

## Prayer Flags

Prayer Flags are used to promote Peace, Compassion and Wisdom. They are not offered as a prayer to a God but the prayers and Mantras invested in them are blown by the wind and therefore benefit everyone and everything.

They offer a prayer for all of life.

There are 2 types, horizontal and vertical, the horizontal, Lung ta, are strung on string or rope and can be hung across pathways or doorways. The vertical, Darchog, are usually attached to a pole.

Traditionally they come in 5 colours which represents the 5 elements. It is said that health and harmony are achieved when all 5 elements are in balance.

- Blue – Sky and Space
- White – Air and Wind
- Red – Fire
- Green – Water
- Yellow - Earth

For further information check out [https://en.wikipedia.org/wiki/Prayer\\_flag](https://en.wikipedia.org/wiki/Prayer_flag)

## Prayer Ties

Prayer ties are a native American way of placing intentions into prayer and meditation. In the preparation for the reading I will show you how I have been taught.

Using non synthetic cloth that is either White, Black, Red or Yellow, take a small square or rectangle. You can use just one colour or pieces of each. Some people use additional colours and if you research this you will find that although there are some common denominators, different peoples will have slightly different interpretations about the colours, often depending on their geographical location and connection to the seasons. The meanings are below.

Take a small pinch of sacred tobacco and spend some time focusing on the prayers that you are offering up to Great Spirit. Wrap the tobacco in the cloth and bind it with non synthetic string, cotton or wool. Do not knot the string, we do not want to interrupt the flow of energy.

Tie your prayer tie to a stick. Later it will be burnt, and your prayers offered up to Great Spirit in the smoke. In many instances the prayer ties are part of a bigger ceremony and the burning will take place at a specific time that is relevant to this, however, if you are doing this for yourself then you can decide when it is the most relevant time to burn your prayer tie. Be sure to do this safely!

- Yellow – East, New Beginnings, Higher Vision, Renewed Clarity and Direction
- Red – South, Childhood, Young Ones, Unconditional Love, Connection to the Earth Mother
- Black - West, a Space of Deep Reflection, Renewal through Stillness, Physical Healing
- White – North, Our Guardians and Ancestors, the Carriers of Wisdom

For Further Information check out:

<https://www.learnreligions.com/how-to-create-prayer-ties-4172614>

<https://swcnac.org/2017/05/10/prayer-ties/>

### A Wishing Tree

In essence a wishing tree is a tree that is said to carry your wishes and prayers. People tie a strip of fabric or string or item to the tree whilst investing their prayers into that item.

Some Wishing Trees have been used for hundreds of years and people flock to them in pilgrimage. Others spring up almost out of no-where, presumably someone made a connection with that tree and began by hanging the very first prayer or wish and others then followed.

For myself, I sometimes make a gift or tie of some sort as a thank you and a symbol of appreciation. Outwardly it may look as though I am placing a wish or prayer onto a tree, actually my intention and desire is to honour and thank the tree itself and indeed all trees for their gifts to us.

To learn more about the significance of Wishing Trees and how different cultures have connected with them historically you might want to check out this link.

[https://en.wikipedia.org/wiki/Wish\\_tree](https://en.wikipedia.org/wiki/Wish_tree)