

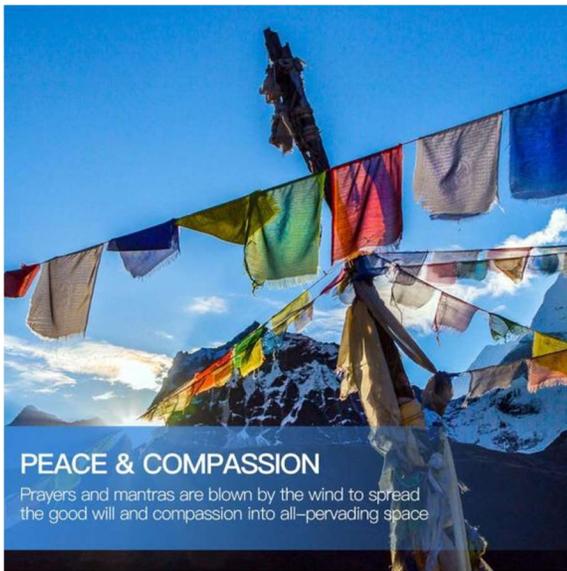
Hope Flags

Hope Flags, also known as peace flags or prayer flags, come from the Tibetan tradition and are used to promote peace, compassion, strength, and wisdom.

By hanging the flags in high places, the *Lungta (wind horse)* will carry the blessings and goodness written/depicted on the flags 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 suffused with the good intentions of the mantras, hopes, wishes, etc. contained in the flags.

A common misconception is that the flags carry prayers only to the gods/God, however, the Tibetans believe that the flags, when blown by the wind, will spread the hopes, wishes, prayers, goodwill, and compassion into and across our universe and all of existence. Therefore, the flags and the good energy they contain are thought to bring benefit to all.

The intentions and hopes of the flags 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.



Traditional Prayer Flags



An example of our Hope Flags

Description of Activity:

Supplies

- Fabric Flags (any size will work, we use 6" x 8")
- Twine or string to hang your flags
- Safety Pins
- Markers
- Tape or push pins to hang the completed project
- Stencils (optional)

Instructions

1. Decorate fabric flags with markers.
You can...
 - Decorate the flags as a family or each family member can have their own flag(s)
 - Choose images or words that remind you of the person who died
 - Choose images or words that are significant you and/or your family
 - Choose images or words that bring you comfort, hope or joy
 - Choose images or words that you wish to spread into the world
 - Be creative! You can choose images or words for any reason. 😊
2. Attach completed flags to twine using safety pins
3. Hang outside or in a place of your choosing
4. Optional - take a photo and send it to us.
 - You can also let us know why you drew/wrote what you did
5. Have Fun!