



Ocean Bottle



Just like the ocean has many different states of being, so do we!

The sparkles inside represent our energy. When we shake the bottles we can see the sparkles moving quickly - up, down and all around, much like we can feel inside at times.

But if we sit with the bottles and watch, we will notice how the sparkles slowly settle down and the water returns back to calm.

The ocean bottles help us observe the difference between a state of "busyness" and a state of calm.



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