



## How to Make Your Meditation Flag



Maple Hill Art Studio

Creative 360  
Stage, Studios & Gallery

The concept of your flags is very old and rooted in Buddhism. They promote peace, compassion, strength, and wisdom. The belief is that your flag's mantra will be blown by the wind to spread good will and compassion into space which means they bring benefit to all of us! Your flags are a version of this concept and will be unique to you.

**FIRST**, think about words that describe the energy you want to share with others. A single word has a lot of power and can express many things. Right now, what is important for you to remember and to celebrate? Take a couple of minutes to write down special words that make you feel good. Maybe they remind you of someone important to you like a relative, a friend, or a pet that you want to honor. May be its nature, friendship, human kind, the world around us, your faith. It can be big ideas or something as simple as you had ice cream with dinner last night. Record your special words so you can use them as you make your flag.

Smile	Believe	Joy
Love	Hope	Awesome
Gratitude	Courage	Truth
Be Positive	Heal	Understanding
Inspire	Nature	Celebrate
Beauty	Magic	Enjoy

**SECOND**, you need to get your supplies. 360 will provide free flag making kits that include instructions. You can supplement your kit with things you have at home. You definitely need: Scissors, Ruler, Stapler, Extra Strength Glue, Needle and Thread. You can use a sewing machine if you have one but it is not required.



**The base of your flag** is a piece of cloth 5" wide by 11" long. You can use the cloth provided in your kit (which is cut into thirds to make three 5x11 flags) but you can also use anything you have. If you sew you may have stash of fabric already. If you don't have fabric see what else you have at home like an old pillow case or sheets, a dish towel, clothes you were planning to donate, table cloths, handkerchief, cloth napkins, old scarves – anything you are happy to repurpose.

Next you will want to find different **embellishments**. Check your junk drawers, craft supplies, garage, basement, jewelry box, sewing room – anywhere you can think of – go on a treasure hunt! Look for things like:

Ribbon and lace

Buttons (including ones you get when you buy clothes) preferably w/o shanks

Items that can be pinned or clipped on – safety pins, brads, a brooch, a decorative pin, large paper clip

Items that can be sewn on - beads, old keys, pet tags, charms, cloth patch,

And don't forget outdoors – feathers, bark, small pine cones and more. Whatever speaks to you.

Bring it all together and sort through what you want to use to **assemble** your flag. Think about your special words. Are there colors you associate with them? For example, JOY makes you think of bright yellows or BREATHE makes you think

of blue. Let your words guide your choices. Remember to create layers so your flag has lots of movement when it flutters outside.

If you have plain cloth like in the kit from 360, you can always **decorate** it using paint (craft or house), Foamies or Rubber stamps, homemade stamps using vegetables/ leaves, stencils, markers, tie die - whatever you have.



For the **base** of your flag, you will cut a strip of cloth 5 inches wide and 11 inches long. 3" will be folded over the top to create a sleeve which will be used to hang your flag. So, before you add all your embellishments, your flag will be our standard size of 5x8 inches. It's okay if you want to make your flag bigger or smaller, remember to include the sleeve. Don't worry about sewing the sleeve – we can do that for you when you drop it off!



The other thing you will want to consider is adding your **word** to your flag. Here are some suggestions:



- Write or stamp directly on your flag or on to a piece of cloth you add to your flag.
- Find your word in a magazine and staple it on to your flag.
- Stencil your word on to a tag and pin to your flag.
- Print your word on cloth using an inkjet printer
- Embroider your word

Your flag can be as simple or elaborate as you want – after all it's your flag. You may want to take a picture before you start to attach. How you attach is your choice (staple, pin, clip, sew, glue or...) Keep in mind your flag could be hung outside so you want everything to stay in place. Be sure to write your name and date on the back. When your done celebrate!

Our hope is you will make a flag for us to hang outside the Creative 360 building, and make more to hang inside or outside where you live. EVERYONE is encouraged to participate no matter age or skills! Just think, the more flags we receive the more energy we will be sending out.... We will start to hang flags the week of Sept 14<sup>th</sup> and continue to add as they come in. To get your FREE Art Sparks Flag Kit stop by Creative 360 at 1517 Bayliss to M-F 9am-4 pm. Or send email to [creativity@becreative360.org](mailto:creativity@becreative360.org). Or call 989-837-1885.

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