

# 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.