

One Thousand Paper Cranes

Sadako was two years old when the atomic bomb was dropped on Hiroshima. She was two kilometres away from where the bomb exploded. Most of Sadako's neighbours died, but Sadako wasn't injured at all, at least not in any way people could see.

Up until the time Sadako was in the seventh grade (1955) she was a normal, happy girl. However, one day after an important relay race that she helped her team win, she felt extremely tired and dizzy. After a while the dizziness went away leaving Sadako to think that it was only the exertion from running the race that made her tired and dizzy. But her tranquillity did not last. Soon after her first encounter with extreme fatigue and dizziness, she experienced more incidents of the same.

One day Sadako became so dizzy that she fell down and couldn't get up. Her school-mates noticed and informed the teacher. Later Sadako's parents took her to the Red Cross Hospital to see what was wrong with her. Sadako found out that she had leukaemia, a kind of blood cancer.

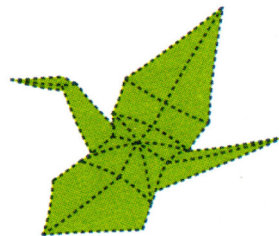
Nobody could believe it.

At that time they called leukaemia the "A-bomb disease". Almost everyone who got this disease died, and Sadako was very scared. She wanted to go back to school, but she had to stay in the hospital where she cried and cried.

Shortly thereafter, her best friend, Chizuko, came to visit her. Chizuko brought some origami (folding paper). She told Sadako of a legend. She explained that the crane, a sacred bird in Japan, lives for a hundred years, and if a sick person folds 1,000 paper cranes, then that person would soon get well.

After hearing the legend, Sadako decided to fold one thousand cranes in the hope that she would get well again.

Sadako's family worried about her a lot.
They often came to visit her in hospital to talk to her
and to help her fold cranes.



After she folded 500 cranes she felt better and the doctors said she could go home for a short time, but by the end of the first week back home the dizziness and fatigue returned and she had to go back to the hospital.

Sadako kept folding cranes even though she was in great pain. Even during these times of great pain she tried to be cheerful and hopeful. Not long afterwards, with her family standing by her bed, Sadako went to sleep peacefully, never to wake up again. She had folded a total of 644 paper cranes.

Everyone was very sad. Thirty-nine of Sadako's classmates felt saddened by the loss of their close friend and decided to form a paper crane club to honour her. Word spread quickly. Students from 3,100 schools and from 9 foreign countries gave money to the cause. On May 5, 1958, almost 3 years after Sadako died, enough money was collected to build a monument in her honour. It is now known as the Children's Peace Monument, and is located in the centre of Hiroshima Peace Park,

close to the spot where the atomic bomb was dropped.

Many of the children who helped make the Children's monument a reality participated in the ceremony. Three students, including Sadako's younger brother Eiji Sasaki pulled the red and white tape off the statue to symbolise its completion, while Beethoven's Seventh Symphony was played.

The little bell, contributed by Dr. Yukawa, inscribed with "A Thousand Paper Cranes" on the front and "Peace on Earth and in Heaven" on the back, rang out and the sound carried as far as the A-bomb Dome and the Memorial Cenotaph.

Children from all over the world still send folded paper cranes to be placed beneath Sadako's statue. In so doing, they make the same wish which is engraved on the base of the statue:

"This is our cry, this is our prayer, Peace in the World".

I thought we could fold a thousand paper cranes between us

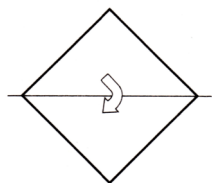
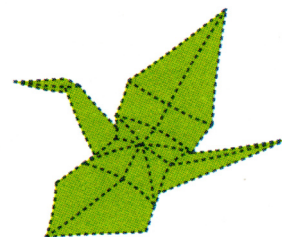
We can hang them from an 'Olive Tree for Peace' at The Limekiln Cafe.

You can have your own tree or paper crane nest. Or you can give away your crane. Each one made is our symbol for peace. Each time you make one and hang it up or give it away, it is your thought and energy creating peace. You can make big ones, tiny ones, thin ones, fat ones, coloured ones, plain ones. You can dedicate your crane to someone or something. You can write on it, draw on it, paint it, enjoy it. Watch and feel the energy as they grow in abundance. Watch how people smile, or cry.

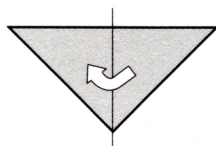
Keep them or bring them and I will hang them on our trees.

There are instructions here, but often it is easier to watch and follow on Youtube: You can Scan the QR Code Or you can [CLICK HERE](#) to go directly to the YouTube Paper Crane Folding Tutorial.

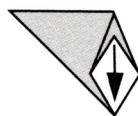




1

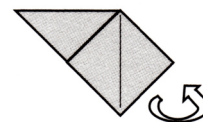


2



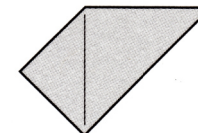
3

Open the top layer out and squash it flat...



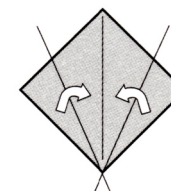
4

...to make this shape. Turn the paper over.



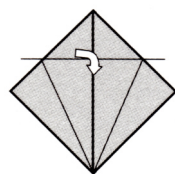
5

Repeat the squash-fold of step 3 with the right hand side...



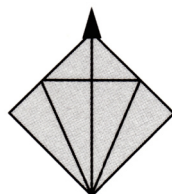
6

...to make this shape. Fold the top layers in to the middle then unfold them.



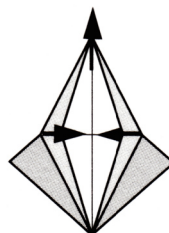
7

Fold the point down then unfold it.



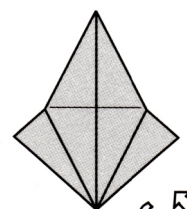
8

Lift the bottom point of the top layer, while holding the other layers in place, allowing the model to fold inwards...



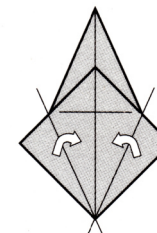
9

...like so...



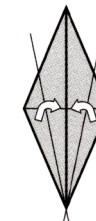
10

...making this shape. Turn the model over.



11

Repeat steps 6 – 10...



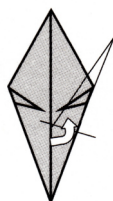
12

...to make this shape. Fold the top layers in to the middle. Turn over and repeat behind...



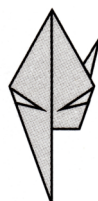
13

...to make this shape. Now we make a reverse fold...



14

Fold the right bottom point as shown, then return to previous position.



15

Now, by opening the model a little, fold the point inside-out to the same position.



16

Repeat the same process (steps 14 – 15) on the left hand point...



17

...to make this shape. Make a similar reverse (inside-out) fold to shape the head.



18

Open out the wings while gently inflating the bottom point to complete the crane!