

Prayer Flags



About Prayer Flags

Traditionally, prayer flags are used to promote peace, compassion, strength, and wisdom. The flags do not carry prayers to gods, a common misconception; rather, the Tibetans believe the prayers and mantras will be blown by the wind to spread the good will and compassion into all pervading space. Therefore, prayer flags are thought to bring benefit to all.

By hanging flags in high places the blessings depicted on the flags will be carried to all beings. As wind passes over the surface of the flags which are sensitive to the slightest

movement of the wind, the air is purified and sanctified by the Mantras.

The prayers of a flag become a permanent part of the universe as the images fade from exposure to the elements. Just as life moves on and is replaced by new life, Tibetans renew their hopes for the world by continually mounting new flags alongside the old. This act symbolizes a welcoming of life's changes and an acknowledgment that all beings are part of a greater ongoing cycle.

(from Wikipedia)

How We've Used Prayer Flags

Materials needed

- Fabric (I like to use light-weight inexpensive cotton) cut into squares (doesn't have to be squares, and doesn't have to be perfect – don't hem or sew edges)
- Markers (fabric markers or permanent work well)
- Something to put under the fabric to draw on (we've used cardboard for individuals, and a shower curtain works well for groups on the floor or a table)
- Rope
- Needle & thread

This can be done in an individual setting (home) or as a group.

One idea

Start a theme (for instance, peace), or scripture passage (for instance Philippians 4:7)

Read aloud

Discuss what it means to us as individuals, and what it means to us as a community

Hand out supplies

Ask people to draw – anything – as they contemplate on the scripture, theme or idea

As people finish, sew them (simply) onto the rope