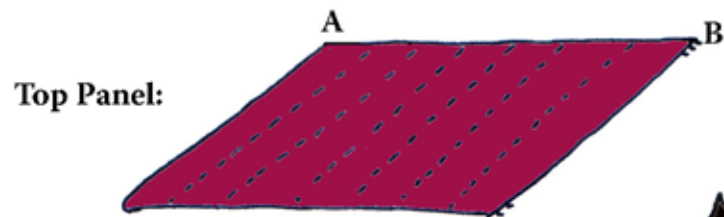
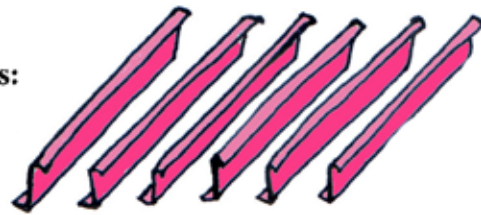


How to Make a Karma Cushion

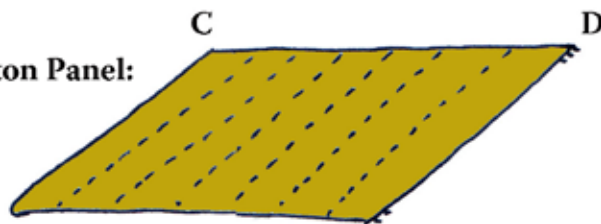
This technique is used by monasteries all over Bhutan and Tibet. At the Chokyi Gyatso Institute's monastery in Dewathang, Bhutan, monks make these cushions from old monks robes, and fill them with plastic wrapper waste generated at the monastery.



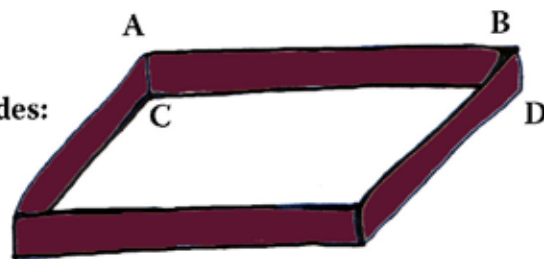
Top Panel:



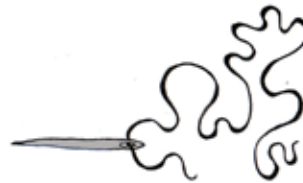
Walls:



Bottom Panel:



Sides:



1. Stitch the top parts of the walls to the top panel.

2. Stitch the bottom part of the walls to the bottom panel.

3. Attach the sides by connecting them to points A, B, C and D of the top and bottom panels and stitching around the cushion from the outside. Fold the edges of the cloth in to make a clean edge.



4. Cut plastic wrappers into long, thin strips and fill the cushion tight.

5. Stitch closed. Then sit and meditate on other ways to reuse and reduce plastics and synthetic textiles.