

VI. ZEN

[NOTE: THE WAY THAT THE SEWING OF SANGHA ROBES IS DONE IS NOT NECESSARILY THE SAME AS THE WAY SEWING IS DONE IN THE WEST. THEREFORE, PLEASE READ ALL THE DIRECTIONS CAREFULLY BEFORE BEGINNING TO SEW YOUR FABRIC]

The Zen is that part of the robes that is draped over the left shoulder, down under the right arm and up and over the left shoulder. It is the simplest garment to make.

A. Measurements

Due to the fact that most guide systems for sewing machines are in the inch system, sewing measurements are given in this system. However, for greater accuracy in some measurements, the metric system is used, with the English system conversion as follows:

- **1 Meter = 100 cm = 1000 mm = 39 3/8 inches =**
 - **OR 1 yard = 36 inches = 36" = 91.5 cm = 915 mm**
- **2.54 cm = 25.4 mm = 1 inch = 1"**
- **1.27 cm = 12.7 mm = 1/2 inch = 1/2"**
- **0.635 cm = 6.35 mm = 1/4 inch = 1/4"**
- **0.3175 cm = 3.175 mm = 1/8 inch = 1/8"**

B. Size of Patterns

The proper length of a zen is the length of material that is required to reach to the ankles of a person when the cloth is draped over both of the shoulders. For most people, this is approximately 3 meters or 3 yards.

C. Number of Pieces & Measurements (includes seam allowances)

One length of material is required that will reach the distance described above.

D. Layout & Cutting Instructions for Patterns

The three yards or meters are cut into three equal parts, lengthwise.

E. Sewing Instructions

- 1) The material of each part is rotated 90°, and then sewn together with the Overlap Seam Technique [below].

- 2) A simple hem can be done with any raw edges by simply turning under $\frac{1}{4}$ " and then turning this under again by $\frac{1}{4}$ ". Top stitch the hem close to the edge.
- 3) Press. You now have a finished Zen!

Overlap Seam is made in the following way: **[Diagram III.b]**

- With **RIGHT SIDES** together, lay piece A on top of piece B, having the A piece short of meeting the B piece by $\frac{1}{4}$ ", that is, the B piece extends $\frac{1}{4}$ " past the edge of the A piece.
- Stitch a $\frac{1}{4}$ " seam [from the edge of the A piece and which is $\frac{1}{2}$ " from the edge of the B piece].
- Fold over the extra $\frac{1}{4}$ " of the B piece to cover the raw edge of the top A piece. Pin and press. Then top stitch close to the left edge of the folded edge of the B piece to produce a finished seam on the inside of the garment. Press finished seam