

**PLEASE READ this letter in its entirety before you begin your
Chocolate Journey of Sensory Awareness.**

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Chocolates - Before you begin your Chocolate Journey of Sensory Awareness, please choose and purchase your own delicious chocolates, preferably fresh chocolate truffles with creamy chocolate centers, from your favorite *chocolatier*. If you wish to share your Journey with others, add two scrumptious chocolates per Journeyer. The chocolates can be replaced by a couple of juicy soft and sweet fruits such as luscious strawberries if you prefer.

When you have your chocolates, place them in the small gold box and wrap the box with the cellophane included in your Hat Box. Tape the cellophane closed. Place the wrapped gold box into the Hat Box and repack your Hat Box elegantly. Once you prepare your space and your time – as described below – you will be ready to enjoy and delight in your Chocolate Journey of Sensory Awareness!

Preparation – To make your HatBox Journey as rich and meaningful as possible, spend a bit of time preparing the space in which you will enjoy your Journey.

- **Please choose a time when you will be undisturbed for at least one hour.** Turn off all phones. Put a note on your door. Give yourself the pleasure of at least an hour of uninterrupted time.

- **Choose a comfortable place.** Please make sure that you can sit comfortably – on the floor, on a bed, at a table...your preference. Just treat yourself to comfort for this Journey.

- **Create a relaxed atmosphere for yourself.** You might light a candle, set out a pretty placemat or cloth, and add some element of nature - flowers floating in a bowl of water or a few sea shells, stones or pine cones displayed around your candle.

- **You will need (and know how to operate) a CD player with headphones or speakers.** You might want to test the volume before it's time to start.

- **You will need enough lighting to write.** Have your reading glasses handy. A pen and a journal are provided in the HatBox.

- **You will need a glass of water.** You may want to drink a little during the first part of your Journey. We will ask you to drink some in the middle part of the Journey.

Duration – Your Chocolate Journey of Sensory Awareness will last approximately one hour, more if you choose to write longer in your Journal.

Beginning your HatBox Journey - Once you are ready to embark on your Chocolate Journey of Sensory Awareness, please settle in and start the HatBox Journey CD. At this point, you can relax and let the voice of your HatBox Journey tour guide lead you on a wonderful adventure!

Bon voyage!
Ananda and Gail