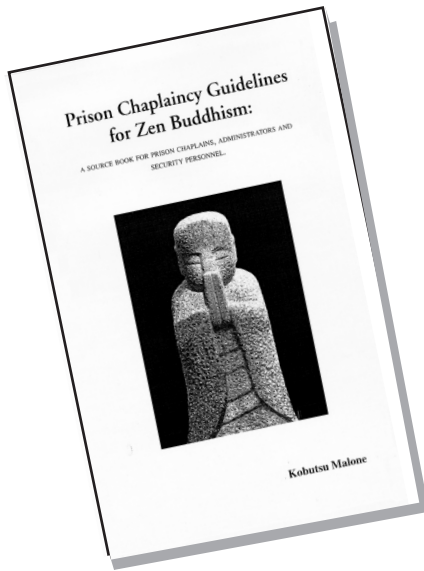


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From "Guidelines":

"The *zabuton* and *zafu* together constitute the standard items used for floor-level *zazen*. The *zabuton*, a square or rectangular mat, is approximately 26" x 30" and 1" thick, and the *zafu*, a round cushion, is approximately 14" in diameter and varies in thickness and density depending on the user's requirements but is generally about 7" thick. The *zafu* has a stuffed cloth cover with pleated sides into which a carrying handle/strap is incorporated. An opening is also provided within the folds of the pleats. The opening enables the practitioner to adjust the filling content of the cushion. In this manner the thickness, density, resiliency, and to a certain extent the shape of the cushion may be adjusted. The most commonly used filling material is a natural, resilient fiber called *kapok* (cultivated extensively in Thailand). An alternate filling material favored by many practitioners is barley husk, which offers a somewhat more malleable sitting base."



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