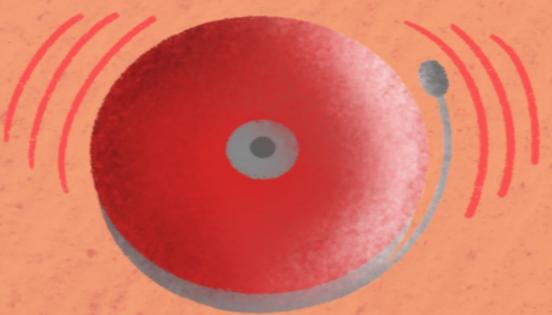
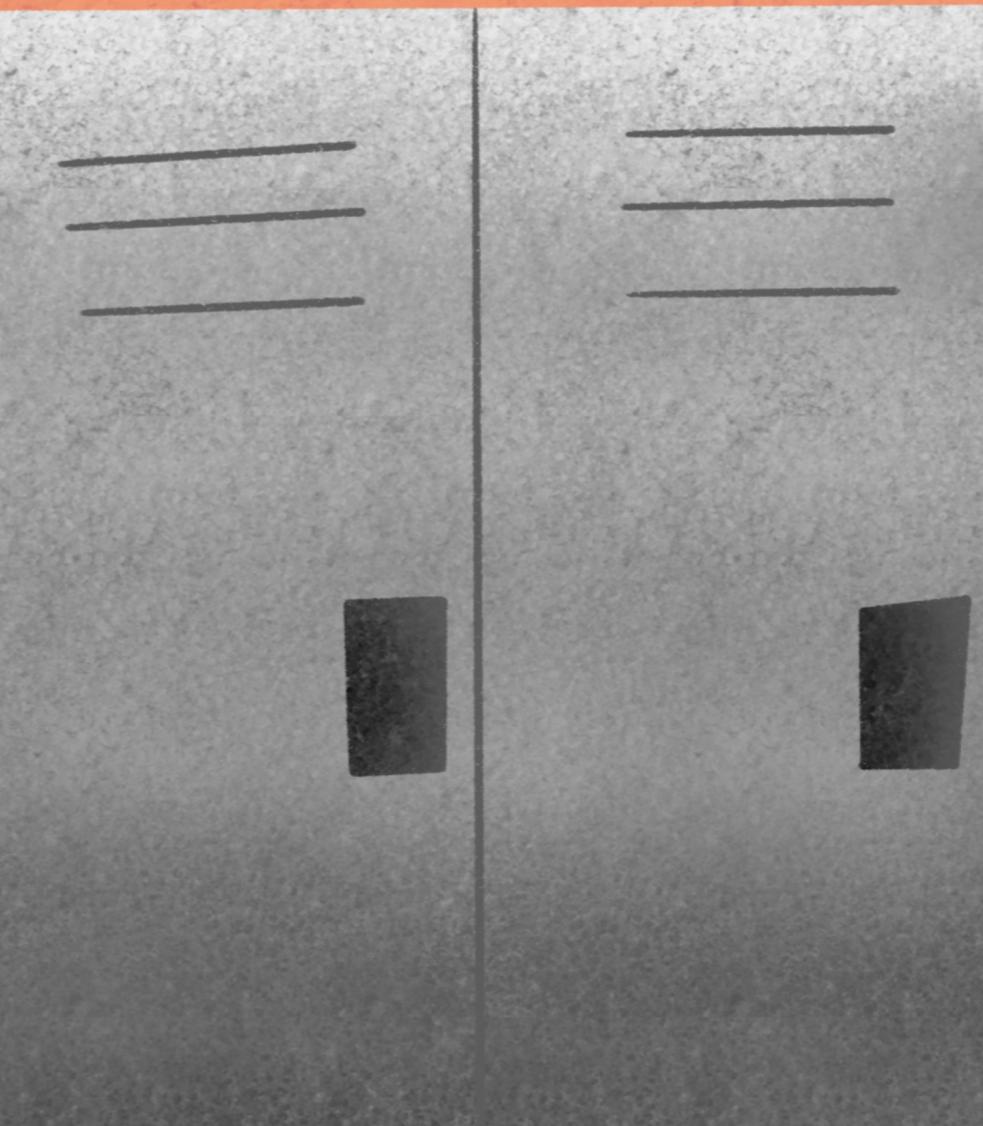


InnerTruth Books

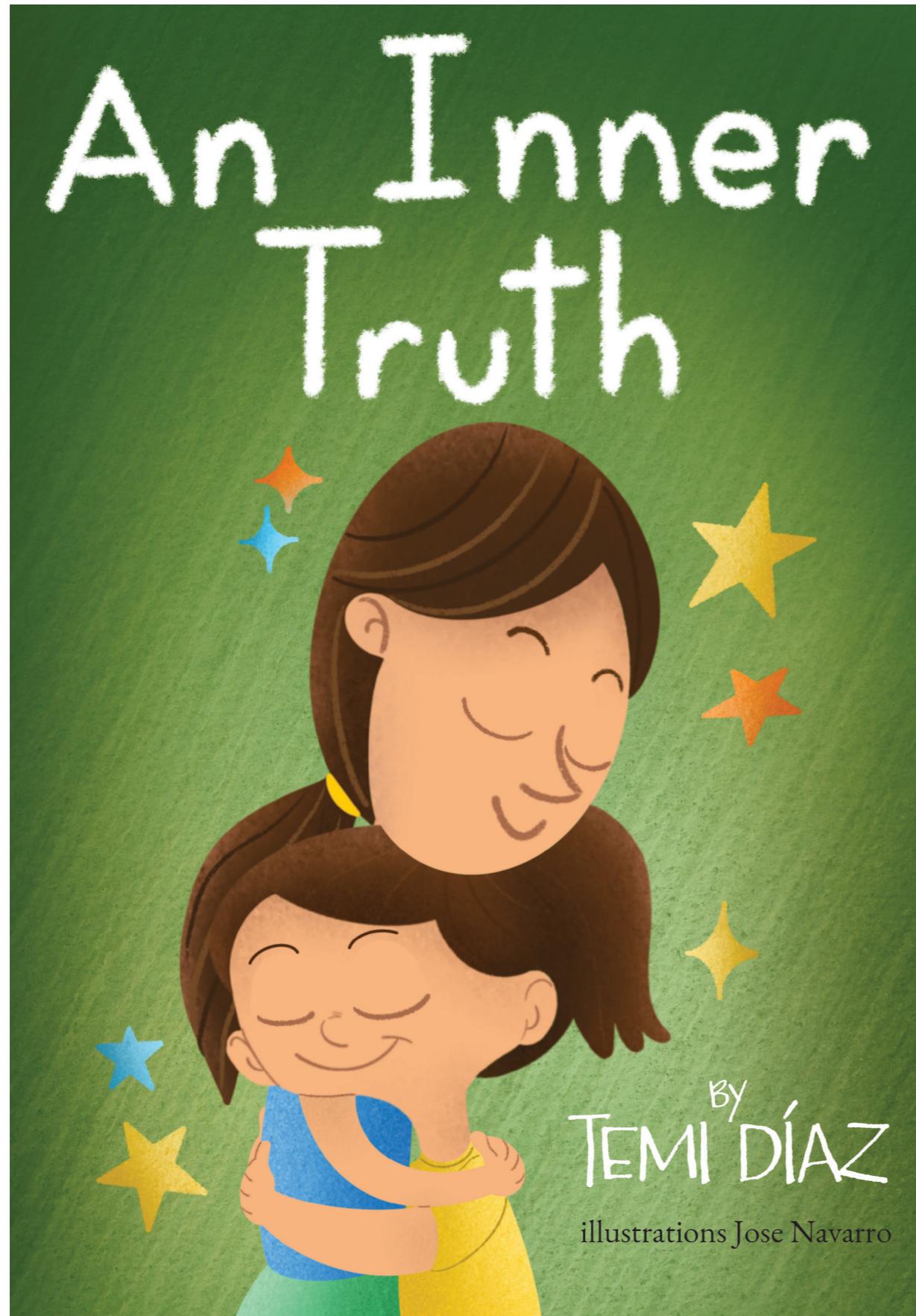


Guidebook for parents / teachers



Mr.
2

WE



An Inner Truth

The perspective from which you choose to read this book is up to you.

Every reader has his/her own way of perceiving it.

And that is amazing!

Still, the purpose of this book it's the same.

I want You to be able to Guide your kids/students to understand that in many occasions, we react to situations that haven't even happened.

We react because we are scared and because we fear the unknown.

What is the inner truth?

It's the truth that lies deep within us. It's the truth that rejects fear, insecurity and jealousy. It's pure and stands alone, without carrying the weight and influence of other people.

With "An Inner Truth" book, I want you to help children let go of negative emotions.

Helping them seek their own inner truth, and listen to their desires, passions, and goals in life.



The gray cloud



Show them that these “clouds” that form outside of the character’s bodies are a representation of the strong emotions we feel in real life: fear, insecurity, rage, sadness, and other negative emotions.

Show them that you’ll be next to them along the way. There’s nothing to be scared about, because their Inner Light is stronger than those temporary emotions.

Make them feel that sense of community, union, respect, and strength that gives us the security we need as kids to feel safe, and loved.

Ask them questions:

- Have you ever felt fear before entering a room for the first time?
- Where do you think this fear comes from?
- Do you think it comes from within you? Or did someone told you something bad could happen?
- Have you learned any of these fears watching television or through social media?
- Let's stop there for a moment and analyze these feelings TOGETHER.
- What if every time we entered a room we felt appreciated, and welcomed?
- How would you feel if I told you every time that everything is going to be okay?
- What if we start talking nicely to ourselves?

**Remember that you are special
and unique!**

**The world needs more people
like you!**

***Let's keep seeking for our inner truth:
everything that we're passionate about.***

***Anything that makes us feel at peace, and
happy.***