

# Nepalese Buddhist Prayer Flags



***'To engage successfully with the activity and to create a symbol which feels authentic requires a response which is a truthful expression of my identity and history. Symbols cannot be validly created or interpreted without this personal engagement. The meaning in the symbol is, in the first instance, its meaning for me.'*** Hammond (2015,115)

Prayer flags are used to promote peace, compassion, strength and wisdom

Buddhist Prayer Flags		
	Space	Peace
	Air	Purification
	Fire	Compassion
	Water	Prosperity
	Earth	Knowledge



During a session on spirituality, students are introduced to Nepalese Buddhist prayer flags and their symbolism in a form of prayer intended to benefit all. They consider the purpose of sending out prayers to others and study the images of the Buddha and the Wind Horse on the flags to understand their significance.

Each student is given a coloured rectangle of paper and asked to write a message they would like to send round the world. This change in focus is an opportunity for individual expression and altruism. The room falls silent as they focus on choosing and writing a thoughtful message. They engage with the experiential pedagogy which underpins the activity. Later, their thoughts are strung together on ribbons and displayed, modelling a classroom activity, but more importantly enabling them to experience how reflecting on a religious practice can deepen their own understanding of self and create a shared experience which strengthens their appreciation of a common humanity.



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