



# Mind Jar Instructions

Why is this a Spiritual Tool?

Our minds are busy! Even when we are perfectly still and feeling relatively calm, we find that our thoughts continue to chatter. This is what Buddhists call “Monkey Mind”. One of the reasons that meditation is a spiritual practice is that it can help us become more aware of our thoughts and feelings.

All ages benefit from taking a deep breath and being “mindful” even if it is only for a moment in a busy day. In this way we train ourselves to be able to find a place of calm even in the midst of challenges or overwhelming feelings.

A Mind Jar is a simple tool. While watching the glitter swirl, sparkle and settle, your mind, body and spirit will feel calmer. As a parent or caregiver of children, making a Mind Jar together is a way to introduce spiritual practice at home.

Enjoy! ~Amy

## Special Thanks

to Kristin Stiles-Hall for sharing her recipe with us (she tried six kinds!) and for teaching Mindfulness in our RE program. Kristin is a member of First Parish in Concord and is a Holistic Integrative Counselor/Healer.



## What you'll need:

- Mason Jar or Jelly Jar with a top
- Water
- Corn Syrup
- Glitter—size and color of your choice! (Fine glitter stays suspended longer.)
- Strong holding glue or duct tape.

## What to do:

- Clean the jar and remove any labels
- For this recipe you will need one part water and one part corn syrup.
- Before you start, measure the amount of liquid that fills your jar.
- Heat the water on the stove—do not boil!
- Once it is hot, stir in the corn syrup.
- Let it cool.
- Put the cooled liquid in the jar.
- Add glitter—at least 2 Tablespoons but as much as you wish.
- Secure the jar top with glue or duct tape.

## How to use:

- Shake the Mind Jar!
- Put it down on a flat surface like a table or the floor.
- Watch as the glitter settles to the bottom.
- A Mind Jar can be enjoyed any time! You can use it alone, with others or at bedtime for a centering moment.



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