



Hostess Instructions

PLEASE READ this letter in its entirety a few days before your guests gather for your HatBox Journey.

For *you* to enjoy yourself as much as possible, we ask that you be a full participant as well as the hostess. Try to take care of your hostess duties in advance, in order to leave that role behind as you journey with your friends.

Please DO NOT OPEN the bundles in the hat box until you and your guests are invited to do so during the course of your Journey.

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Preparation – There are a few things to attend to before your Dreams Journey is ready to experience:

- **You will need to purchase six individually wrapped chocolates (our favorites are Lindt chocolate balls or Ferrero Rocher chocolates, both widely available).** Place the chocolates in the brown box which is packaged with these Instructions. Add a bit of the shredded paper from the HatBox if you'd like. Place the filled brown box into the HatBox. Wrap the HatBox in the cellophane provided, tying with the ribbon for a festive look.

- **You will need (and know how to operate) a CD player with speakers** so that everyone can hear the music and the voice of your HatBox Journey guide. You might want to test the volume before it's time to start.

- **You will need enough light for everyone to write.** Please remind your guests to bring their reading glasses!!! Pens and journals are provided in the HatBox.

- **Before your guests arrive** – Please make sure that you and your guests can sit comfortably and that there is room to move around and stretch out during the time you'll be together. Create a relaxed atmosphere with glowing candles, soft lighting and quiet, uplifting music. You might bring some elements of nature indoors - flowers floating in bowls of water or a collection of sea shells, stones or pine cones displayed on a pretty piece of fabric.

Arrange the wrapped HatBox in the center of the space where your group will sit, on a small table or on the floor. A lovely table cloth, shawl or piece of velvet, silk or lace will serve well to display the HatBox. The opening of the HatBox will be part of the fun of the gathering - its gifts and mysteries to be experienced together!

Refreshments – Although many parties and gatherings involve food and drink, **we recommend that you do not serve heavy food during the HatBox experience.** You might offer your guests healthy snacks before or during the HatBox experience, or save the refreshments for afterwards. We also recommend that you serve cool water or herbal teas rather than alcohol, caffeinated or sugared drinks. *We make these recommendations because the purpose of the HatBox Journey is to help you and your guests connect with the deeper levels of intuitive consciousness, and such connection is enhanced when the body is not burdened by a full belly or other deleterious effects of nonessential substances.*

Duration - The HatBox Journey you are hosting will take approximately two hours plus whatever time you would like to allow for discussion afterward. (We recommend about an hour, although some groups go much longer.)

Beginning your HatBox Journey - Once you and your guests are ready to embark on your HatBox Journey, please invite your guests to get comfortable, then set the stage by reading aloud (or ask one of your guests to read aloud) the *Introductory Letter*. Then start the HatBox Journey CD. At this point, you can relax and let the voice of your HatBox Journey tour guide lead you and your guests on a wonderful adventure!

Bon voyage!
Ananda and Gail

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Self-discovery and personal growth