

# Kite



**“Let’s go fly a kite!”** Mary Poppins

- The first kites were flown in fifth century BC China, where Army generals used them for reconnaissance and delivering messages. Later, Buddhist monks used kites to develop mindfulness and concentration.
- Kite flying is a good metaphor for navigating our way through life; working with the wind rather than fighting it; being flexible and responsive and getting the right balance between control and letting go. Enjoying the grace and beauty of the kite dancing in the wind!
- How balanced does your life feel at the moment? What can you do to create those moments of stillness? Do you need to rediscover your joy?
- Teaching can also feel like flying a kite, needing balance, awareness and gentle control. We may feel we’re responsible for holding everything together, but we just need to play our part in the bigger picture and trust the wind.

**“It’s not all you. It can’t be all you. Just like you need air to fly a kite. It’s not the kite, it’s the air.”** Pharrell Williams.

