

Tibetan Prayer Flags

A Colorful Craft Project to Spread Goodwill and Positivity

- ***Lung ta* is the Tibetan word for prayer flag meaning “wind horse”**
- It is believed *lung ta* carry good thoughts and positive energy to others as the wind blows the flags.
- *Lung ta* never touch the ground and are traditionally left up until flags fray and fade away, reminding us we are all part of the ongoing cycle of life.
- If you decide to take down your *lung ta*, do so with care and respect towards your flags and the thoughts and prayers they carried for you!

- **Blue – sky and space**

- **White – wind and air**

- **Red – fire**

- **Green - water**

- **Yellow - earth**

What should my prayer flags look like?

- Square cloths or papers, held together with string, yarn or twine
 - Try using old sheets or pillow cases, cut into squares
 - Print out template for paper flags
- Write a message of goodwill to one or many
- Include drawings of animals
 - Traditional *lung ta* feature a drawing of a horse at the center with a dragon, *garuda* (similar to an eagle), tiger and snow lion in each corner.
- One of each color should be flown together to complete the set of elements, balancing the energy of your good intentions.
 - Arrange your flags for elemental harmony
 - Left to right: blue, white, red, green and yellow.

When to make a prayer flag:

- You want to wish someone happiness
- Someone you love is sad or sick
- You feel the world needs extra love, peace and kindness
- Celebrations like holidays and birthdays

