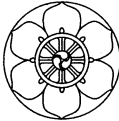


The Kwan Um  School of Zen

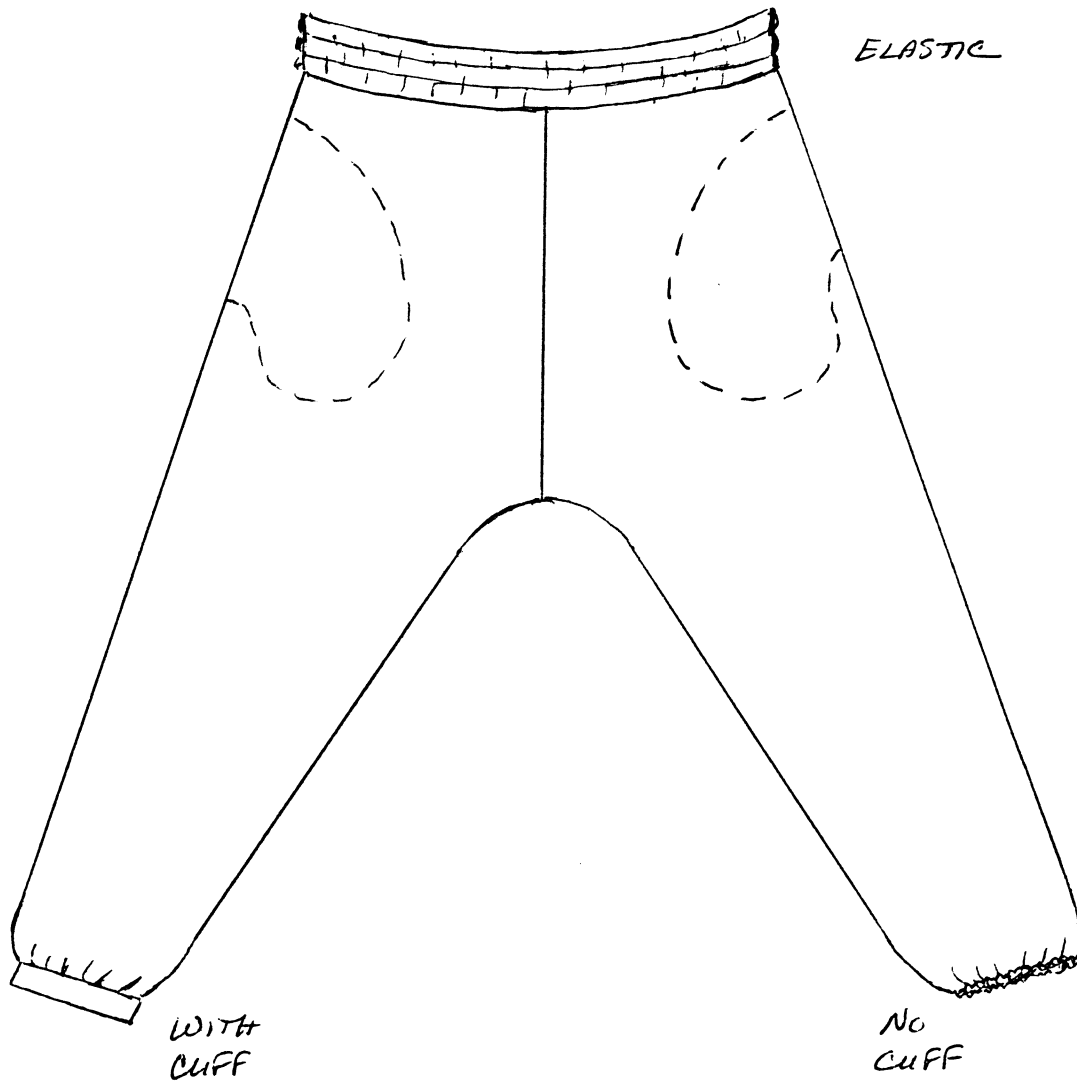
Korean Buddhist Chogye Order  
Zen Master Seung Sahn, Founding Teacher

Sewing Instructions for  
**Meditation Pants**

Developed by  
**Merrie Fraser JDPSN**

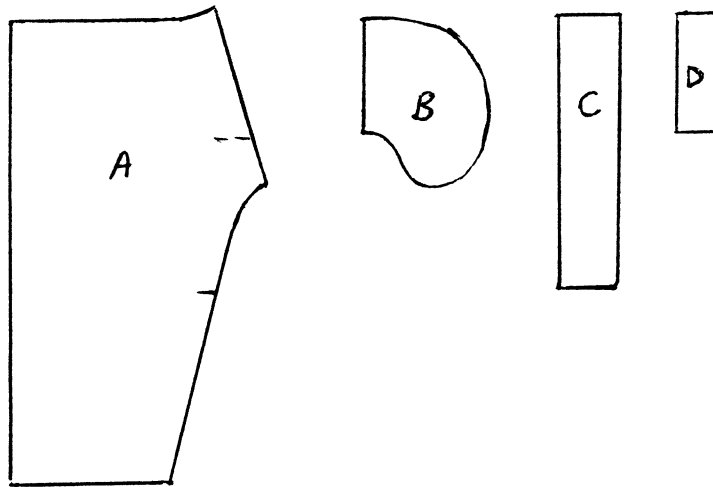
MEDITATION PANTS

AMP-1



# MEDITATION PANTS

AMP-2



D IS A PANTS CUFF AND IS OPTIONAL

NOTIONS DEPEND ON WHAT YOU ARE DOING AT THE WAIST AND ANKLES.

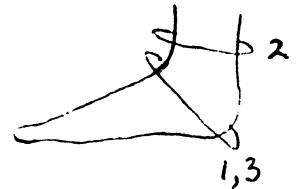
WAIST CAN BE:

1. 3 BANDS OF  $\frac{1}{4}$ " ELASTIC =  $(\text{WAIST} + 2) * 3$
2. 2 BANDS OF  $\frac{1}{2}$ " ELASTIC =  $(\text{WAIST} + 2) * 2$
- \* 3. 1 BANDS OF  $\frac{3}{4}$ " ELASTIC =  $(\text{WAIST} + 2)$
- \*\* 4. TIE STRING =  $\text{WAISTBAND LENGTH} + 40"$

- \* FOR 1 BAND OF ELASTIC CUT WAISTBAND 3" WIDE
- \*\* FOR TIE STRING, CUT WAISTBAND, THEN CUT IT AT 3" WIDE ALONG THE LENGTH. THIS BECOMES THE WAISTBAND AND  $1\frac{1}{2}$ " OF THE REST CAN BE USED FOR PART OF THE TIE.

ANKLES CAN BE:

- \* 1. 1 BAND OF  $\frac{1}{2}$ " ELASTIC
- \*\* 2. CUFFED WITH VELCRO
- \*\*\* 3. CUFFED, NO VELCRO



IF YOU ARE DOING CUFFS, SHORTEN THE PANTS LEG BY 1"

- \* MEASURE DIAGONALLY ACROSS ANKLE (AS SHOWN)
- \*\* COMFORTABLE ANKLE SIZE + 1" (SEAM) + 2" (OVERLAP) + 1" (EASE)
- \*\*\* DIAGONALLY ACROSS ANKLE + 1" (EASE) + 1" (SEAM)

# MEDITATION PANTS

AMP-3

SIZING: TO MAKE THIS PATTERN FIT YOU, TAKE THE FOLLOWING MEASUREMENTS AND COMPARE WITH THE PATTERN MEASUREMENTS. THIS WILL TELL YOU WHAT CHANGES TO MAKE. MAKE THESE MEASUREMENTS STANDING BAREFOOT ON A HARD FLOOR.

- WAIST TO FLOOR (W2F)

$$\text{_____} - \text{PATTERN-A LENGTH} + 2" = X$$

= X IF X IS POSITIVE YOU MUST LENGTHEN (A)  
IF X IS NEGATIVE YOU MUST SHORTEN (A)

USE THE LENGTHEN LINE ON LEG TO ADJUST (A)

- WAIST FRONT THROUGH CROTCH TO WAIST BACK (W2W)

$$\left( \text{_____} / 2 \right) - \text{W2C} + 7 = X$$

USE THE LENGTHEN LINE AT HIPS TO ADJUST (A)

- HIP SIZE, AROUND 7-9" BELOW YOUR WAIST (HIP)

$$\left( \text{_____} / 4 \right) - \text{PATTERN-HIP} + 5 = X$$

ADD/SUBTRACT X TO PATTERN-A WIDTH

- ANKLE ACROSS HEEL, FOOT SHOULD BE FLAT AND NOT POINTED

\_\_\_\_\_ FOR ANKLE WITH ELASTIC

\_\_\_\_\_ + 1 FOR ANKLE CUFF, NO VELCRO

- ANKLE, LOOSELY AROUND ANKLE FOR CUFF WITH VELCRO

\_\_\_\_\_ + 4 FOR CUFF WITH VELCRO

\* LENGTH + 2" IS OK FOR LOOSE ELASTIC OR BAND BUT IT WILL RIDE UP THE LEG A LITTLE WHEN YOU SIT (2-3"). SO ADD MORE IF YOU WANT IT LONGER.

# MEDITATION PANTS

AMP-4

## PATTERN CHANGES:

1. IF THE DIFFERENCE IS IN THE LENGTH, ADJUST THE LENGTH ON A.
2. IF THE DIFFERENCE IS IN THE WIDTH, ADJUST THE WIDTH ON A + C.

THE FOLLOWING TABLE IS TO GIVE YOU AN IDEA OF WHAT SIZE YOU ARE CLOSEST TO. THESE SHOULD BE YOUR ACTUAL BODY MEASUREMENTS.

| SIZE   | - BODY -         |                  |     |       |
|--------|------------------|------------------|-----|-------|
|        | WAIST<br>2 FLOOR | WCW<br>W2W       | HIP | ANKLE |
| SMALL  | 37 $\frac{1}{4}$ | 24               | 53  |       |
| MEDIUM | 38 $\frac{1}{4}$ | 25 $\frac{1}{2}$ | 54  |       |
| LARGE  | 40 $\frac{1}{4}$ | 25 $\frac{1}{2}$ | 56  |       |
| XLARGE | 46 $\frac{1}{4}$ | 28 $\frac{1}{2}$ | 63  |       |

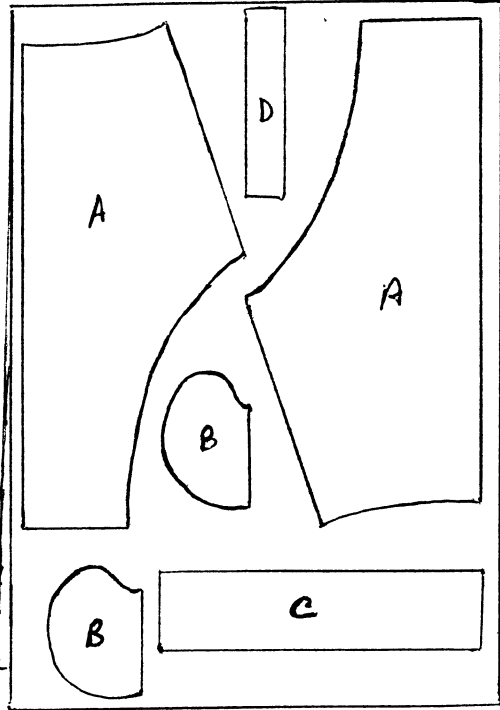
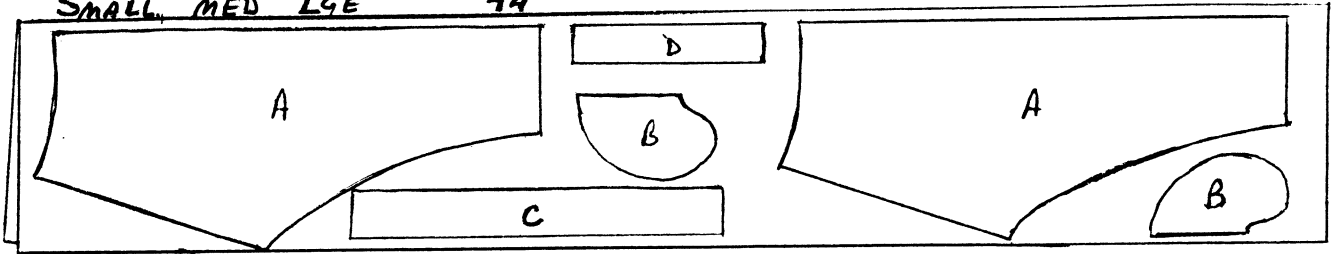
| PATTERN          |                   |                  |                  |                 | YARDAGE         |                 |
|------------------|-------------------|------------------|------------------|-----------------|-----------------|-----------------|
| WAIST<br>2 FLOOR | WAIST 2<br>CROTCH | HIPS             | CUFF/NV<br>ANKLE | CUFF/V<br>ANKLE | 44"             | 54"             |
| 39 $\frac{1}{4}$ | 19                | 18 $\frac{1}{4}$ |                  |                 | 3 $\frac{1}{2}$ | 2 $\frac{3}{4}$ |
| 40 $\frac{1}{4}$ | 19 $\frac{3}{4}$  | 18 $\frac{1}{2}$ |                  |                 | 3 $\frac{1}{2}$ | 2 $\frac{3}{4}$ |
| 42 $\frac{1}{4}$ | 19 $\frac{3}{4}$  | 19               |                  |                 | 3 $\frac{1}{2}$ | 2 $\frac{3}{4}$ |
| 48 $\frac{1}{4}$ | 21 $\frac{1}{4}$  | 20 $\frac{3}{4}$ |                  |                 | 3 $\frac{3}{4}$ | 3               |

NOTE: HIP SIZES ARE LARGE BECAUSE IT IS EASIER TO MAKE THE PATTERN NARROWER THAN WIDER. (JUST CUT OFF FROM THE FLAT EDGE.)

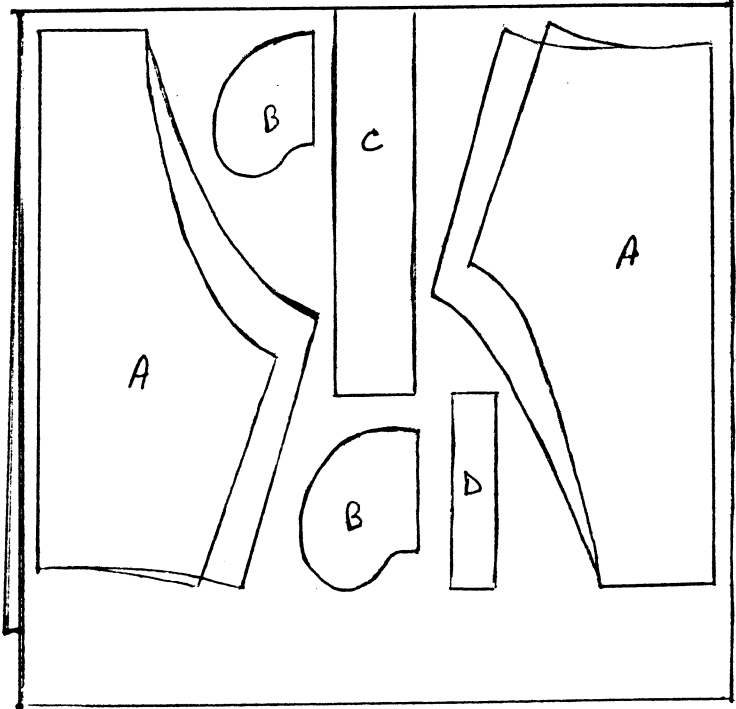
MEDITATION PANTS

A MP-5

SMALL MED LGE 44"



XLG TALL 44"

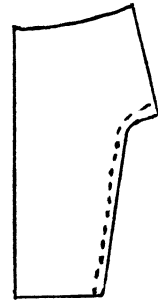


54"

# MEDITATION PANTS

AMP-6

1. STARTING WITH RIGHT SIDES TOGETHER SEW INSIDE PANTS LEGS TOGETHER USING A FLAT-FELL SEAM:



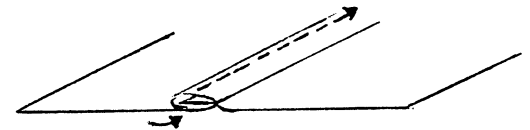
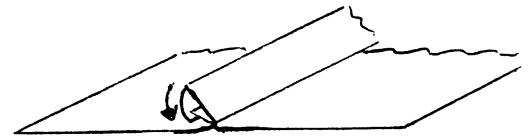
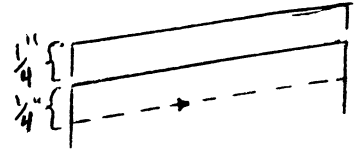
FLAT-FELL SEAM:

A. RIGHT SIDES TOGETHER, PLACE 1 SIDE  $\frac{1}{4}$ " LOWER THAN FACING SIDE

B. STITCH A SEAM  $\frac{1}{4}$ " FROM SHORT EDGE.

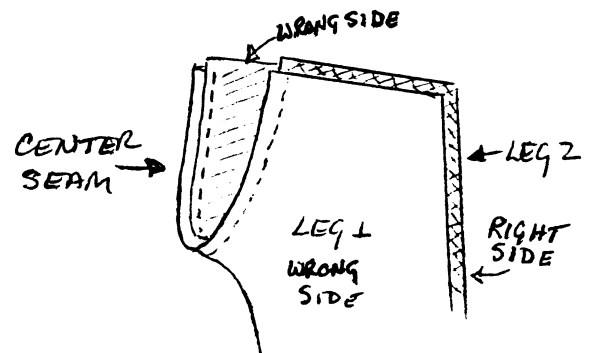
C. IRON THE SEAM FLAT WITH THE LONG (FAT, WIDE) SEAM ON TOP. FOLD THE EXCESS UNDER (OVER THE SHORT EDGE) AND IRON AGAIN

D. STITCH THIS FLAP DOWN

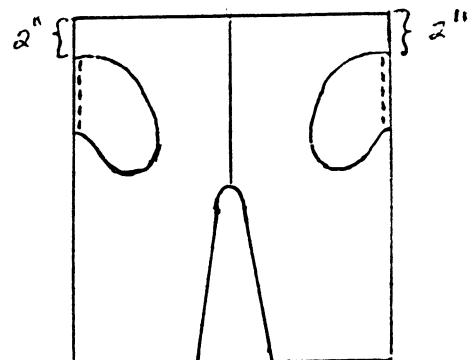


2. USING A FLAT-FELL SEAM, SEW CENTER SEAM, FRONT TO BACK. (RIGHT SIDES TOGETHER)

PRESS SEAM AND FOLD WITH THE RIGHT SIDE ON THE OUTSIDE



3. PIN RIGHT SIDE OF POCKET TO RIGHT SIDE OF PANTS STARTING 2" DOWN FROM TOP AS SHOWN. STITCH A  $\frac{3}{8}$ " SEAM.



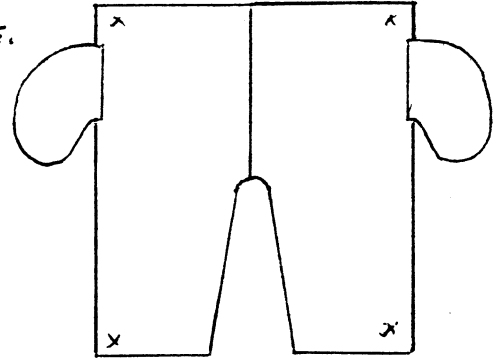
# MEDITATION PANTS

AMP-7

## 3. (CON'T.)

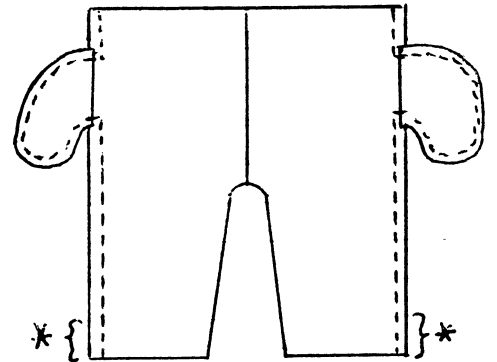
- PRESS POCKET TO THE OUTSIDE.

- TURN PANTS INSIDE OUT SO RIGHT SIDES ARE FACING EACH OTHER. IT HELPS TO PIN TOP AND BOTTOM CORNERS BEFORE TURNING TO KEEP THE CENTER SEAM LINED UP.

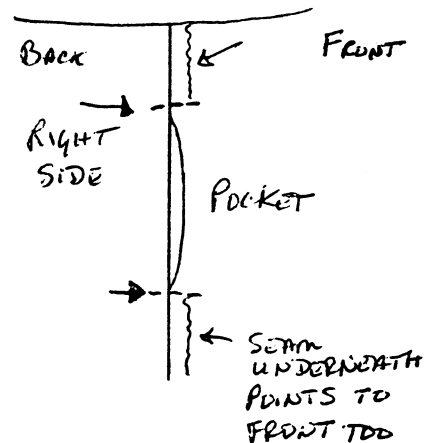


- ONCE TURNED, UNPIN THE CORNERS & RE-PIN THE OUTSIDE SEAM FOR SEWING.

- SEW AS SHOWN. YOU MAY WANT TO ZIG-ZAG THE POCKET RAW EDGE FOR EXTRA STRENGTH. SEAM SHOULD BE  $\frac{1}{2}$ " SO YOU WILL CROSS THE POCKET SEAM.



- DECIDE WHICH WAY WILL BE THE FRONT OF THE PANTS. MARK CENTER FRONT SEAM WITH A PIN AND PRESS THE POCKETS TOWARDS THE FRONT. YOU CAN REINFORCE THE POCKET BY TOP-STITCHING THE SEAM ABOVE AND BELOW THE POCKET



\* IF YOU ARE DOING CUFFS WITH VELCRO, MARK THE BOTTOM OF THE PANTS AT  $3\frac{1}{2}$ " AND LEAVE THIS UNSTITCHED.



# MEDITATION PANTS

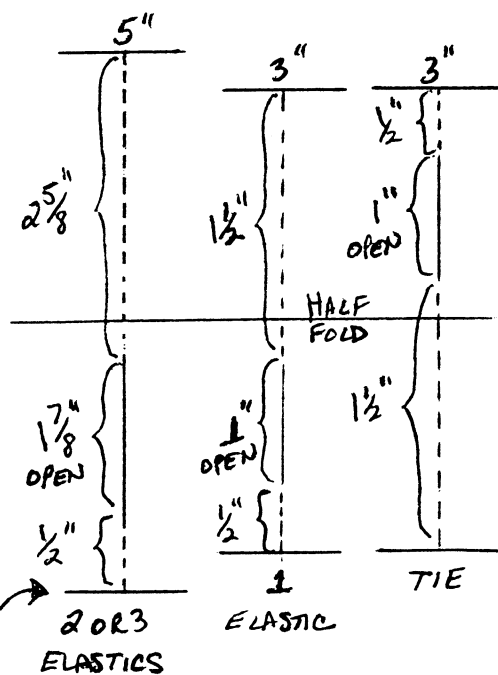
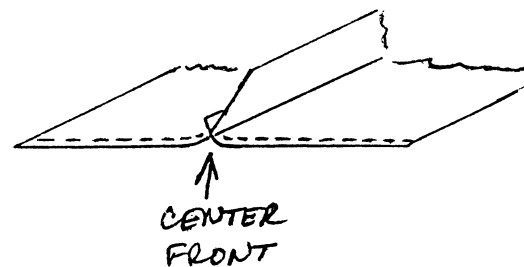
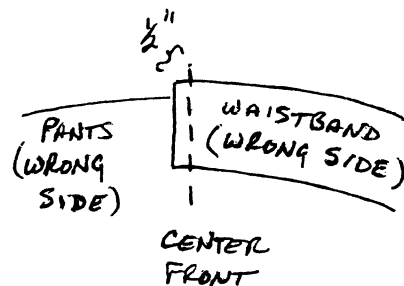
A MP-8

## 4. WAISTBAND:

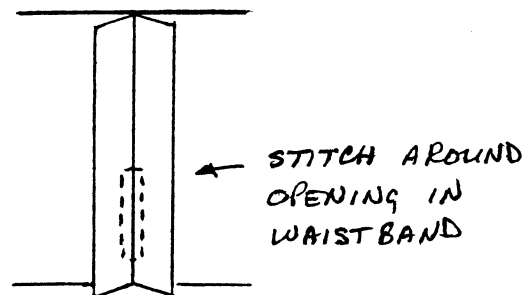
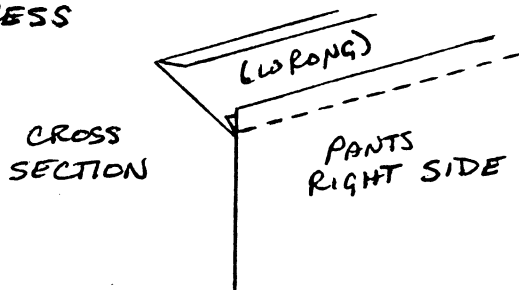
- AT THE CENTER FRONT ON PANTS MARK, START PINNING THE WAIST BAND (RIGHT SIDE DOWN) TO THE WRONG SIDE OF THE PANTS. LEAVE  $\frac{1}{2}$ " EXTRA UNPINNED.
- PIN ALL THE WAY AROUND UNTIL YOU RETURN TO CENTER FRONT.
- IF YOU MEASURED YOUR SIZE CHANGES CORRECTLY, YOU SHOULD HAVE LEFT-OVER MATERIAL. AT THIS POINT, LEAVE IT FOR NOW.
- STITCH  $\frac{1}{4}$ " SEAM AROUND WAIST (DO NOT STITCH OVER THE  $\frac{1}{2}$ " AT THE BEGINNING OR THE EXTRA MATERIAL AT THE END)
- CENTER FRONT WAISTBAND SEAM DEPENDS ON WHICH OPTION YOU ARE USING FOR YOUR WAISTBAND. PULL THE PANTS OUT OF THE WAY SO YOU CAN STITCH THIS SEAM WITHOUT CATCHING THE PANTS IN IT. PIN SEAM, MAKING SURE IT IS VERTICAL AND YOU ARE NOT ADDING LENGTH TO THE OTHER EDGE OF THE WAISTBAND.

STITCH THE SEAM ACCORDING TO HOW YOU WANT YOUR WAIST FINISHED - IRON SEAM FLAT AND STITCH AROUND THE OPEN PART TO REINFORCE IT.

EDGE WHERE WAIST SEAM WAS SEWN



- TURN THE OTHER EDGE OF THE WAISTBAND UNDER  $\frac{1}{4}$ " AND PRESS

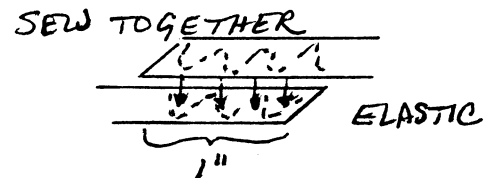
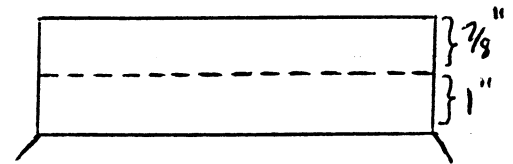
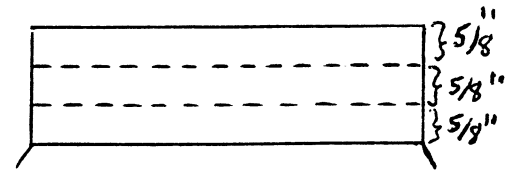
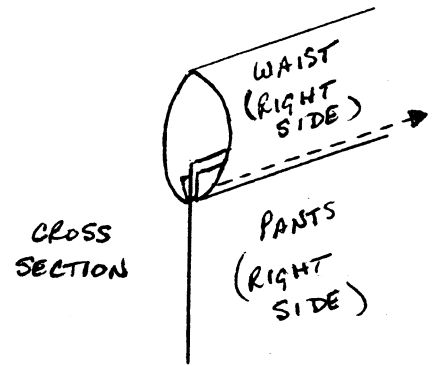


# MEDITATION PANTS

A MP-9

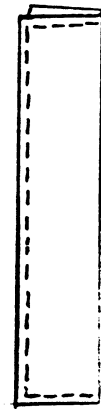
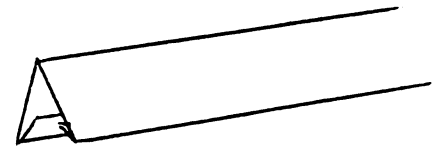
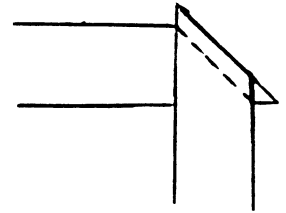
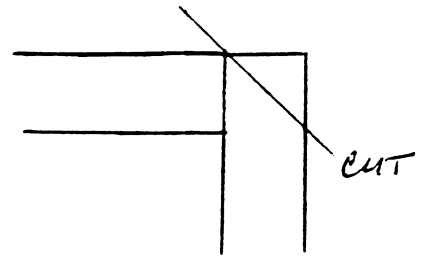
## 4. WAISTBAND (CON'T.)

- FOLD WAISTBAND IN HALF AND PIN EDGE TO THE RIGHT SIDE OF THE PANTS AND TOP STITCH THE WAIST BAND.
- PIN THE OPEN PART (SLITS) OF THE WAISTBAND TOGETHER
- IF YOU ARE USING 3 ELASTICS STITCH 2 LINES AROUND THE BAND  $\frac{5}{8}$ " APART
- IF YOU ARE USING 2 ELASTICS STITCH 1 LINE AROUND THE BAND DIVIDING IT IN HALF.
- IF YOU ARE USING 1 ELASTIC OR A TIE YOU ARE DONE WITH THIS PART
- USE A SAFETY PIN OF THE APPROPRIATE SIZE TO STRING THE ELASTIC THRU THE WAISTBAND. OVERLAP IT 1" AND SEW OVER IT TO SECURE IT. GO TO CUFFS.
- TO MAKE THE TIE, USE THE 2" WIDE STRIP LEFT OVER FROM THE WAIST BAND. TRIM  $\frac{1}{2}$ " OFF WIDTH SO IT IS ONLY  $1\frac{1}{2}$ " WIDE. CUT ANOTHER STRIP FROM SCRAP,  $1\frac{1}{2}$ " X 40"



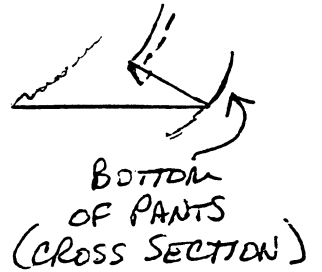
## 4. WAISTBAND (CONT.)

- TO JOIN THE 2 PIECES OF TIE, PLACE THE ENDS AT RIGHT ANGLES TO EACH OTHER AND CUT DIAGONALLY ACROSS THE END.
- SHIFT THEM SLIGHTLY SO THE POINTS HANG OVER  $\frac{1}{2}$  INCH. SEE DIAGRAM.
- STITCH THE DIAGONAL, OPEN, PRESS + TRIM.
- TURN EDGES IN  $\frac{1}{2}$ " TO WRONG SIDE - EACH EDGE, PRESS
- FOLD LENGTH IN HALF SO YOUR TIE IS ABOUT  $\frac{1}{2}$ " WIDE
- NOW MEASURE THE TIE FOR CORRECT LENGTH BY TYING IT AROUND YOUR HIPS. THERE SHOULD BE AT LEAST 12" EXTRA ON EACH SIDE AT THE HIP LEVEL. (THIS KEEPS THE TIE FROM GETTING LOST IN THE WAISTBAND). CUT OFF ANY EXCESS OR ADD ANOTHER PIECE TO LENGTHEN.
- FOLD THE SHORT ENDS IN AND TOP STITCH THE WHOLE TIE.
- USE A SAFETY PIN ON 1 END TO THREAD THE TIE THROUGH THE WAISTBAND. THEN TIE EACH END IN A KNOT.

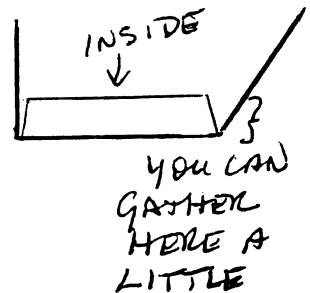


5. ANKLE FINISHINGS

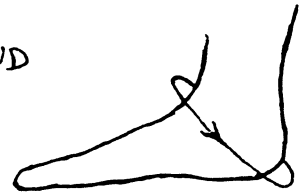
- FOR ELASTIC FINISHING, TURN THE PANTS LEG UNDER  $\frac{1}{4}$ " AND PRESS. TURN IT AGAIN 1" AND STITCH. START NEAR THE INSIDE SEAM & SEW AROUND UNTIL YOU ARE NEAR THE INSIDE SEAM AGAIN. THE SEAM WILL BE A LITTLE SHORT AND YOU CAN GATHER THE OUTSIDE & STITCH OVER IT SO YOU ARE LEFT WITH AN OPENING OF 1- $\frac{1}{2}$  INCHES.



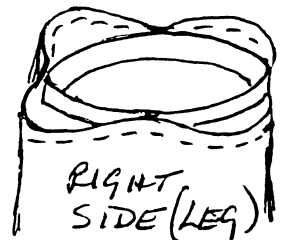
THREAD THE ELASTIC THRU WITH A SAFETY PIN. OVERLAP 1" & STITCH ENDS TOGETHER - MAKE SURE ELASTIC ISN'T TWISTED BEFORE YOU STITCH IT.



- FOR CUFF, NO VELCRO, TRIM THE LENGTH OF THE CUFF TO THE NUMBER OF INCHES YOU GOT WHEN YOU MEASURED YOUR ANKLE AROUND THE HEEL. THE MEASURING TAPE SHOULD BE TOUCHING THE SKIN ALL THE WAY AROUND.



- STITCH THE ENDS TOGETHER  $\frac{1}{2}$ " SEAM FORMING A LOOP. PRESS SEAM OPEN.
- BASTE AROUND THE RAW EDGE OF THE LEG.
- MATCH THE CUFF SEAM TO THE INNER LEG SEAM AND WITH RIGHT SIDE OF CUFF MATCHING WRONG SIDE OF LEG, PIN IN 4 EQUI-DISTANT SPOTS.



- PULL THE BASTING STRING UNTIL THE LEG IS GATHERED TO THE CUFF. STITCH THE CUFF  $\frac{1}{4}$ " SEAM.

# MEDITATION PANTS

AMP-12

## 5. ANKLE FINISHINGS.

- TURN THE OTHER EDGE OF THE CUFF UNDER  $\frac{1}{2}$ " AND PRESS
- FOLD CUFF IN HALF AND PIN EDGE TO THE RIGHT SIDE OF LEG AND TOP STITCH.



### - FOR CUFF WITH VELCRO

- MEASURE A COMFORTABLE ANKLE SIZE + 4" OR, MEASURE ACROSS THE HEEL AS FOR ELASTIC IF YOU WANT A LOOSE OPENING + 2" FOR OVER LAP.
- FOLD CUFF IN HALF AND STITCH  $\frac{1}{2}$ " SEAM ACROSS BOTH ENDS (RIGHT SIDES TOGETHER)
- STITCH AROUND THE LEG SLIT TO REINFORCE IT. MARK IN 4THS
- MARK THE CUFF IN 4THS AND BASTE AROUND THE LEG OPENING  $\frac{1}{4}$ " FROM THE EDGE,  $\frac{1}{4}$ " STITCHES
- PLACE THE CUFF INSIDE THE LEG RIGHT SIDE OF CUFF TO WRONG SIDE OF LEG.
- PIN THE 4 POINTS OF THE CUFF TO THE 4 POINTS OF THE LEG (ENDS OF CUFF = ENDS OF LEG SLIT) PULL THE BASTING SO LEG MATCHES CUFF & PIN. STITCH  $\frac{3}{8}$ " SEAM.
- TURN CUFF, TUCK UNDER RAW EDGE & STITCH ON TOP
- ADD VELCRO - 1 ON THE INSIDE, 1 ON THE OUTSIDE

