

# RELINQUISHING THE SIX ELEMENTS

Compiled and edited by Kamalashila from verses by Trungpa Rinpoche, Francesca Fremantle and Dawa Samdup Lama

*All around the ritual space are seen the six realms of samsara.*

## Evocation:

O Buddhas and Bodhisattvas in the ten directions  
Compassionate, all-knowing, with the five kinds of eyes,  
Loving, protectors of all sentient beings,  
Come to this place by the power of compassion  
And accept our offerings.

## **OM MANI PADME HUM**

## Parting from clinging to this life:

All my possessions, great or very small,  
That keep my mind enclosed within the past  
And maintain the illusory story of my life  
I place along the wall outside my house.  
May all the assembled host of beings  
Take all they need and be fulfilled!

The plans that take my mind forever forward  
That will never be realised  
Which maintain the illusory story of my life  
I let them go their way undone.  
May all the assembled host of beings  
Find perfect fulfilment in actions!

All my friends, children and others I dearly love  
That cannot come along with me at death  
I let them go on free without me.  
May all the assembled host of beings  
Reach the unimagined freedom of awakening!

All the elements of body  
That support my life and speech  
I let them go free to wander without me.

The solid earth foundation  
Let it dissolve completely in water.



The lake of my watery body  
Let it dry and disappear in the fire.  
The body warmth and fire  
Let it cool and be taken by the wind.  
The moving air  
Let it stop still in space.  
Let this space dissolve in awareness.  
Let awareness itself go unheld  
**HUM**  
I take refuge in the beauty of the yidam  
May it be so

## **OM VAJRASATTVA HUM**

[Meditation]

## Wishing Prayer for the Bardo

**OM OM OM SARVABUDDHADAKINIYE  
VAJRAVARANIYE VAJRAVAIROCANIYE  
HUM HUM HUM PHAT PHAT PHAT SVAHA**

Homage to the gurus, yidams and dakinis,  
With their great love may they lead us on the path.

When through confusion I wander in samsara,  
On the undistracted light-path of study, reflection and  
meditation,  
May the gurus of the sacred lineage go before me,  
Their consorts, the hosts of dakinis, behind me;

Help me to cross the bardo's dangerous pathway  
And bring me to the perfect buddha state.

May the element of space not rise up as an enemy,  
May I see the Realm of the blue buddha.  
May the element of water not rise up as an enemy,  
May I see the realm of the white buddha.  
May the element of earth not rise up as an enemy,  
May I see the realm of the yellow buddha.  
May the element of fire not rise up as an enemy,  
May I see the realm of the red buddha.  
May the element of air not rise up as an enemy,  
May I see the realm of the green buddha.  
May the rainbow of the elements not rise up as  
enemies,  
May I see the realms of all the buddhas.

May the sounds, lights and rays not rise up as  
enemies,

May I see the infinite realms of the Peaceful and  
Wrathful Ones.

May I know all the sounds as my own sound,  
May I know all the lights as my own light,  
May I know all the rays as my own ray.  
May I spontaneously know the bardo as myself.  
May I attain the realms of the three kayas.

**OM AH HUM VAJRA GURU PADMA SIDDHI HUM**