

**HEALING**  
WITH  
**FORM, ENERGY AND LIGHT**

The Five Elements  
In Tibetan Shamanism,  
Tantra and Dzogchen

by  
**Tenzin Wangyal Rinpoche**

edited by  
**Mark Dahlby**

Snow Lion Publications  
Ithaca, NY / Boulder, CO

# CONTENTS

Preface

The Prayer of the Intermediate State

Introduction

    The Bön Religion

## **ONE: The Elements**

    Three Levels of Spiritual Practice

        External

        Internal

        Secret

    Relating to the Sacred

    The Five Pure Lights

    The Dissolution of the Elements

    Understanding Through the Elements

    Relating Oneself to the Elements

        Earth

        Water

        Fire

        Air

        Space

    The Elements and Our Well-Being

    How the Elements Become Unbalanced

    The Arising of Problems

    Purification and Cultivation

    Knowing Which Element to Work With

    Working with the Elements

    Choosing the Level of the Practice

## **TWO: The Five Elements in Shamanism**

    La, Yee, and Sem

    La, Sok, and Tse

    Practices

    Working with the Elements in Nature

        The Nine Purification Breaths

        Earth

        Water

        Fire

        Air

        Space

        Dedication

    Elemental Spirits

    Relating to Non-Physical Beings

        First Guests

Second Guests  
Third Guests  
Fourth Guests  
Making Offerings  
Soul Loss and the Retrieval of the Elemental Energies  
The Arrow, Turquoise, and Soul Deer  
The Practice of Retrieving the Elemental Energies  
Outline of the Practice  
The Nine Purification Breaths  
GuruYoga  
The Four Guests  
The Transformation of the Body  
The Transformation of the Energy  
Retrieving the Elemental Energies  
The Transformation of the Mind  
The Long Life Mantra  
Dedication  
The Goddess Practice with the Other Elements  
The Practice in Daily Life

### **THREE: The Five Elements in Tantra**

The Horse, Path, Rider, and Armor  
The Horse: Prana  
The Functions of the Five Pranas  
The Path: Channels  
The Rider: *Tigle*  
The Armor: Syllables  
Aspects of Tantra  
Chakras  
Positive and Negative  
Supporting Positive Qualities  
The Practice of Tsa Lung  
Posture  
Breath and Prana  
Transformation in Holding and Releasing  
Instructions  
The Five External Tsa Lung Movements  
The Five Internal Tsa Lung Practices  
The Five Secret Tsa Lung Practices  
Opening the Chakras

### **FOUR: The Five Elements in the Great Perfection**

The Great Perfection  
Creating Samsara  
*The Six Lamps*  
Sound, Light, and Rays

Being with Problems  
Dissolving Samsara  
Appreciating the Space Element  
Integrating with Space and the Other Four Lights  
The Dark Retreat: Visions of the Five Elements

**FIVE: Final Words**

Glossary

Bibliography

Appendix 1: Astrological Directions

Appendix 2: List of Contacts

Appendix 3: The Prayer of the Intermediate State