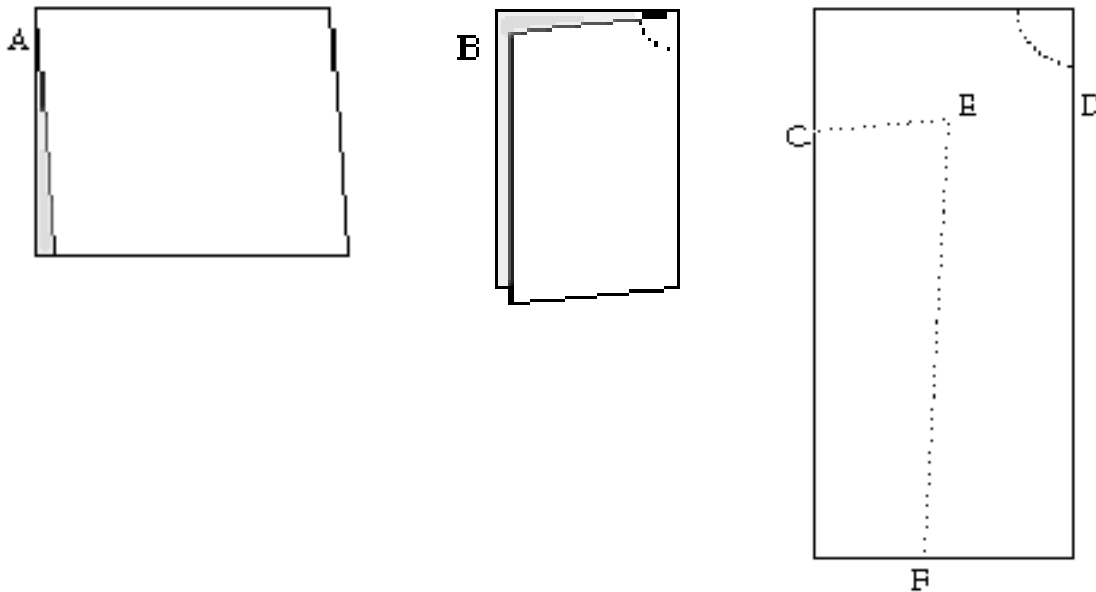


A simple robe pattern



Making your own robe for meditation and ritual is very simple. It won't take you more than a few hours even if you are a complete novice.

All you need is a piece of cloth, 150 cm wide (5 feet), preferably of cotton or linen (avoid man-made materials since they easily become charged with static electricity). Choose a one-coloured, unpatterned material, something that washes and dries easily. The colour can be black, dark blue, brown, green or any other discreet colour. Within the Servants of the Light, First Degree robes are black. Remember, black is not the colour of evil, but of the fruitful earth and of growth on all levels. If you are not a part of the SOL, then obviously the choice of colour is an entirely personal matter.

The length of the piece of cloth should be twice as long as your shoulder height plus a few extra centimeters (an inch or two) for the hem (the robe should reach your feet but not be so long as to make you trip when you move around).

Start by folding the cloth once (A), making it slightly taller than your shoulder height:

Then fold it lengthwise again (B). You now have a four-ply piece of cloth as tall as your shoulder height and about 75 cm (2'6") wide. Now make a hole for the neck by cutting out a quarter-circle in the corner where both folds meet:

Put a pin (C) at the left edge, about 35 cm (13 3/4") from the top edge. Put another pin (D) 30 cm (12") from the top edge. Add 25 cm (10") to your chest or bust measurement and divide the result by four. Put another pin (E) this distance to the left of the pin at D. Draw a line on the cloth from C to E. Put another pin (F) along the bottom edge, about 45-50 cm (18-20") from the right edge. Draw a line from this pin to E. Remove the pins and cut through all four layers of cloth along the line C-E-F.

Unfold the material along the right edge. The result should resemble a "T". Sew along the line C-E-F on both sides. Turn in and sew the neckline (make a vertical cut along the middle so you can get your head through!) and the sleeves. Turn the robe inside out, put it on and adjust the length using some pins. Sew along the hem line, remove the pins - and your robe is ready!

The robe is worn with a white cord, long enough to go twice around your waist and hang down to your knees, and with sandals or slippers.

There is enough cloth left to make a hood for the robe, something which can be very useful in meditation.

A full cloak pattern

This pattern creates a 5 foot long semi-circular cloak with a hood and capelet. If you do not want the hood or capelet, simply leave them out.

Supplies

Fabric: 5 yards of 60 inch wide plain fabric (no designs, no stripes, ...)

Scissors

just over 5 feet of string, thread, yarn...

1 Pen, pencil, or piece of chalk.

Fabric Glue or a sewing machine.

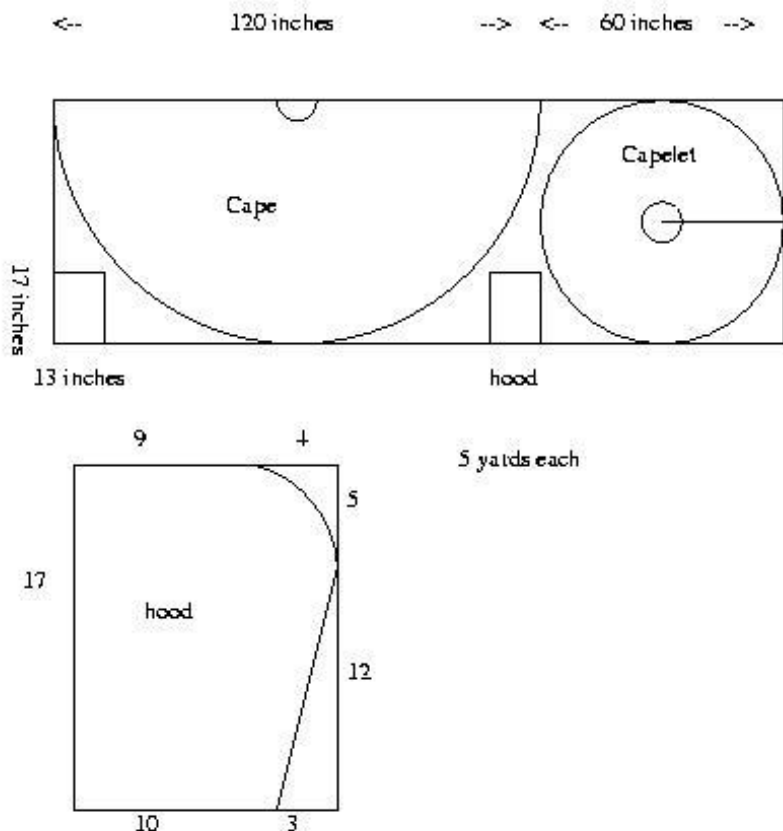
Measuring tape or ruler

Size

Measure from base of your neck to the floor (either with a measuring tape or by marking a piece of string and measuring the string with a ruler). If you measured over 65 inches, this pattern will be a bit short for you.

Cutting Out Pieces

You will need 1 Cape, 1 Capelet, and 2 Head panels. Put the fabric flat, unfolded on the floor. Tie a piece of string to some chalk, make the



string 60". (You could also use pencil/pen).

Put the chalk at the top left corner and the string along the top. Mark the point the string ends. Have someone hold down the end of the string on this point. Move the chalk in an half-circle to draw the cape.

Cut the string to 30". Find the point at the center of the capelet (30" down and 30" right from the top right) and mark it. Place the end of the string on this point and have someone hold it there. Move the chalk in a circle to draw the capelet. Draw a line from the middle point to the edge.

Cut the string down to 6". Place the end on the point you made for the cape and draw a half-circle. Cut the string down to 3". Place the end on the point you made for the capelet and draw a full-circle.

Draw 2 hood sections. You'll need the ruler for this part.

Cut along the lines you drew.

Putting it together

Place the 2 hood panels together with right sides in. Attach along the top and back edges. Not the front (face hole) or bottom (neck hole).

Place the cape flat on the floor, outside up. Place the capelet flat on top of it, outside up so that the edges of the neck overlaps that of the cape. Attach them.

Place the cape/capelet flat on the floor, outside/capelet up. Place the hood on top of that, inside up, so that the edges of the neck overlap. Attach them.

Hem the edges of the cape and capelet.

Cut strips of fabric to use as ties. Make sure they don't stretch to be longer if pulled on (only a problem with stretchy fabrics). Attach the strips at the edges of the neckline.