

How to Read The Mirae Tales

A Parent's Guide to Sacred Story Time

What The Mirae Tales Do for Your Family

These tales are medicine for the everyday moments that shape who our children become.

They nurture **connection** — between you and your child, and between your child and their inner wisdom.

They build **confidence** — not by telling children they are perfect, but by showing them that feeling small, struggling, and making mistakes are all part of growing strong.

They offer **gentle self-growth** — the kind that happens quietly, through recognition rather than instruction. When Mirae feels too small, or makes a mistake, or wants to give up, children see themselves. And in seeing how Mirae moves through those moments, they learn how they can too.

And beneath all of this, the stories hold a quiet truth:

Your child already carries everything they need inside — calm, courage, kindness, intuition. These tales help them reconnect with those inner resources.

The Reading Rhythm

These tales are not meant to be rushed. They are small moments of calm and reflection — written to help your child (and you) pause, notice, and gently reconnect.

Here's how to create the sacred space these stories deserve:

1. Read slowly. Let the words breathe.

Children feel your energy more than your pace.

If you're rushed, they'll feel it.

If you're present, they'll sink into the story with you.

Create the space: Put your phone in another room. Dim the lights if it's bedtime. Sit close. Let this be a sacred pause in your day.

This slow pace allows the themes to settle — quietly, naturally — inside both of you.

2. Pause for wonder.

When something sparks curiosity — a line, a feeling, a question — linger there together.

Try asking:

- "What do you think that means?"
- "Has anything like this ever happened to you?"
- "How do you think Mirae felt right there?"

Don't force answers.

Sometimes they'll want to talk.
Sometimes they'll just want to sit with the feeling.
Both are perfect.

These pauses are where understanding begins.

3. Read with presence.

Let the story unfold without interruption.
Don't check your phone.
Don't think about tomorrow's schedule.
Just be here, with your child, in this moment.

Your complete presence is the real gift.

When a child feels deeply seen, their inner world becomes safer and easier to explore.

4. Follow their lead when the story ends.

After the last word, pause for a breath.
Let the story settle.

Then notice your child's response.

Some children will want to talk immediately — excited, moved, full of questions. Others will want to sit quietly and let the story live inside them for a while.

Both are beautiful.

This natural transition leads you into the Bedtime Reflection — the heart of The Mirae Tales experience.

This is where the story begins to soften into insight.

5. Close with the Bedtime Reflection — where the real transformation happens.

Every tale includes Bedtime Reflection Questions — bringing the heart of the story into a gentle moment of connection before sleep.

These reflections are shaped around the emotional theme of the story — helping your child notice feelings, name experiences, and understand what is happening inside them.

Your Bedtime Reflections build emotional intelligence — the ability to notice, name, and understand inner experiences.

They're not generic questions you can use with any book. Each one is thoughtfully tailored to the emotional theme of the story: feeling small, trying again, making mistakes, going at your own pace, and changing feelings, and more.

They help your child understand the world inside them.

Why this matters:

- Predictable bedtime routines help children feel safe.
- Gentle, reflective conversations help them understand feelings.
- Being asked thoughtful questions — without pressure — builds emotional clarity.
- When parents listen without correcting, children learn to trust their inner voice.

You are the safe space where that learning happens.

The questions simply guide you there.

How to use them:

Read each question softly.

Give your child time to think.

Let silence be allowed.

Let pauses be part of the rhythm.

If they say, “I don’t know,”

the whisper-guides beneath each question offer gentle ways to help them find their words.

The questions help your child:

- connect the story to their own day
- notice what they did well
- recognize their courage
- reflect with kindness rather than self-judgment
- fall asleep with a sense of being good inside, capable, and deeply seen

*This is how the story becomes integration —
the part that stays with them.*

What Each Tale Includes

Bedtime Reflection Questions

Gentle questions that help your child deepen connection, understand their feelings, and explore what the story means in their own life.

They bring the heart of each tale into a quiet moment of presence between you and your child.

Parent Tips

Soft, practical guidance for supporting your child when similar emotions appear in daily life — helping you stay connected, steady, and attuned.

Journal Prompts

Creative invitations for children who enjoy drawing or writing — helping them express and explore their inner world.

Let Each Reading Be a Gentle Return Home

In a world that asks so much of our children — to be faster, louder, better, more — these tales offer permission to simply be.

To feel.

To wonder.

To grow at their own pace.

To trust the light inside them.

And in reading them together, you offer your child something rare and precious:

- *Your full attention.*
- *Your willingness to slow down.*
- *Your gentle guidance through questions that help them see their own goodness.*
- *Your belief that who they are right now is already enough.*

That's the gift.

Not the perfect bedtime routine.

Not the brilliant analysis of the story.

Not even avoiding the hard emotions.

The gift is YOU —

fully present, soft-hearted, guiding without pushing, listening without fixing.

And the Bedtime Reflections?

They're the bridge between the world Mirae lives in and the world your child wakes up to tomorrow.

They transform the story from

"something you read"

into

"something that shapes you."

That's what changes everything.

With calm + care, always — Tanja May

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The Mirae Tales and all connected material are part of a heart-born series created to nurture self-love, quiet courage, and the joy of becoming who you are meant to be. Thank you for reading and for respecting the spirit of this work.