






The Five Elements and Their Qualities

Element	Syllable	Qualities	Too little results in:	Too much results in:	Mantra	Mudra
Space	AH	Open, accommodating, spacious, expansive, vast, flexible, joyful	Contraction, narrow view of the world, unable to see possibilities	Spacy, disconnected with reality	A MU YE A KAR A NI A	
Air	YANG	Flexibility, movement, lively, light, fresh, penetrating, transformative	Stuck in your ways, rigid, stale	Unstable mind, dreamy, jumping between topics	YANG YANG NI LI THUN DU	
Fire	RAM	Joy, inspiration, creativity, good humor, strong-willed, powerful, quick, warm, energetic, blissful	No creativity, lack of social connection, little energy	Angry, easily disturbed, agitated, attachment, desire	RAM TSANG TANG NE RAM DU	
Water	MANG	Comfort, fluidity, peaceful, gentle, as ease, caring, loving, compassionate, flowing	Rigid, unable to change or see new ways of doing things	Always changing your mind, cannot stick to a plan	MANG DANG RA MANG TING DU	
Earth	KHANG	Grounded, connected, focused, strong, steady	Flighty, not grounded, easily thrown off of balance by events	Cannot get moving, lethargic, self doubt, feeling of ignorance	KHANG LA ZHI KYE LE DU	

Combination of the Elements Practice

Many times, multiple elements are out of balance, or in some instances we may not be able to determine which elements are out of balance. In these situations, we can practice all the elements combined by repeating all their mantras, plus the mantra of the mandala of the elements. We can invoke all five elements with AH YANG RAM MANG KHANG DRUM DU, then recite this mantra continuously.

**A MU YE A KAR A NI A
YANG YANG NI LI THUN DU
RAM TSANG TANG NE RAM DU
MANG DANG RA MANG TING DU
KHANG LA ZHI KYE LE DU
DRUM DRUNG DZE MU YE DU**