

Treasure Maps App Download Instructions:

iPhone users:

Click on the App Store icon on your cell phone, then tap the search <a> icon at the bottom right of the screen and proceed with the steps below:

- Type into the script box at the top of your screen the words: treasure maps app
- Select this name when it populates in your search screen.
- Next, tap the word GET
- Click the word **OPEN**

Voilà! You have the app on your phone.

Android users:

Click on the Google Play icon on your cell phone, tap the search \(\bigcirc\) icon, and proceed with the steps below:

- Type into the script box the words: treasure maps app
- Select the treasure maps app when it appears in the search results
- Next, tap the word INSTALL

Voilà! You have the app on your phone.

How to create your own Visual Treasure Maps:

- Open the app.
- Select either English or Spanish.
- Enter your name.
- Select a playback speed. Fast is 3 seconds per image, medium is 5 seconds, slow is 7 seconds.
 (Once you have created your treasure map, you may come back to this screen to change the speed by tapping either "Back" or "Settings")
- Tap the Next button.
- Select from the listed categories by tapping the box to the left of every category name you wish to choose. You may also tap Add New Category to enter category names of your own choosing.
- After you are done specifying the categories you want, tap the Next button.
- You are now on the Home Page. Tap the ARROW button on the right of any category to choose images for that category.
- Tap one of the of pre-populated images to add it to the slide show for that category. You can also tap the + button to add images you already have on your phone. Each time you select an image from your phone it will be added to your images for the treasure map category which you are creating.
- When you select an image from the existing library of images, a box will appear entitled "Enter Photo Caption." When you select and add an image from your phone, tap on the image in order to "Enter Photo Caption."
- You may either enter an affirmation of your own choosing or leave the caption blank.
- Tap "Save Caption" (even if you've elected not to enter a caption, in which case this image will display without a caption when you play your treasure map).
- Repeat this process for every image you wish to add to each category.
- When you are finished, select "Done" in the upper left corner. You will now be back on the Home Page.
- Use the same process to choose images for your remaining categories.
- When you have chosen all the images for all the categories of your treasure map, select "Play Treasure Map" at the bottom of the Home Page screen. Your categories, pictures, and affirmations will display in succession, one after the other, on your screen.

The treasure map you have just created will be available to play every time you return to the app. You may wish to simply view your treasure map as you meditate, or you may wish to speak aloud your affirmations as they are displayed along with each image.

Thank you. Enjoy your alchemical experiment!