

Prayer Flag Ceremony 2022





What are Prayer Flags?

- Predate Buddhism over 20000, beginning with the Bon shamans
- Wind communicates without words, sutras or prayers are often inscribed on flags.
- . Many cultures use colored flags to represent the five elements.
- Wind flags are symbols of victory, health, and peace.
- Lakota tie prayer flags during their Inipi ceremonies, sun dances, and vision quests. The use of flags to carry messages to distant gods is almost as old as the wind.

Are you Aligned to Magnetic North?

Your sweet spot.

You know your compass is pointing Magnetic North:

- you are passionate about life
- your needs are met
- you obtain measurable results,
- you experience a sense of fulfillment by contributing to humanity.



Accountability

What is accounting for yourself mean?
and how accountable are you to practice?

What are you willing to do?

What are you unwilling to do?



Two hands in the Circle



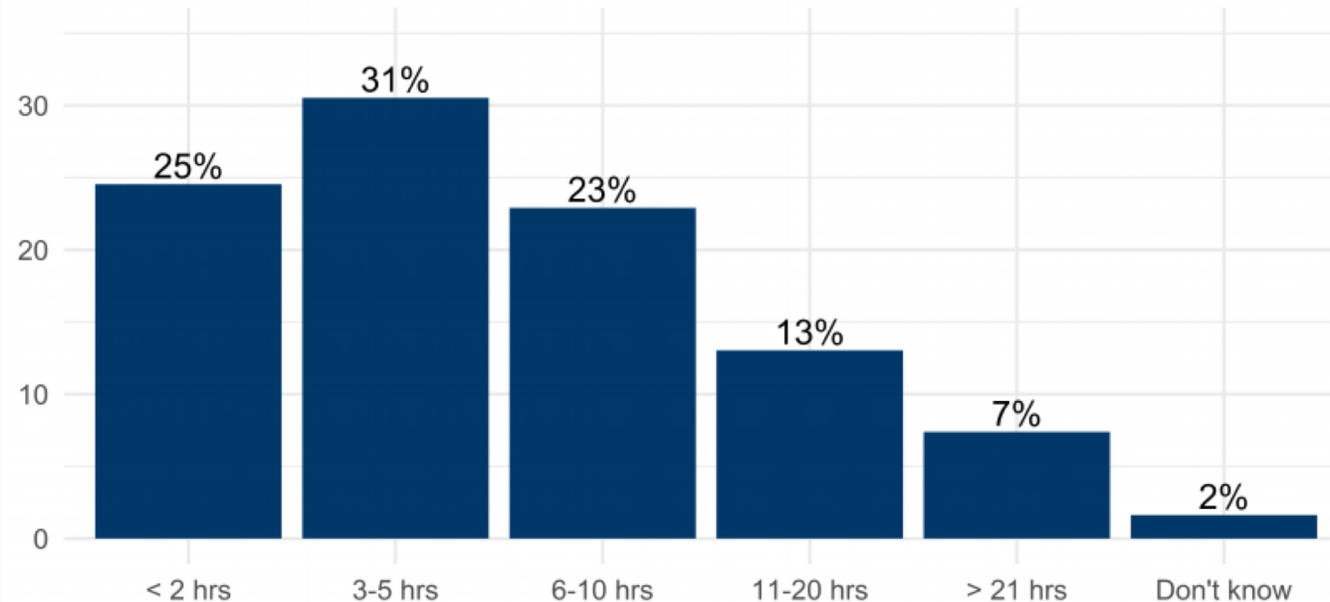
Commitment

I am very excited! I have been on the sewing machine this week, as the gorgeous flags sent by [Renee Baribeau](#) won't make it down under
I
n Australia in time, I have made my own, I didn't have the fabric.. I have given
one of my sheets a make over and new life as prayer flags! I will be setting my
alarm to wake me up in the very very early AM to join in with this sacred practice,
I am really looking forward to meeting all the other amazing 2022 Apprentices and Wind Team!

Moving from Linear to Cyclical Experience

American Adults Report Spending Little Time Outside Each Week

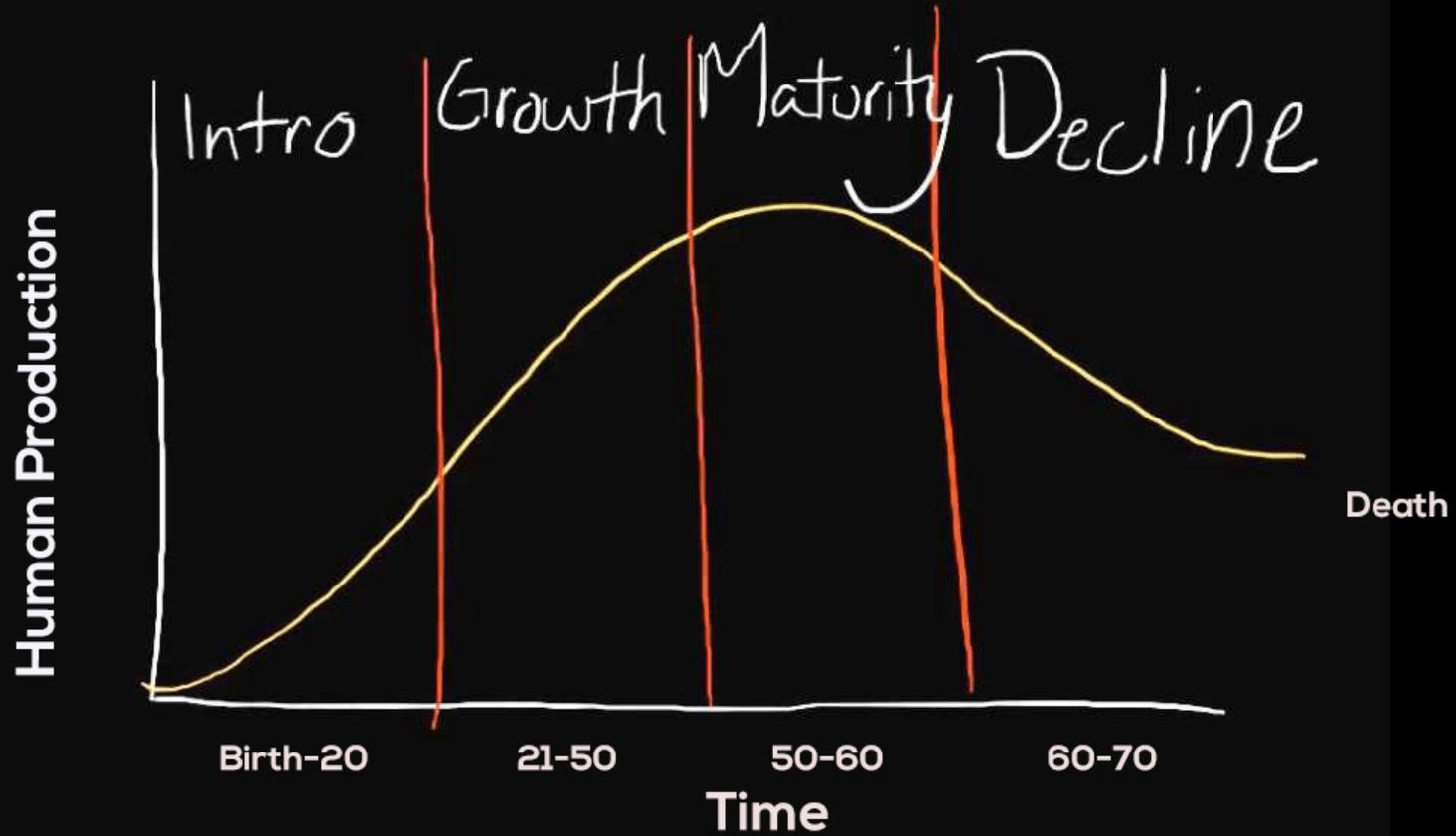
Over half of American adults report spending 5 hours or fewer outside in nature each week. Over three-quarters spend 10 or fewer hours.



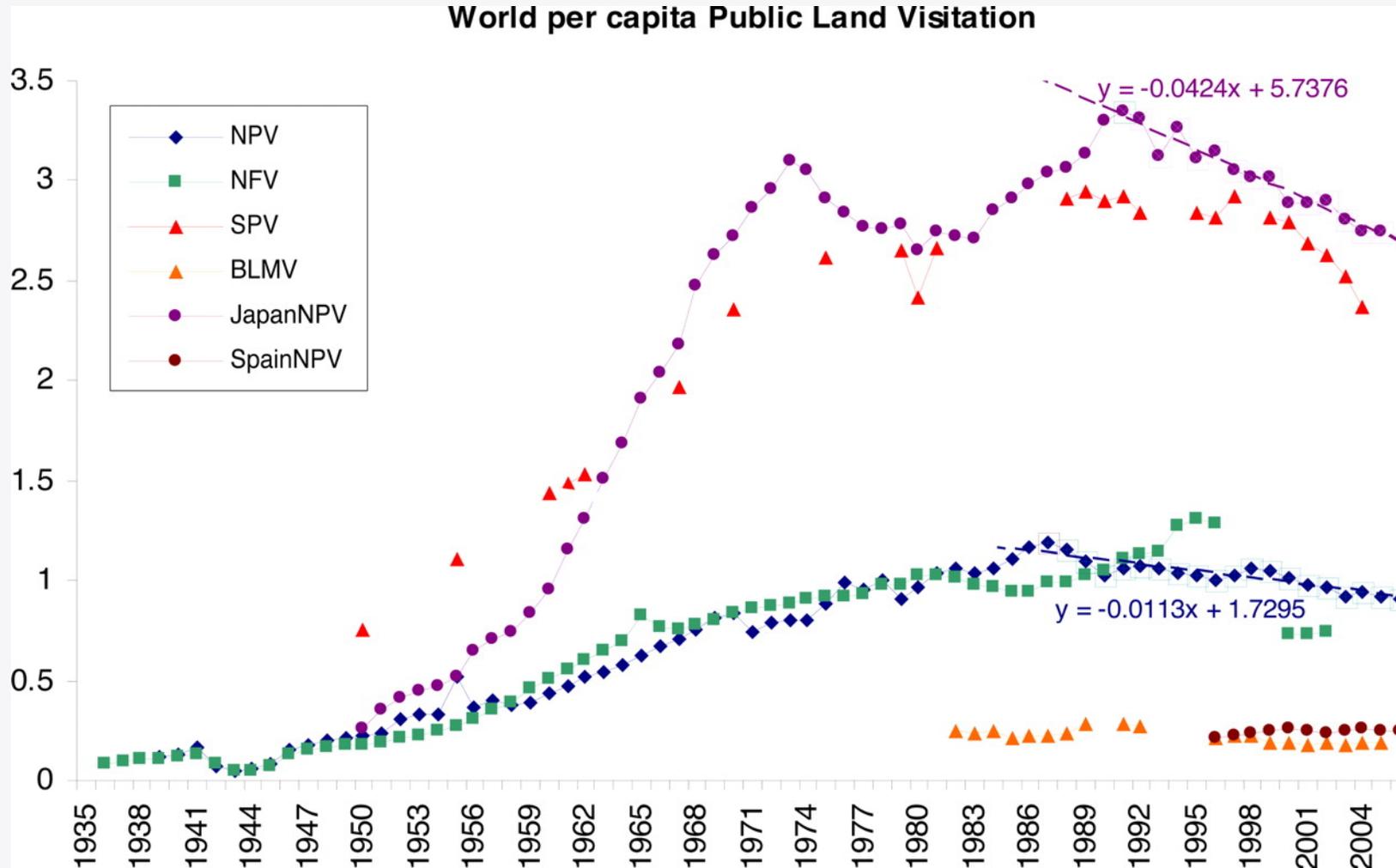
"In a typical week, when weather allows, about how many hours do you spend outside in nature?"
Adults 18+. N = 5,550. Source: NatureofAmericans.org

Linear Experience

Humans DOING (commodities)

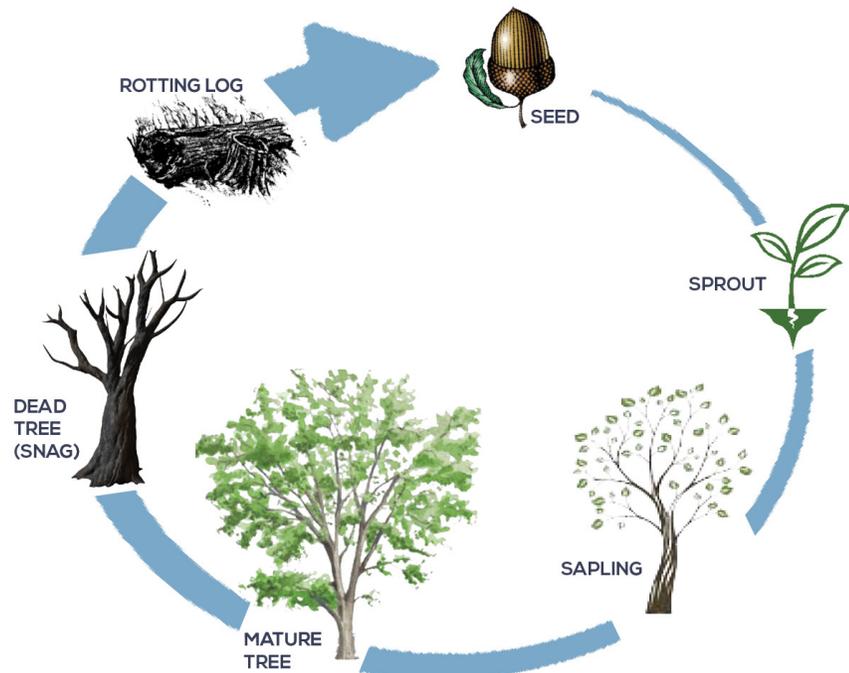


Linear Experience



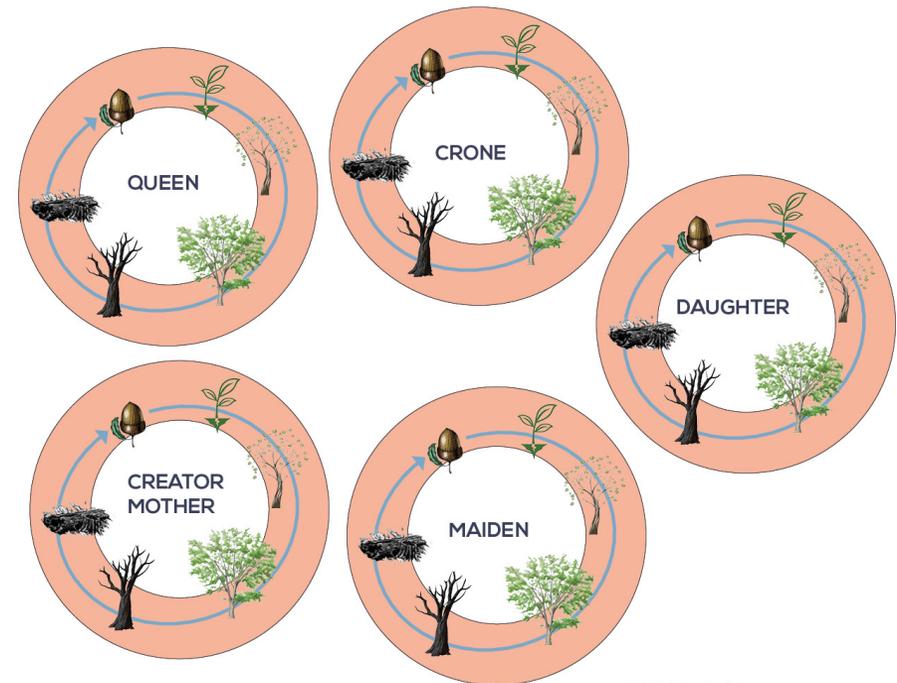
Moving from Linear to Cyclical Experience

TREE LIFE CYCLE



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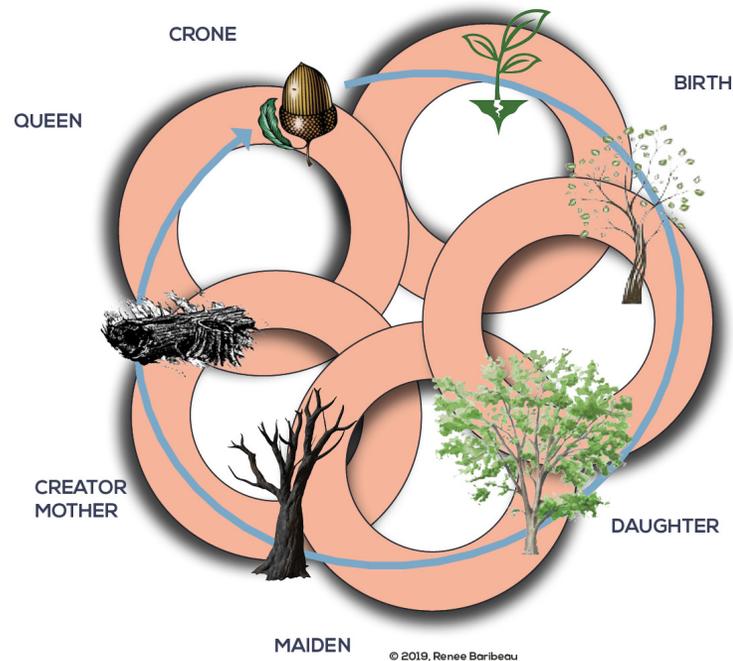
CYCLES WITHIN CYCLES



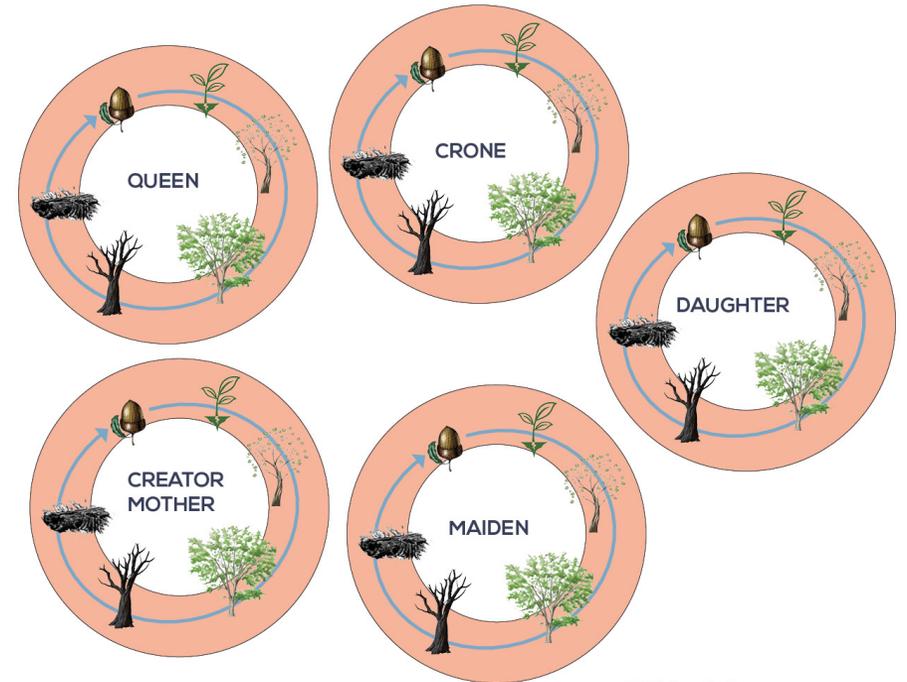
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Moving from Linear to Cyclical Experience

LIFE CYCLES



CYCLES WITHIN CYCLES



Implementation

3 types of Interactions with Nature

- **Indirect interactions:** Organizing Your Office and Living Space to Bring the Outdoors In will reduce stress
- **Incidental interactions:** Decrease Stress while interacting with Nature while doing other activities: Walking Between Building, Neighborhood walks. Therapy Walks.
- **Intentional interactions:** Wind Flags. Adventure Teams, Planned Hikes and Outdoor Experience. Prolonged plan exposure (Improved Mental Health)

Indirect interactions

Make a List of 3 things you can do for free (low cost) to improve your Work Space

1.

2.

3.

Incidental interactions

Make a List of 5 things you can do for free (low cost) to improve your Living Space

1.

2.

3.

Intentional interactions

Make a List of 5 things you can do to improve your living space

1.

2.

3.

4.

5.

Activities Affect the Deeper Parts of the Brain

Recover the child's spiritual quality of experience in adults.

Self Regulation and Self Reflection

While these parts of the brain are engaged, the person is not activated

Alchemy

SYMBOLS: Useful reminders and Stimulate the subconscious.

BREATH: We breath life into our creations

WIND: Invite the Spirit into the Magical Equation

How this Works

When you put your full attention to something,
ie. making prayer Flags or even cooking dinner

It changes the dynamic spin

In that precise moment, alchemy can occur

You have shifted the relationship and created a gap

In this space you can make a change: altering yourself and

The outcome.

Making your prayer flags, and inviting the wind spirits to

intercede in this junction between the month will help you align to your goals

And dreams



**Alchemy
Journey
Adding or
Moving the Anchor
Point**

Moving from Linear to Cyclical Experience

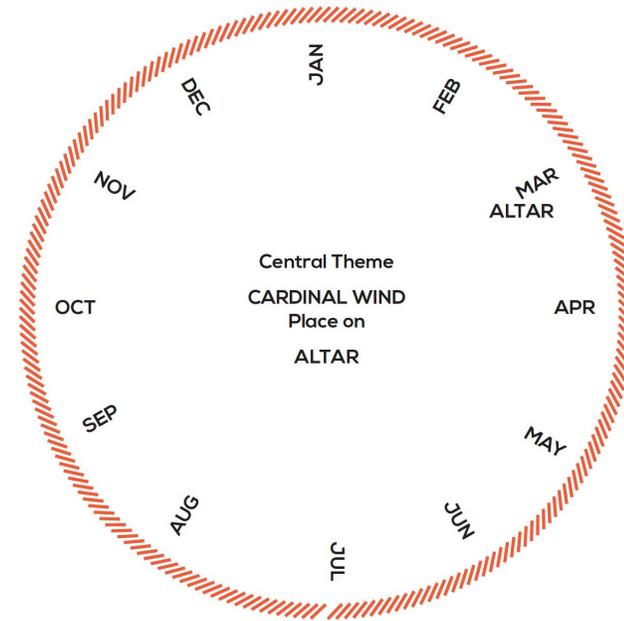
- Wind Spirit Cards® Cut Apart
- Separate the Cardinal Winds
- Prepare Sacred Space
- Wind Breaths
- Call to Cardinal Winds:
- Work with your Cardinal Wind for the Month of March
- Worksheet
- Pull a Wind Spirit Card for Each Month April for 10 months

Moving from Linear to Cyclical Experience

- Each Month Send Home the Former Wind
- Call to the New Wind

- Put all your Wind Spirit Cards (*minus the 4 Cardinal Winds*) in a container,
- Shake the container vigorously.
- Prayerfully ask: "What wind would like to accompany me for ...
(*Write these down below as you go. It can get confusing.*)

MARCH _____ (*Place on Altar*)
APRIL _____
MAY _____
JUNE _____
JULY _____
AUG _____
SEPTEMBER _____
OCTOBER _____
NOVEMBER _____
DECEMBER _____

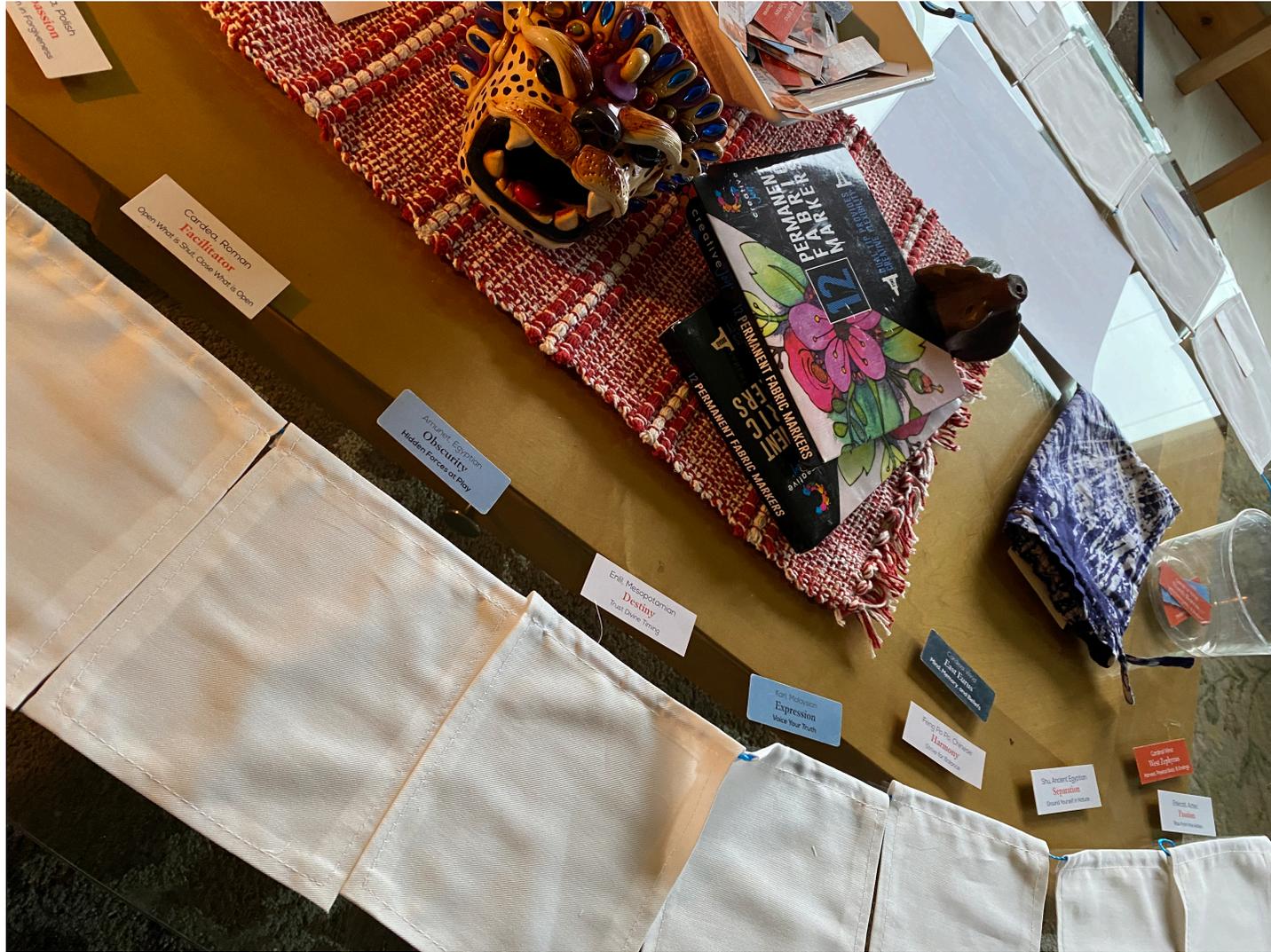




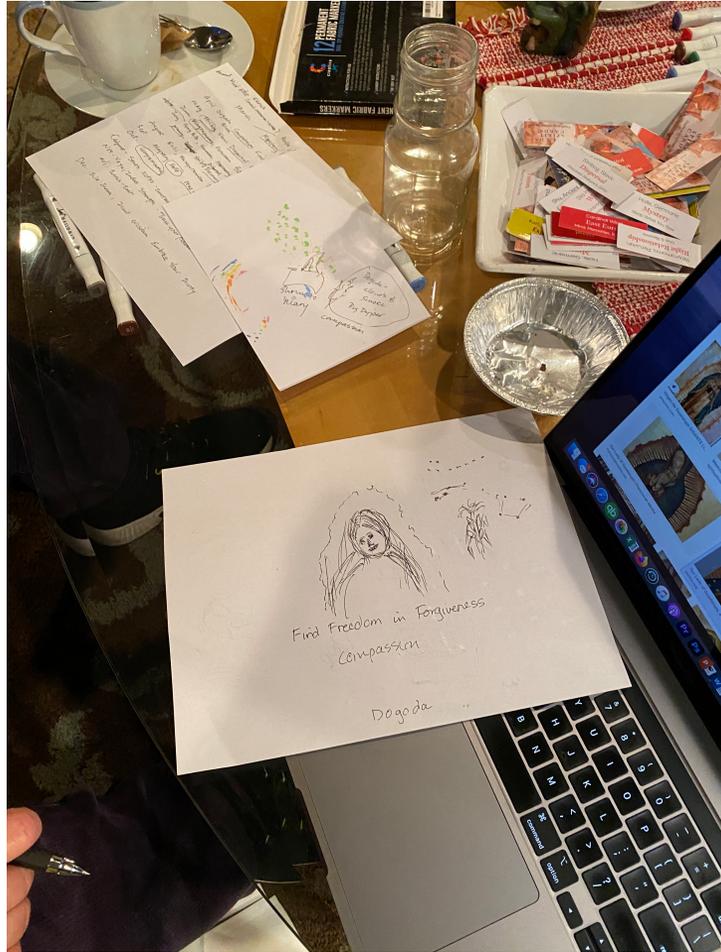
Assembling Your Flags



Assembling Your Flags



Assembling Your Flags



Prayer Flags Work



Hang them Up Outside

