

Becoming the Five Elemental Dakinis to Serve All Beings

A Guided Meditation

Here, the place where I live, there's lots of nature around and a little river flows. I went for a walk and sat on the bank of the river, a little tree stump there. I just merged into nature, felt into the five elements. I thought maybe we could do a short meditation on the five elements. It's quite profound, but quite accessible and experiential. Five elements practice is a way to experience in a felt-sense way any part of experience in your life, any aspect of our life.

Just take a moment and feel whatever comes up on the mirror of the lake of your heart and mind. Just imagine, see if you can feel into this earth. Maybe you can imagine a place you've been before like a vast, yellow sand, ground, earth, or the very enriching, richness of the color in autumn.

"Am I comfortable?" - comfort or content, contentment. That's the earth quality, no? So, I sat on the tree stump, listened to my answer, felt into my energy. I felt quite content despite whatever was happening internally, externally. I tuned into this earth element, stable and impartial. Earth does not discriminate against you, this person or that person, this animal or that animal, other beings. Earth equally embraces all beings. See you can feel into that earth quality. See if you can connect to the internal earth quality by relating to the so-called external element, security, foundation, the generosity of earth and also a sense of belonging. We're all on the great earth equally. Earth provides enriching, nurturing qualities, very supportive. It gives us lots of nutrition, energy, what we need. We're all recipients of that quality at the same time.

See if you can feel into your body perhaps, especially the lower chakra, legs. And then perhaps you make a prayer or you request. You request this great earth to give us inspiration or blessing so that our own earth, awakened qualities will unfold or manifest. That prayer makes earth turn into this earth dakini. The earth element becomes personified into so-called Ratna dakini. Just look at her. Now she is in front of you. Great earth became the Ratna dakini, jewel dakini, holding a jewel, wish-fulfilling jewel which makes everything possible. How do you feel? Look at her. She's looking into your eyes with complete impartiality, without any judgment.

Then you make again this request. Please bless me, please inspire me so that my own awakened qualities will unfold. Then Ratna dakini, jewel dakini, earth dakini,

same thing, melts into the golden nectar light and flows into the crown of your head coming through the central channel, coming down, down, down. Feel that rich quality of nectar light fill your body and come all the way to the lower gate, pelvic floor, all the lower regions. Then feel, just take a moment to feel. You become, you yourself become the great earth, jewel dakini, Ratna dakini. Now this light nectar flows through your body and shares with the entire beings, universe, entire globe. How does that feel? You are the great earth, completely rooted, grounded, secure, impartial.

So, I just kind of rested there on the top of the tree stump. Then next I looked at the river. It was just flowing there, very beautiful. So now I want you to do that too. Imagine you are perhaps sitting on the bank of the river or a lake. Look into the water, water qualities. See if you can connect to the water qualities. It flows, no? Water is flowing, this flexibility, adaptability and also this reflective clarity of water. How do you feel in your body even just by imagining a lake where you may have been before? Everything reflected on the surface of the lake.

Now connect to the internal water perhaps the flow of emotion. How am I doing? Is this flowing or stagnating or frozen, very sharp quality? Sometimes water is very sharp, dynamic and destroying energy like a damn or waterfall, very powerful. The water element turns into water dakini, Vajra dakini, blue in color. Now she's in front of you gazing into your eyes. Is the felt-sense a little bit intimidated? What's coming up for you?

Then you make the request, may I also be like you. Please inspire me so that my water qualities, this luminous clarity of mind will manifest. In response to that request, now water dakini melts into the blue light, light nectar, comes to the crown of your head and happily dissolves through the central channel from the crown of the head, coming down to the lower belly.

Then imagine your wish was fulfilled. Now you become water dakini, Vajra dakini, luminous clarity of mind. In terms of function it's quite destructive, cutting the conceptuality, seeing through things just as they are, the suchness of the thing. Like the reflection of the water doesn't distort the scenery, the water is very calm and tranquil. Now your mind is like that. Now the blue light nectar is flowing through your entire body and going out and serving all sentient beings, benefiting each living being.

So, I kind of did that, sitting, watching, resting. Then there was a sunset there. You might have experienced a beautiful sunset you have seen, you can remember

that. What's your internal response to that beautiful sunset? This warmth of fire, fire element. See if you can connect to that, this passionate, energetic quality, dynamic quality, creative. Something moves within us, no, when we look at the total beauty, beauty outside and beauty inside, no separation? Then that beauty or fire element turns into fire dakini, Padma dakini, pink or red, passionate dakini.

Now in front of you, this is called front generation, look into her eyes. She is looking, gazing intensely, very intense quality, intensely looking into your eyes. How do you feel? Is this magnetizing quality a bit intimidating? Or just caring, this completely caring expression of love that stirs something within you, no?

First you request, please bless me. Please inspire me so that my mind becomes merged into yours and we become one where I recognize nonduality. Since the beginning there was no separation just my obscurations were veiling that recognition. But now please help me, assist me to recognize that. Then she happily melts into light and comes to the crown of your head, then through the central channel, coming down and settles around the heart, below the heart, this area. Now you become Padma dakini, very transformative energetic element, fire element. Now that awakened quality goes out to help serve all beings, magnetizing all beings and leading or guiding all beings to awakening and freedom.

I was sitting there again on the stump of the tree. Then I felt the air or really the elegance of the wind touching my skin, wind element, no discrimination, very spontaneous, like breath that is the same thing. I connected to my breath, spontaneous activity. No doer, just allow the breath to breathe my body, allow the air to touch against my skin. How does that feel? Everything gets done this way without the doer. The wind element is versatile, moves here and there.

Now that element inside you, perhaps breath, you can connect easily. That wind element, air element turns into karma dakini. Then we make a request, please inspire me so that my mind merges with yours so that I can embody these qualities. Then I can really serve all beings without this self, egoic doer, spontaneously, so that I become an expression of this compassionate act. Then Karma dakini happily dissolves into nectar light.

Did we meet? We have to meet each other first. She's looking into your eyes. You need to connect to your reactivity. Lots of reactive chains are coming within you when we connect this way. Right now just briefly look into her. How you feel? Then now, we made the request. She melts into your body and comes down to

the throat, around this area, breathing, lung, pumping. Then imagine you now embody, you become Karma dakini. Now really you are ready to serve. Karma means action. So, Karma dakini embodies all the four awakened qualities, four awakened activities, embracing all the activities. So now go out, allow it, serve all beings.

Now so I was sitting there, quite enjoyable. Then notice, what allows everything to happen? What makes everything possible, all these elements, activities, mental activities or whatever arises? What's the source of everything? That is space, emptiness. Then I look into the sky, vast sky, limitless. I couldn't find an edge. So you too, just imagine the sky as if you are looking into the sky, resting in the sky, perhaps resting as the sky. Your mind becomes one with the sky.

See if you can relate to or connect to the sky or space element, this vast spaciousness which encompasses everything and yet nothing, nothing there, completely full but empty. See if you can rest in that paradox joyfully. Then that turns into space or sky dakini or Buddha dakini, white in color. Now Buddha dakini comes in front of you and is gazing into your eyes. Connect to your reactivities or feeling, felt-sense. She looks quite peaceful, spacious.

Now we're going to invite her to come and merge into you. Upon the request she melts into light and dissolves into you. White luminous nectar light flows into your body through the central channel and fills the entire body but especially abides in the top part of the body. You become the space dakini, Buddha dakini to serve all beings and purify all environments. Buddha activity is pacifying activity. The nectar light flows through every pore of your skin, going out, pacifying, soothing, comforting, whatever way sentient beings need, you serve.

Now at the end, all this light nectar dissolves back to your body and comes back to the central channel, I call the plumb line. In our tradition it's very important to dissolve, draw the energy back to the central channel. This has very significant importance in terms of the completion stage. Basically, we're going to draw, dissolve all the energy, prana into the central channel. Then we bring up at a certain point to the heart center and allow this lotus jewel to open, blossom.