



The Peace flags can be created for a variety of celebrations, recognitions and events. Any materials which can be absorbed can be used; glue, paint, beads, ribbon, markers, etc.

Ancient spiritual traditions gave birth to prayer flags. Created with noble prayers of compassion and imbued with merit for one's care for all beings, prayer flags whip in the wind. They carry the creator's blessings and intentions to all the earth. To make your own prayer flags, proceed prayerfully. With simple materials, you can create a prayer flag vibrant with symbols and meaning only you can give the world.

The Making Of A Peace Flags

Step 1: Pray and meditate. Follow your soul's direction by going into the silence of prayerful guidance. Discern what prayers and blessings you want to offer the world. Once you know what to give, begin making your prayer flags. Consider making several flags, each with a prayer. Multiple prayer flags catch attention as their colors and prayers dance in the wind.

Step 2: Select symbols that resonate with meaning. For example, if you want to send blessings of peace to all beings, paint or embroider symbols such as a dove, a peace symbol or hands joined together. If you pray for an end to hunger, add symbols of plenty and prosperity. Tables laden with food, fields of crops ready for harvesting or people sharing their food with others are meaningful symbols. Let ideas for images come to you. Trust your intuition.

Step 3: Pray as you create your prayer flag. As you cut the cloth and arrange symbols on your flag, vocally or silently pray your intention. Consider writing your prayer or a prayer on the panel(s). A prayer can be as simple as a single word. "Love" is a prayer. "Peace" is a prayer, or if you have a favorite prayer, use that. Explore using prayers from the world's religious traditions.

Step 4: Gather materials. Provided are simple squares of material. If you follow the Buddhist tradition, which teaches that everything is impermanent, use low-grade cotton squares. The cloth will degrade faster, reminding you that even the best intentions disintegrate. You will be reminded to make new flags, sending new prayers. Select colored markers or paints. Place colors on your flag that resonate with your prayers. If you feel strongly that you should use blue, do that. You cannot do this wrong.

Step 5: Hang prayer flags vertically or horizontally. Pull the string through all 5 panels of your prayer flag. Fly vertical flags along a pole or vertically along the side of a home or building. Wave horizontal flags by string rope between two trees or horizontally from the eaves of a roof. You will be guided where this beautiful, awesome prayer flag needs to be hung. Inside or out, know it is a divine symbol of Peace. Peace for our world, our communities and ourselves. And Peace be with you.

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Consider what peace means to you personally. Then we suggest you hang these peace flags with intention and a spoken aspiration such as: "May I be an instrument of peace" or "May these intentions, wishes, messages be lifted on the wind to benefit all." "Trust that by taking action for peace whether in word, deed or intention, you are making a difference in the world, a significant difference. Peace begins within each of us; the peace ripples outward.

For over a thousand years Tibetans have been making and hanging prayer flags. Squares of cloth, in each of the Five Elements/Five Buddha Families' colors (blue, white, red, green and yellow) are printed onto and sewn on a cord in groups of five. Tibetans believe that hanging prayer flags with intention releases positive, energized wishes out to the world on the wind. Loving-Kindness, Peace, Compassion and Wisdom are the themes. It is a sign of respect to keep Prayer Flags off of the ground or floor. The cloth frays and the printed images fade as they are released to the wind and the heavens. When they are well worn they are often burned to release the last expression of prayer. It is also common to see old, tattered prayer flags side by side with new ones, left to the elements.

More About Prayer Flags & Their Care

Prayer flags are gentle reminders, bringing us back to our essence and helping us to open our hearts and minds. When we hang prayer flags, we create the intention for more kindness for all beings and ourselves.

As they wave in the wind, prayer flags lift up and carry our wishes for compassion, peace and healing around the earth. Prayer flags encourage us to live more mindfully and help us to restore our own inner calm. A more peaceful world still must begin in each of us, one open heart at a time.

It is a sign of respect to keep them off of the ground or floor and to have clear, beneficial intentions as they are being hung. The cloth frays and the printed images fade as they are released to the wind and the heavens. When they are well worn they are often burned, to release the last expression of prayer. It is also common to see old, tattered flags side by side with new ones, left to the elements.

Messages on the flags:

P - Practicing Generosity
E - Expressing Truth
A - Acting with Kindness
C - Co-creating Balance
E - Experiencing Joy!

Flag Set in blues and greens.

1. Peace begins with me
2. May respect and tolerance increase
3. Be peace, practice kindness
4. Inner peace creates global peace
5. We can be the change we wish to see

Peace Flags are hand-made annually in partnership with Hope Studio in support of a Season for Peace. They are on display at the Alaska Center for Spiritual Living, Anchorage, AK. To learn more about the Season go online at the Association for Global New Thought, and explore, discover and participate.