

SIX ELEMENTS PUJA

Salutation and offerings

O spirits of this place, whether
small or very large,
Deities of my kitchen and the
lounge.
Spirit of my sofa, spirits of my
fridge, spirits in the hallway and the
light fittings, shower and bath.
Electrical spirits, internet spirits,
Mealtime spirits, night-time spirits,
Spirits outside the window and
gathered in the road.

Please all of you feel welcome here
and listen to my request.
Please support my efforts on retreat
and bless my practice. In my heart
a tender love for you arises; please
look on me too with a kindly heart.
And whatever great goddesses and
gods are here, and elemental beings
Spirits 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
[Musical 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
[Meditation - possibly, the Stupa]

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.