1. Jar Blinking Expression

```
n = random(1, 5); // random seed
seedRandom(index, true);
blink = Math.sin(time * 30 + n * 10) > 0.95 ? 100 : 0;
blink
```

2. Jar Outer Glow (Layer Style)

```
amp = 200; // maximum size
freq = 0.5;  // speed of pulsing
base = 100; // minimum size
base + amp * Math.sin(time * freq * 2 * Math.PI);
```

3. Smooth Blur Pulse (Adjustment Layer)

```
// --- Smooth Blur Pulse Expression ---

onVal = 120;     // Max blur
offVal = 0;      // Min blur
fps = 30;        // Your comp frame rate
rampDur = 20/fps;  // 20 frames in seconds

minWait = 1;     // Minimum seconds between pulses
maxWait = 2;     // Maximum seconds between pulses

seedRandom(index, true);
t = time;

// total cycle = ramp up + ramp down + wait
waitDur = random(minWait, maxWait);
cycleLen = rampDur*2 + waitDur;

// figure out current cycle
cycle = Math.floor(t/cycleLen);
cycleStart = cycle*cycleLen;
tInCycle = t - cycleStart;

// animate within cycle
if (tInCycle < rampDur){
  // ramp up
  ease(tInCycle, 0, rampDur, offVal, onVal);
} else if (tInCycle < rampDur*2){
  // ramp down
  ease(tInCycle, rampDur, rampDur*2, onVal, offVal);
} else {
  // stay off
  offVal;
}
```