

Union Robe | Ropa de Oración

This guide includes two offerings.

With love, D. Cowdrey

The Island of Magic – Inspiration

This robe is born from the serene spirit of Puerto Rico – the Island of Magic. The flowing waters, the salt-kissed breeze, and the colors of tropical dawn inspire its lightness and comfort. Just as the ocean holds mystery and healing, this garment is created for prayer, meditation, and the calm presence of community.

A Gentle Prayer to Begin

Source of Light,
As I prepare this robe with my hands,
clothe me with gentleness and peace.
Let each stitch carry blessing,
each fold embrace stillness,
and may this garment become
a sanctuary for prayer and love.

Amen.

Sewing Instructions

1. Choose your fabric: For a calming, organic touch, select breathable natural fabrics such as organic cotton, hemp, bamboo, or linen.
2. Cut the pattern: Use the flat pattern provided as a guide. Choose between the sleeved or sleeveless version.
3. Neckline: Keep the neckline open and gentle, shaping a soft oval. This allows ease and comfort during meditation or daily wear.
4. Sash: The sash is integrated into the garment. Sew it securely into the side seams so that it can be wrapped and styled in multiple ways.
5. Slit: Leave a graceful slit along one or both sides for breathability and flow. This makes the robe feel lighter and more versatile.
6. Hemline: Finish the hem with a soft curve or keep it straight. Length may be knee to ankle, depending on use (spa, home, or prayer).

7. Fit: Keep the body loose but structured. The robe is designed to provide modest coverage yet freedom of movement.

Appendix A – New England Garden Style

Suggested Fabrics: Organic cotton, soft linen, or hemp blends.

Colors: Pastel neutrals, soft blues, and cream.

Note: Keep the fit loose at the neckline for comfort in prayer and meditation.

Appendix B – Tropical Soft Style

Suggested Fabrics: Organic bamboo, cotton voile, or lightweight hemp.

Colors: Pastel pinks, greens, and ocean tones.

Note: Add a flowing side slit for breathability and movement in warm climates.

The original fabric that I used in Puerto Rico was black and white uniform, modeled much like ancient Greek and ancient Egyptian wear. “Temple Garment.” *It has powers.*

Blessing the Garment

Before wearing, pause in stillness.

Hold the robe to your heart, breathe deeply, and pray:

May this garment hold peace.

May it carry love in every thread.

May it remind me that prayer is not bound to place or time,
but lives in the body, breath, and soul.

So may it be.

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A Greek-Egyptian Inspired Prayer Garment

The Island of Magic – Inspiration

This robe is born from the serene spirit of Puerto Rico – the Island of Magic. Its flow is guided by the draped folds of Greece and the timeless lines of Egypt. The ocean’s mystery, the desert’s stillness, and the sky’s eternal blue inspire its making. Wearing it is a prayer in itself: an embrace of earth, sea, and spirit.

A Gentle Prayer to Begin

O Source of Light, keeper of seas and sands,
Clothe me with wisdom as I prepare this robe.
Like the Nile it flows, like the Aegean it calms,
like the Puerto Rican waters it heals and sings.

May this garment be my temple,
a sanctuary of stillness and beauty,
woven with love, prayer, and peace.

Amen.

Sewing Instructions – Greek-Egyptian Style

1. Choose your fabric: For a sacred feel, use organic cotton, bamboo, or linen. White for purity (Greek influence), or soft sand and lotus pink for Egyptian tones.
2. Cut the pattern: Use the sleeved or sleeveless flat pattern as a guide. For a Greek draped look, allow extra fabric at the shoulders for folds. For an Egyptian style, keep the cut straight and simple with clean lines.
3. Neckline: Shape a shallow V or wide boat neck. This reflects both Greek modesty and Egyptian grace.
4. Sash: Use an integrated rope-like sash. Sew securely into the seams so it may be wrapped high (empire waist, Greek) or lower (Egyptian).
5. Slit: Add a side slit for breathability and grace. This recalls both desert wear and island lightness.
6. Hemline: Keep long and flowing. Greek styles favor folds at the bottom, Egyptian styles favor straight and clean.
7. Fit: Loose and modest, with optional pleats in front for Greek drape. Light, breathable, and comfortable for meditation, prayer, or daily wear.

Appendix A – Greek Inspired Style

Suggested Fabrics: Organic linen, cotton voile, or bamboo.

Colors: White, soft blue, pale lavender, cream.

Notes: Wide folds at the shoulder, flowing sash, graceful drape.

Appendix B – Egyptian Inspired Style

Suggested Fabrics: Organic cotton, bamboo, or lightweight linen.

Colors: Sand beige, turquoise, lotus pink, soft gold.

Notes: Straight silhouette, subtle pleats, rope-like sash.

Blessing the Garment

Before wearing, pause in stillness.

Hold the robe to your heart and breathe deeply:

May this robe flow like the Nile,
May it rest like the Aegean,
May it shine like the Caribbean sun.
May it hold me in prayer, in beauty, and in peace.

So may it be.

