

Mindfulness of Elements meditation

Pay close attention to your body.

The hair in this body will gradually decay and transform into soil of the earth. Therefore the hair is of the earth element.

The Body-hair in this body will gradually decay and transform into soil of the earth. Therefore the Body-hair is of the earth element.

The nails in this body will gradually decay and transform into soil of the earth. Therefore the nails are of the earth element.

The teeth in this body will gradually decay and transform into soil of the earth. Therefore the teeth are of the earth element.

The skin in this body will gradually decay and transform into soil of the earth. Therefore the skin is of the earth element.

The tendons in this body will gradually decay and transform into soil of the earth. Therefore the tendons are of the earth element.

The bones in this body will gradually decay and transform into soil of the earth. Therefore the bones are of the earth element.

The bone-marrow in this body will gradually decay and transform into soil of the earth. Therefore the bone-marrow is of the earth element.

The kidneys in this body will gradually decay and transform into soil of the earth. Therefore the kidneys are of the earth element.

The heart in this body will gradually decay and transform into soil of the earth. Therefore the heart is of the earth element.

The liver in this body will gradually decay and transform into soil of the earth. Therefore the liver is of the earth element.

The lungs in this body will gradually decay and transform into soil of the earth. Therefore the lungs are of the earth element.

The small-intestine in this body will gradually decay and transform into soil of the earth. Therefore the small-intestine is of the earth element.

The large-intestine in this body will gradually decay and transform into soil of the earth. Therefore the large-intestine is of the earth element.

The feces in this body will gradually decay and transform into soil of the earth. Therefore the

feces is of the earth element.

all these things have the nature of transforming into soil. This, they are of the earth element. All these can be found in this body.

There are also things in this body that dissolve.

The Bile in this body dissolves in water and vanishes. Therefore Bile is of the water element.

The phlegm in this body dissolves in water and vanishes. Therefore phlegm is of the water element.

The Pus in this body dissolves in water and vanishes. Therefore Pus is of the water element.

The blood in this body dissolves in water and vanishes. Therefore blood is of the water element.

The sweat in this body dissolves in water and vanishes. Therefore sweat is of the water element.

The fat in this body dissolves in water and vanishes. Therefore fat is of the water element.

The tears in this body dissolves in water and vanishes. Therefore tears are of the water element.

The mucus in this body dissolves in water and vanishes. Therefore mucus is of the water element.

The saliva in this body dissolves in water and vanishes. Therefore saliva is of the water element.

The urine in this body dissolves in water and vanishes. Therefore urine is of the water element.

all these things have the nature of dissolving in water. Thus they are of the water element. All these can be found in this body.

There is also heat in this body. This body is created with that heat. When that heat increases, we sweat and become feverish. When food and drinks enter this body, the heat aids digestion and absorption of its nutrients. This happens by the heat element. It is also this heat element that ages this body. It also deteriorates the body until it is destroyed completely. All these are impermanent things.

Next, this body has things that dissipate in the wind. Air that comes to the throat dissipates with the wind. Air that comes out from the rear also mixes with wind and dissipates. Air we breathe in also dissipates with the wind. Air that we breathe out is of the same nature. This air that we inhale and exhale also dissipates with the wind. There is also air that moves throughout the body. Therefore this is of the wind element.