



One Earth Sangha

# Elemental Meditation

*This is a transcript of a practice given on March 20, 2022 to participants in The Support of the Five Elements, an EcoDharma Exploration led by Dr. Valerie (Vimalasara) Mason-John. Watch the video practice [here](#), or the full program recording [here](#).*

We are going to begin with a practice. Just begin to arrive. One of the things I say to people is that, in this time of arriving, if you think, oh my God, I haven't done something, you know, I haven't turned the oven off, or I should have done that, go and do it now so that you can be completely present for this practice. That's part of arriving. You're not going to miss anything. There's time to do anything you need to do, that's going to get in the way of you being fully present.

Really have the sense of the body beginning to settle, so that there's no distinction between your seat and the body. The seat is earth. The body is earth. We are connected and we're going to do a practice to connect to the elements. And I want to remind us that before the prince Siddhartha became a Buddha, before the prince became "woke," they bent down and touched the earth, asking for help. And it was in that moment they realized they weren't separate from the earth. They were one with it. We, too, can touch the earth or any of the elements and ask for help at any moment in our lives. Allowing ourselves to be supported by the elements will help us realize that we are not separate from this amazing cosmos.

So just have the sense of your body, alert and pointing in the direction of the sky. Whether you are sitting, standing, or lying, having a sense of the head pointing in the direction of the sky and your feet pointing in the direction of the earth. Let gravity support you. And now have the sense of your mind dropping into your heart. The mind-heart becomes one. Though the mind will become separate from the heart. It will wander because it's what the mind loves to do. So when this happens, embrace it, notice it wandering, and gently bring it back to the heart. Gently have the sense of the mind dropping back into the heart.

[Bell]

We revere the earth and give thanks for its food, shelter, and solidity in our body. It's an invitation to bring to mind the earth, the grass, the mud, the asphalt, the sidewalks we stand on, the seat we're sitting on. From this earth our food is provided, our homes are provided, our clothes are provided. Without the earth, food, and shelter we would not survive. Connect to the body, become fully aware of your body. We become fully aware of the body, of just noticing what the body is touching, clothing touching the body, and know that this body is full of minerals, the same minerals as the earth. We eat food,



digest food, and send it back to the earth. We are earth. Really see if you can have a visceral sense of just the body knowing it is earth. Of course it's earth. We are earth. And if at any point you become dysregulated, fear arises, you can open your eyes, look around the room, connecting yourself back or touching the body to resource yourself. If you learn to listen to the body, this is the beginning of learning to listen to the earth.

We revere the water and give thanks for its rain, its moisture, its fluidity in our bodies, bringing to mind the rain that waters the fields, the fluids that we drink, connecting to the water and fluid in our body, the blood that runs through our veins, the sweat that perspires through our pores. We cannot survive without water. We are made of water. We are water. We are not separate from the moisture in the atmosphere. We are not separate from the water we drink. We are not separate from the rain that falls upon our heads. We are water. And remembering you are not separate from this seat that is supporting you, the place that is sheltering you right now. All of these things needed water to come into being. So feel the saliva in your mouth, connect to the fluid in your body, the bladder.

Moving into the heat: we revere heat and give thanks for the sun. The warmth in our bodies, really connect to the sensations of the body. The clothing we wear provides heat, warmth that keeps our bodies warm. So connect to the heat in the body. We are not separate from the sun, from the heat, from fire. The sun that helps grow our food. Heat is in our muscles, in our bodies. We cannot survive without heat. We are heat. The warmth in our body. When all the heat drains from our body, we are no longer. We have completely gone back to the earth. We are heat. Appreciate it, have gratitude for it.

Remember to breathe. And as we remember to breathe, we connect to the element, the wind element, the air element. We revere the wind and give thanks for each inhale and exhale in our bodies. Really become aware of the in breath, the out breath. And you can become aware of the in breath, the out breath by noticing the rise and fall of the abdomen or the rise and fall of the chest area, the throat area, the sensation of the in breath, the out breath. And now, now, come into the now and feel the air on the upper lip and inside your nostrils, there are always sensations. We are not separate from the wind element. When you breathe in, it's cooler and as you breathe out, it's warmer. And if you can't feel the sensation of the breath on your upper lip, take an intentional deep breath in so that you can feel this wind element that is there 24/7. Allow the wind element to move through your whole body. We cannot survive without the wind element. It dries our clothes. It creates electrical power. It helps to grow our food and it keeps us alive.

We are earth, air, fire, water. I want you to take a couple of minutes without me saying anything and connect to one of these miraculous elements in your own way. So you choose which element resonates for you right now.

And as we bring this practice to close, I leave you with this:



Our human birth, ordinary and extraordinary; our human earth, ordinary and extraordinary.

Our human birth, joyful and painful; our human earth, joyful and painful.

Our human birth, healthy and unhealthy; our human earth, healthy and unhealthy.

Our human birth, long-lasting and fleeting; our human earth, long-lasting and fleeting.

Our human birth, precious and worthless; our human earth, precious and worthless.

Don't let your birth be worthless. Let's embrace this precious opportunity and become aware of the earth. We are not separate. *Emaho.*