1) Cut off this section if still attached, leaving a square.
   Fold along the vertical center line, unfold, then fold along the horizontal center line. Unfold and lay face down.

2) Fold four corners so that the points meet in the middle:

3) Flip it over and fold four corners so that the points meet in the middle.

4) Fold in half, unfold and fold half the other way.

5) Work your fingers into the four corners from the folded side.