

HatBox Journeys presents  
*The Chocolate Journey of Sensory Awareness*<sup>®</sup>

Instructions

**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're going to share your Journey with others, add two scrumptious chocolates per Journeyer. The chocolates can be replaced by two juicy, soft and sweet fruits such as luscious strawberries if you prefer.

If you can, place your chocolates or fruits into a small gold box and wrap the box with cellophane. This will give you the full experience described in the CD. Otherwise, you can wrap your chocolates or fruit in any way that pleases you. Once you prepare your space and your time ~ as described below ~ you'll be ready to enjoy 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 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 or 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, and writing materials.** Have your reading glasses handy along with a pen and plain paper or your favorite journal.

- **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.

**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