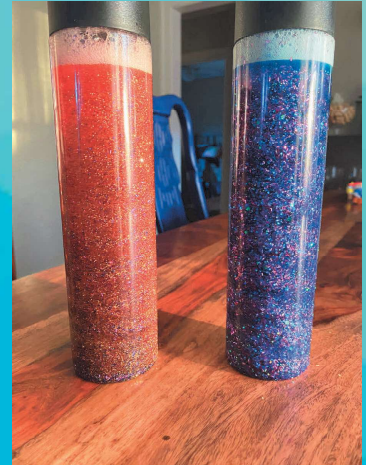


# MEDITATION JARS

## 1. Gather your supplies:



Plastic jar  
Warm water  
Food coloring  
Glitter glue  
Glitter



**2. Mix glitter glue with warm water and a few drops of food coloring in jar or bottle and shake until the glue 'melts' and mixes properly with the water. Glue to water ratio is up to you to where you feel satisfied.**

**3. Add additional glitter, seal top tightly and shake vigorously one more time.**

**4. If your jar isn't 100% full, top up with warm water.**

**6. Option to secure lid with glue (I used a glue gun) to ensure it is properly sealed and won't leak.**

**7. Shake and enjoy!**

