

THE MOODY COW MIND JAR

Look for the Mind Jar for iPhone/iPad in the App Store. Or if you'd like to make your own Mind Jar, here's one way to do it (adult supervision is necessary). Start by making sure you have these items on hand:

- Some kind of empty and clean glass jar—not too big, about the size of large baby food jar or a spice container.
- Sparkles or glitter in at least one color—you can get glitter at a stationery or craft store. *(Finer sparkles work a little better than larger ones, if you have the option.)*
- A bottle of glycerin—you can get this inexpensively at a craft store or a health food store, and also at most drug stores. *(Glycerin thickens the water and helps the sparkles fall more slowly.)*
- Some liquid dish soap or hand soap—clear and colorless soap works best. *(Soap helps lower the surface tension of the water so the sparkles don't just stay on the top.)*

Fill the jar three-fourths full with warm tap water.

Add glycerin, almost to the top—but not too close. Put in around four *drops* of liquid soap. Put the lid on tightly and shake the jar enough to dissolve the glycerin and soap in the warm water. Take the lid off the jar. Now you are ready to begin the meditation activity.

The water in the jar is your mind's natural state. Put in a pinch of glitter/sparkles for each thought you notice. If you have more than one color of glitter, you can use different colored sparkles for different kinds of thoughts. For instance, you can use one color for angry thoughts, one color for fearful thoughts, and another color for other kinds of thoughts.

When you're ready, put the lid on tightly and mix it all up by turning the jar upside-down then right-side-up five or six times. Now you can see all the sparkles spinning and rushing around—this is your upset or busy mind.

Set the jar down, and breathe in and out slowly. You can gently ring a gong or bell if you have one. Notice how the sparkles settle slowly down to the bottom—as they do that, let your thoughts settle too. When you're ready, ring the gong again—make sure you notice how the sound gets softer and softer before it disappears! Save the Mind Jar to shake up and use next time.

