

How to Make Prayer Ribbons

Native American Even Pritchard taught me to make prayer ribbons. An Algonquin tradition, the ribbons—yellow, red, black and white--represent the four races of human beings and the four directions. The green represents the Earth; the blue the sky and Spirit. When we tie them together and display them publicly, we affirm that we choose to honor and respect each other, the natural world, and the Spirit that guides us.

For ribbons for lapels, hats and other clothing:

Cut each ribbon about six inches long. Cut one end on a diagonal. Bundle the blunt ends together in this order: yellow on top, then red, black, white, green and blue. Tie them with a knot. Thread the sharp end of a medium-sized safety pin through the knot. Pin the prayer ribbon to your clothing and wear it proudly. (Take it off before you wash your clothes.)

For ribbons to hang on trees, mailboxes and other outdoor locations:

Cut each ribbon about eighteen inches long. Cut one end on a diagonal. Bundle the blunt ends together in this order: yellow on top, then red, black, white, green and blue. Find a place outside-- preferably where the wind blows--and tie them firmly (a square knot works well).

When you gather with friends and make prayer ribbons together, you amplify the power of the activity. Here is a simple prayer that you might use:

Divine Creator, help us release old patterns to the wind of the Spirit. Open our hearts to a vision of living in harmony with all living beings.

Imagine thousands of these ribbons blowing in the winds of change and worn as a symbol of our commitment to honor and respect all life. We are four races, one nation, under God (blue), indivisible(knotted together) with liberty and justice for all (green.) Let's create a new and more deeply united America.

Sally Voris, White Rose Farm

For examples, visit www.whiterosefarm.com.