather and scale  
Seed and stamen and all unnamed lives that live  
Turn your quivering nerves in my direction  
Turn your quivering nerves in my direction  
Feel the energy projection of my cells  
Wishes you well.

***May the long time sun shine upon you  
All love surround you  
And the pure light within you  
Guide you all the way on.***