

How to Make a Meditation Glitter Jar:

1. Find a glass jar with a screw top lid (mason jar, repurpose a jar from spaghetti sauce or similar).
2. Fill it up to 1/3 with glue (Elmer's clear school glue works well). More glue means longer for the glitter to settle.
3. Add glitter (about 1 ounce, more or less to your liking)
4. Fill the balance of the jar with water.