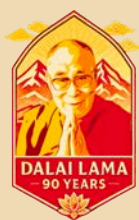


# COMPASSION RISING

## COMPASSION FLAGS



Join us at [CompassionRising.com](https://CompassionRising.com) or  
@CompassionRisingWorldTour on Instagram.

## Compassion Flags

---

Compassion Flags are part of a global initiative to honor His Holiness the Dalai Lama's 90th birthday in 2025 and to observe a Year of Compassion. Inspired by traditional Tibetan prayer flags (*rLung-rTa*), these modern flags are designed to help people everywhere express, share, and commit to compassionate action.

Each flag reflects one of the five elements of nature:

- Blue — Sky
- White — Air
- Red — Fire
- Green — Water
- Yellow — Earth

The flag's colorful border represents its element, while the center is left blank for you to write a message, promise, or act of compassion.

## How to Use Compassion Flags

---

### 1 Print or Create Your Flags

Use the printable templates included in this toolkit or make your own using cloth or paper. Choose one of the five elemental colors.

### 2 Reflect and Write Your Intention

Think about what compassion means to you. Then write down a message, personal promise, or act of kindness—something simple, honest, and heartfelt.

Examples:

- “I will listen more without judgment.”
- “I will help a neighbor in need.”
- “I will practice patience with myself and others.”

### 3 Hang Your Flag Outside or in a Shared Space

Traditionally, prayer flags are strung between trees, rooftops, and poles. Hang yours where the wind can move through them. The idea is: as the wind passes through, it carries your intentions out into the world.

### 4 Share and Inspire Others

Display your flag at home, at work, in your neighborhood, or community center. Organize a group activity to create flags together. Encourage others to reflect on and practice compassion.

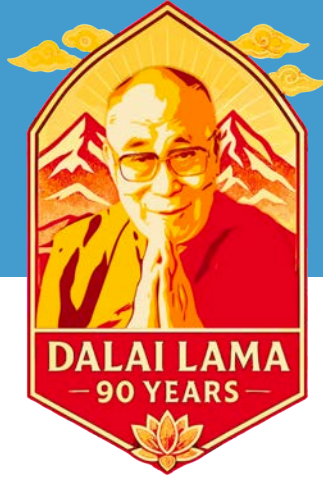
## Who can use Compassion Flags?

---

Anyone who wants to use Compassion flags as a decor element or interactive element of their event. The Compassion Flags toolkit is for anyone inspired to practice and promote compassion—at home, in schools, and communities. It's ideal for families, educators, and global supporters of His Holiness the Dalai Lama, and event organizers - offering a simple, meaningful way to spread kindness across generations and cultures and to engage in the Year of Compassion.

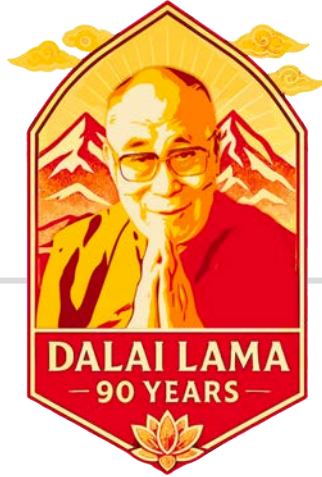
### How to Use Your Compassion Flags

- Download and print your Compassion Flags
- Write messages in the white space
- Hang flags proudly and let the wind carry your intentions
- Share online with hashtags:  
#CompassionRising  
#DalaiLama90
- Tag us:  
@CompassionRisingWorldTour  
and @SaveTibet



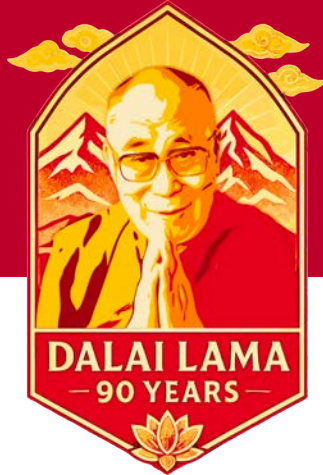
**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



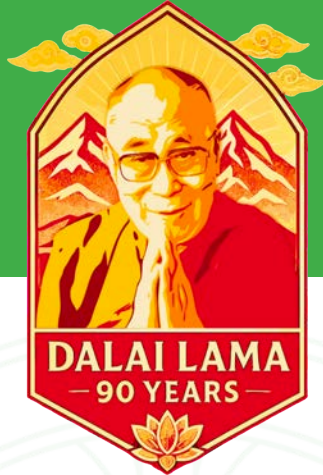
**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



**COMPASSION RISING**  
WORLD TOUR 2025

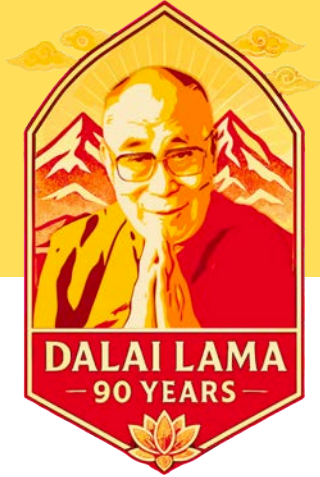
[www.CompassionRising.com](http://www.CompassionRising.com)



**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)





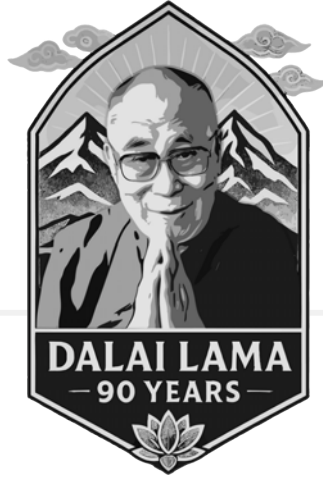
**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



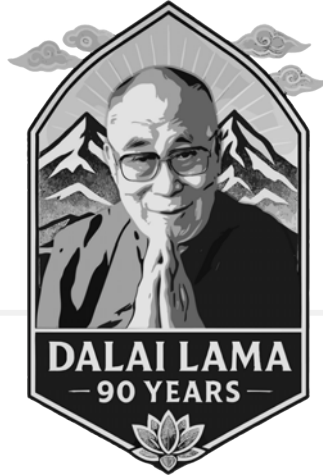


From your heart to the  
world: let compassion  
rise in honor of the  
Dalai Lama.



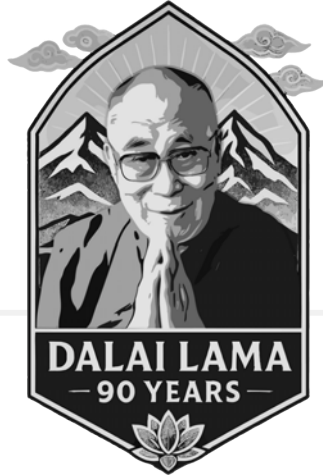
**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



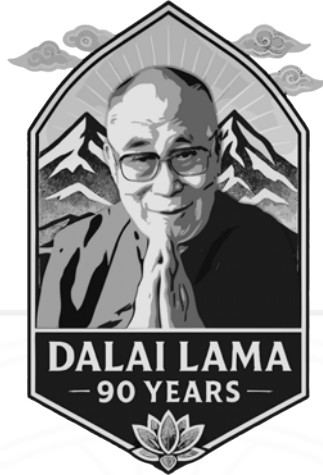
**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



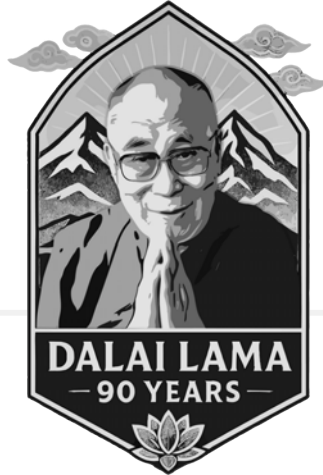
**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



**COMPASSION RISING**  
WORLD TOUR 2025

[www.CompassionRising.com](http://www.CompassionRising.com)



From your heart to the  
world: let compassion  
rise in honor of the  
Dalai Lama.