

The Mirae Tales Manifesto

A Heartful Series for Kids Learning to Love Who They Are

A Call to Remember the Truth We Were Born With

From my heart to yours – Tanja May

"This is my quiet revolution to bring back the kind of self-empowerment that will defy diseases of the heart, mind, and body."

– Tanja May

Every child is born whole.

Every child comes into this world shining – loving their body, loving their breath, loving their being. Every child arrives knowing how to trust themselves. They feel what is true. They sense what is good. They ask questions. They seek answers. They love deeply, try bravely, and see wonder everywhere.

This is the natural state of humankind: alive, curious, courageous, true.

But somewhere along the way –

The world taught us to ignore that inner voice. It taught us to doubt what we feel. It taught us to believe what we are told, even when our hearts whisper this is not right. It filled us with noise – endless words, commands, "facts" that don't ring true – until we stopped listening to the wisdom inside us.

We stopped asking. We stopped trusting. We accepted what felt wrong. And little by little, we forgot who we are.

The Mirae Stories exist to help us remember.

To remind every child that they are their own greatest guide. That their heart holds the clearest compass. That their questions are sacred. That their trying is magic. That their light is not something to earn — it is something they already carry.

And The Mirae Stories exist for the parents too.

To call them back to presence. To help them reconnect with their children — through true seeing, true listening, true being-together. To awaken the inner child they left behind — the one who once knew how to trust, how to love, how to live without fear.

- ❖ Every story is a spark.
- ❖ Every bedtime reflection is an invitation.
- ❖ Every shared moment is a chance to come home to ourselves — to revive the inner knowing that was never lost, only buried.

Each Mirae Story Includes:

Bedtime Reflection — Gentle questions that help children connect with their inner wisdom and reflect on their day with kindness and awareness.

Parent Tip — Simple guidance for parents to support their child's journey back to self-trust through authentic connection and recognition.

Journal Page Prompt — Creative invitations for children to explore and express their inner world, helping them name and claim their own light.

Example from "Mirae and the Day She Felt Too Small":

Bedtime Reflection:

Was there a moment today where you were kind to yourself?

What does your light feel like inside?

If you had a Bria, where do you think she'd sit?

Parent Tip: Tell your child one gentle thing you saw them do today. Help them see their quiet strength.

Journal Page Prompt: Draw a picture of your light. Is it a color? A glow? A word?
Name it, and keep it close.

With The Mirae Stories I want:

- ❖ Every child to remember they are good, whole, and wise.
- ❖ Every family to find their way back to each other, heart to heart.
- ❖ Every human to remember: you are the greatest authority in your own life.

All of us to learn to trust what rings true, to question what feels false, and to live in alignment with what we know deep down.

The Mirae Stories are not just stories.

They are a quiet rebellion.

A call to courage.

A reminder of the truth you were born knowing — and can choose to live by again.

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The Mirae Stories is 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 respecting the spirit of this work.