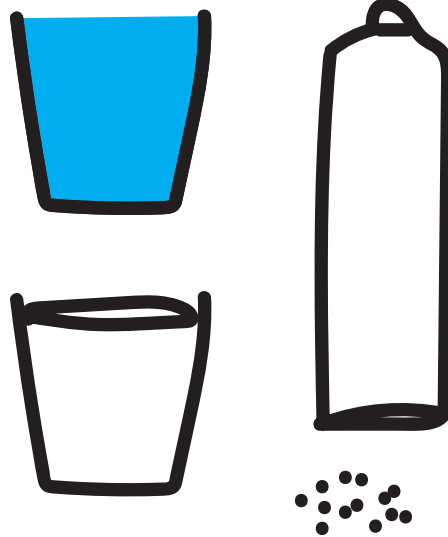


Meditation Bottle

Materials

- clean water, plus food coloring, if desired
- clear or light-colored oil (e.g. mineral oil, baby oil)



- smooth-sided bottle or jar (recycled water or juice bottle would be perfect!)

- glitter

Steps

1. Use a drop or two of the desired color food coloring in the water - not too dark or you won't be able to see the glitter in it!
2. Carefully pour the water, oil, and glitter into the bottle. Fill the bottle almost completely, about half and half with water and oil.
3. Tightly seal the bottle.
4. Give the bottle a shake and sit in quiet meditation until the bottle settles.

