

Prayer Flags

A Prayer Flag is a colorful, rectangular cloth used to send prayers and best wishes. These flags originated thousands of years ago in Tibet and were used to bless the surrounding countryside. The flags are intended to flutter in the wind so that your prayers are carried and spread far and wide by the wind.

In the packet that was mailed to you, you were provided with a rectangular cloth on which to create a Prayer Flag, if you choose to. The cloth already has a pocket through which you can run a cord, string, or ribbon for hanging your flag.

Making your Prayer Flag

Gather your materials. You can use markers, or paint to create your design on the fabric if you would like. There are many more elaborate but simple ways to decorate your flag that can be found online if you'd prefer. To stabilize the fabric while you're drawing or painting on it, use masking tape to tape the fabric to a piece of cardstock or cardboard. Attaching the fabric to a piece of wood with push pins is another option. If you are stabilizing the fabric on wood, it might be wise to put paper towel between the fabric and wood so paint or marker doesn't bleed through to the wood.

Once you've gathered markers, paint, pencils, other fabrics, etc, take a few moments to prepare yourself for the activity.

Here are some color symbols:

- blue for sky or space
- white for air or wind
- green for water
- yellow for earth

Find a comfortable seated position, and take a few nice, deep breaths to settle into your space.

Consider an intention, a prayer, or a wish that you'd like to manifest. Examples could include something you'd like to see more of in the world, a trait you'd like to strengthen in yourself, an aspect of nature that you admire, or a prayer for a particular person and/or circumstance. Honor your intention and draw or paint or write whatever comes to mind.

Assemble your flag and hang it with Intention. Allow your flag to dry completely before removing the tape or push pins. Run a cord, string or ribbon through the pocket at the top and hang your flag outdoors where the wind can spread your prayer.

