Tibetan Prayer Flags
A Colorful Craft Project to Spread Goodwill and Positivity

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

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!

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.

Blue – sky and space
White – wind and air
• Red – fire
• Green - water
• Yellow - earth

Click to learn more about Tibetan culture from www.tibetuniversaltravel.com
Peace on Earth. To all life and what sustains life. We ask for justice, peace, and compassion. Let there be love and justice.

I hope all stay safe and wear the mask. Watch over those who keep us safe.