


Quick Start Guide for iPhones / iPads

*Download our new Treasure Maps App from the App Store
(available in both English & Spanish languages)*

Instructions to Download the App iPhones / iPads

Once iPhone users click on the App Store icon on their cell phone, they can tap the search  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**

VOILA - you have the app on your phone!

Instructions on How to Use the App

GET STARTED

By following the prompts, you can now create your own visual treasure maps:

- Select either English or Spanish
- Enter your name
- Select a playback speed (Fast – 3 seconds, Medium – 5 seconds, Slow – 7 seconds). Once you've created your treasure map, you can come back to this screen to change the speed or later choose the Settings option from the Home page to do so.
- Tap the Next button.

CHOOSE YOUR CATEGORY AND PICTURES

- Next, select from the listed categories by tapping the box to the left of every category name you wish to choose. You can also tap Add New Category to enter category names of your own choosing.
- After you're done specifying the categories you want, tap the Next button.
- On the Home Page, tap the ARROW button on the right side of any category in order to choose photos for that category.
- On the next page, tap one of the of pre-populated pictures or tap the + button at the top right side of your screen in order to utilize pictures from the pictures you already have on your phone.
- A box will appear entitled "Enter Photo Caption."
- Enter an affirmation of your own choosing in this box and tap on "Choose Photo and Save Caption", or else enter nothing in the box and tap on "Choose Photo With No Caption."
- Repeat this process for every photo you wish to add to the current category of your treasure map.
- When you're finished specifying the photos you want in the current category, select "Done" in the upper left corner. You will now be back on the Home Page.
- Again tap the ARROW button the right side of any other category for which you'd like to choose photos, and repeat the process above.

PLAY TREASURE MAP

- When you've specified all the photos you'd like in 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 you've 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 out loud your affirmations as they are displayed along with each picture.

Let's Create our Golden Age!