

# SIX ELEMENTS PUJA

## Salutation and offerings

O spirits of this place  
O timeless ones  
Goddesses and gods  
Elemental beings of earth,  
Water deities,  
Nagas and dragons  
Goddess of the woods,  
Goddess of the streams and  
rocks  
And the vastness of the Sea  
Deities of moving air,  
Fiery beings,  
Kings and Queens of space  
Sky dancers  
Please accept what we bring  
Please enjoy what we bring  
[Flourish ]

In the great space  
Awareness,  
Appearing like an illusion  
The Stupa of the great Muni  
With elemental forms  
Of Earth and Water,  
Fire and Wind  
Space.  
Hidden within  
The Silently Awakened one  
Guru of the world  
OM MUNI MUNI MAHA  
MUNI SAKYAMUNI SVAHA

## Refuges and Precepts

I go for refuge to Sakyamuni  
His teachings of Awakening  
And to its exemplars.  
So abandoning greed for tranquillity  
I purify my mind.  
Changing hate into compassion  
I purify my mind.  
Transforming ignorance into  
wisdom  
I purify my mind.

## Confession.

The Elements are out of balance.  
I lose my ground,  
I am cold  
With anger  
I am hot  
With frustration  
I am dry  
With no love  
I cannot weep  
Oh great Muni  
I am scattered  
By winds of concern;  
I am flooded  
By waves of craving.  
As between a rock and a  
precipice  
I am trapped by pride  
I fear I will fall  
Into overwhelming space.  
In this green place  
I open my heart  
I find peace  
I let go

My view dissolves  
Here  
I put down the burden.

## Rejoicing in the Elements

I have been born in a world of  
beauty  
And I rejoice.  
Supported by the Earth I live  
free.  
Water refreshes my heart  
Fire brightens my eye  
Moving, the Wind has blessed  
me,  
Space has shown the vastness  
of what is  
Awareness: where perceived  
and perceiver unite.

## Requesting the Teaching

On rainbow clouds  
That fill space  
O Buddhas beyond time  
I pray to you.  
Show the timeless truth  
Things as they are,  
Love like the Earth,  
Compassion like Rain  
Insight like Lightning,  
Seeing like Snowflakes,  
Kindness like Sunshine.  
Free the Elements within  
Free the Elements without  
The elements are not me or  
mine,  
Inside or outside,  
They are not to be owned.  
The bones are not mine.

They are not to be owned.  
The saliva is not mine.  
It is not to be owned.  
The warmth is not mine.  
It is not to be owned.  
The place is not mine.  
It is not to be owned.  
The mind is not mine.  
It is not to be owned.  
AH  
[Stupa visualisation]

## Dedication of Goodness

As Earth Water, and Fire  
Wind, Space and Awareness,  
Contribute in countless ways  
To beings throughout endless  
space,  
Like the Earth  
May my efforts support them  
For as long as time lasts.  
Like Water  
May the truth of my practice  
nourish them.  
Like Fire  
Set alight their passion for the  
Dharma  
Like Wind  
Stir up the energies of Awakening  
Until each of us has discovered:  
Our very nature is the Buddha.