

Hello, I hope you all had a lovely week. I think the plants and ducks have enjoyed the weather! Not so great for us getting outdoors though!

Did you enjoy RE lesson 7 last week? I hope you learnt a bit more about the importance of the temple and worship to Buddhists. Before starting this lesson, I have a video you may find interesting. The video is about a group of school children visiting a Buddhist temple, you will get to see inside the temple and get a better understanding of Buddhist prayer.

<https://www.bbc.co.uk/bitesize/clips/zk67sbk>

Can you remember from the video why Buddhists use prayer flags?

Buddhist prayer and meditation in a monastery

Part of Religious, moral and philosophical studies | Practices and traditions

Duration 04:32



Buddhists write prayers or mantras (These are short sentences or prayers written over and over again) onto flags, so when the flag blows in the wind the mantra is carried to the Gods.

Here is another video showing the prayer flags hanging at different Buddhist temples.

<https://www.bing.com/videos/search?q=Buddhists+using+prayer+flags+during+wesak&&view=detail&mid=12C47AD320A1033093F412C47AD320A1033093F4&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3DBuddhists%2520using%2520prayer%2520flags%2520during%2520wesak%26qs%3Dn%26form%3DQBVMH%26sp%3D-1%26pq%3Dbuddhists%2520using%2520prayer%2520flags%2520during%2520wesak%26sc%3D0-41%26sk%3D%26cvid%3D9C67122D775A42209A89162D31B175DA>

During this lesson we will look more closely at the prayer flag, then next week we will find out when and where a prayer flag might be used for example, Vesak/Wesak also known as Buddha day which is a Buddhist celebration.

Learning Objective: To understand how and why Buddhists use prayer flags.

I can create my own mantra.

I can design my own Buddhist prayer flag.

I can include the key features of a Buddhist prayer flag.

Buddhist Prayer Flags

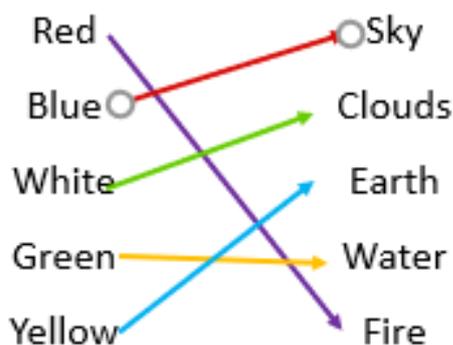
History

Buddhist prayer flags date back thousands of years. Priests used plain cloth flags in primary colours during healing ceremonies. Each colour corresponded (linked) to a different primary element - earth, water, air, fire and space, used to appease (keep happy) the local spirits or Gods in the mountains.

Buddhist masters created most prayer flag designs and these were copied by craftsman. These craftsmen would never create new designs.

Flags

There are five elements associated with Buddhism and five colours,



These are the colours they use for their flags.

Prayer flags are colourful cotton cloth squares, with images, mantras and prayers printed on them.

A mantra is a word, sentence or a short prayer that is repeated over and over again (either aloud or in a person's head) and is thought to have a huge spiritual effect on that person.

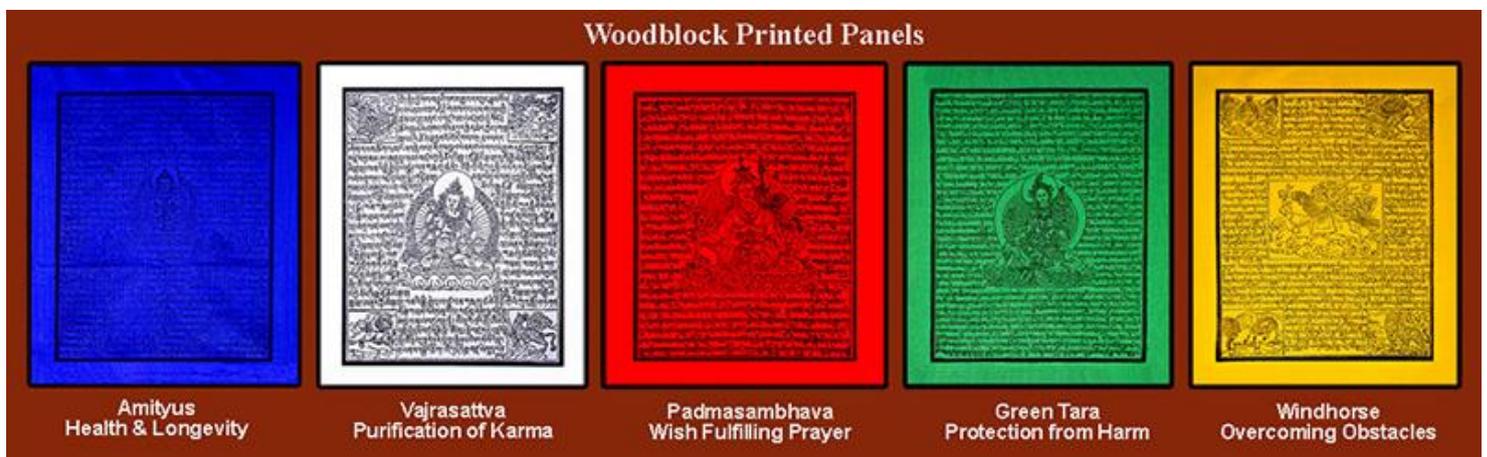
When a mantra is written on a prayer flag, Tibetan Buddhists believe that every time the wind moves the flag, the mantra is repeated. The wind carries the mantra to the gods.

Examples of Mantras

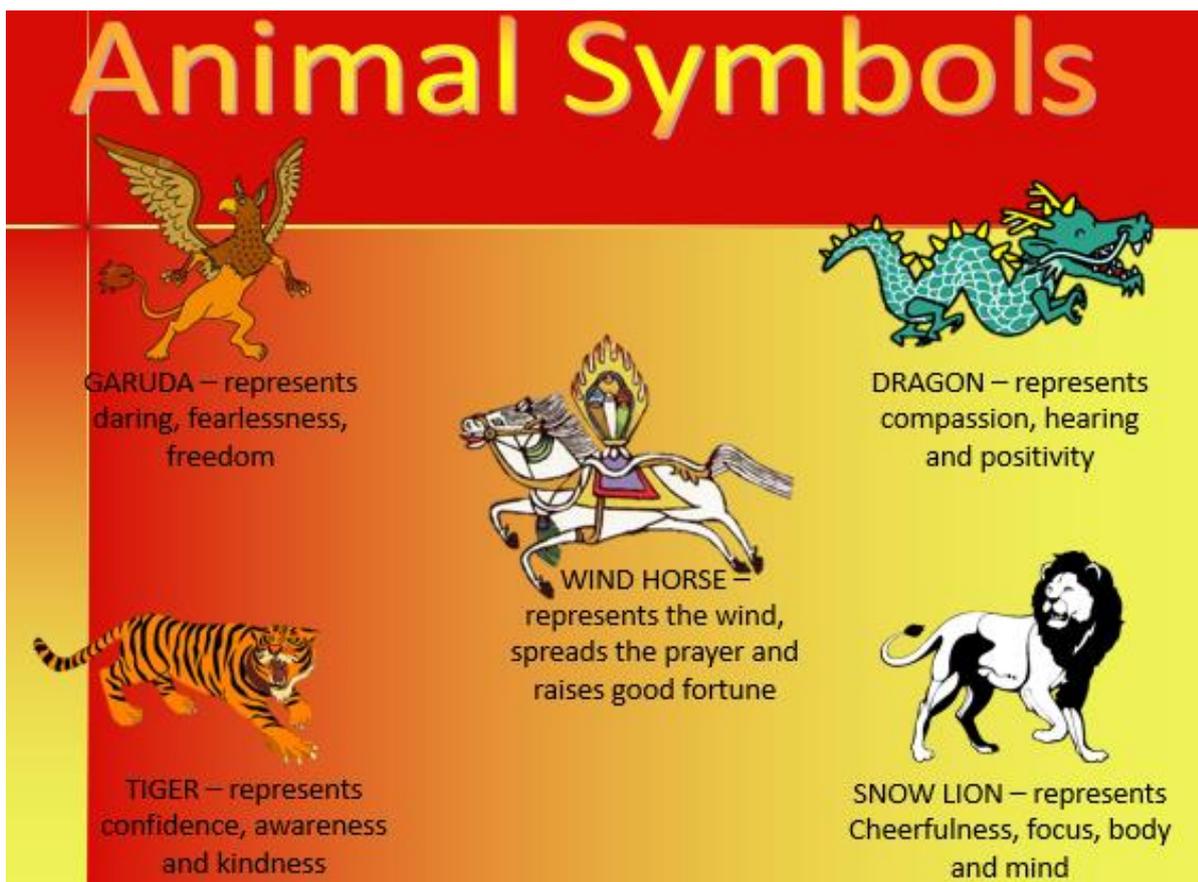
- "May all beings be well and happy,"
- "Wish for peace individually, collectively and universally,"
- Go, go, go beyond go utterly beyond, enlightenment hail!"

Flags are usually raised on important dates, for example Tibetan New Year.

WARNING!!! If you hang the prayer flags on the wrong astrological date they will only bring negative results and bad luck!



Illustrations are used as symbols to represent different meanings.



Creating your Buddhist Prayer Flag



Your job this lesson is to become a Buddhist master and design your own prayer flag.

Task 1:

Think of a message that is important to you (for example, "treat others as you wish to be treated" OR "Always be there for your friends").

Write your message decoratively in the centre of your prayer flag template or on an A4 piece of paper.

Task 2:

In the four corners of Buddhist prayer flags are pictures of an eagle, dragon, tiger and lion. These represent wisdom, power, confidence and joy. In the four corners of your sheet of A4 draw four symbols that you think represent wisdom, power, confidence and joy. They don't have to be animals; the symbols can be whatever YOU think shows these virtues.



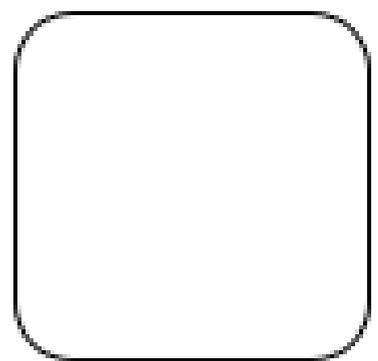
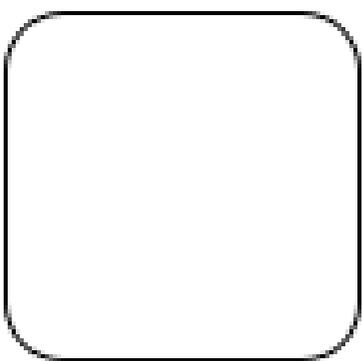
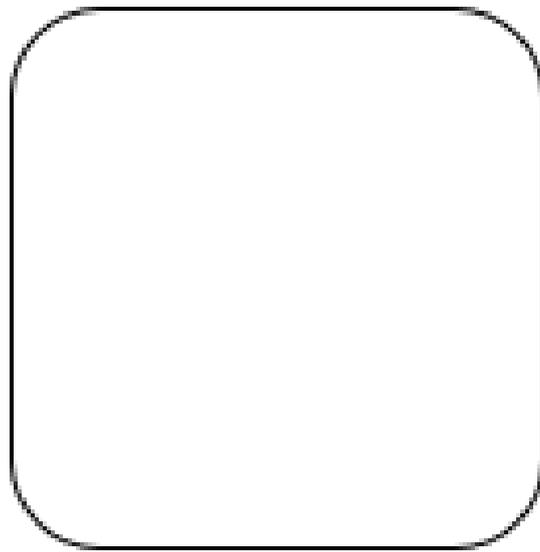
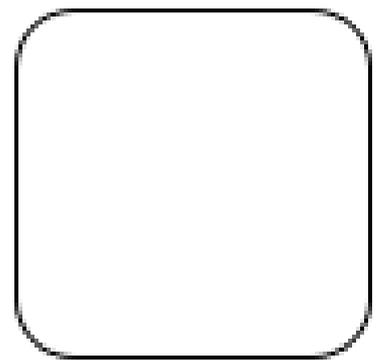
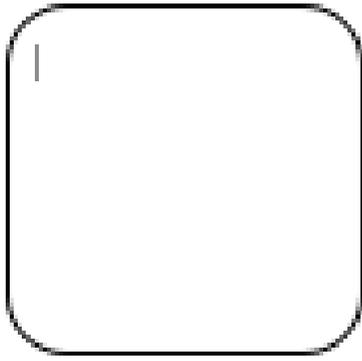
Tibetan Prayer Flags

Task 3:

Decorate your prayer flag. Draw pictures, use bright colours and make them look beautiful. You could find a stick on your next walk and stick your flag to it; it could be put up somewhere in your house!



Your prayer flag template is on the next page. Remember if you can't print this out you can create your own on a piece of paper. There is also an example of a prayer flag which can help you with some ideas! Have fun!



Meditation



Meditation is a way Buddhists can clear their minds and relax, part of the Eightfold Path. So is the right mindfulness.

Mindfulness is useful for adults and children, it is paying attention and noticing what is around you as well as your thoughts and feelings. It helps to cope with big emotions and challenging experiences.

Each week instead of a whole meditation session, I will ask you to practice one mindfulness technique.

3. Warrior pose – *for confidence and concentration*



Stand up tall with your feet wide apart. Turn your right toes out and press your left heel away. Bend your right knee deeply, stretch your arms out at shoulder height and make like a surfer. Hang ten for a few relaxed breaths, feeling the strength of your body, then shake out your legs and try it out on the other side. This is a great distractor from worried thoughts.

I hope you enjoyed the lesson 😊

Next week we will look more closely at how and where the Buddhist prayer flag is used. Have a lovely week and remember to have a go at the new mindfulness technique!

Mrs Hunter-Howard