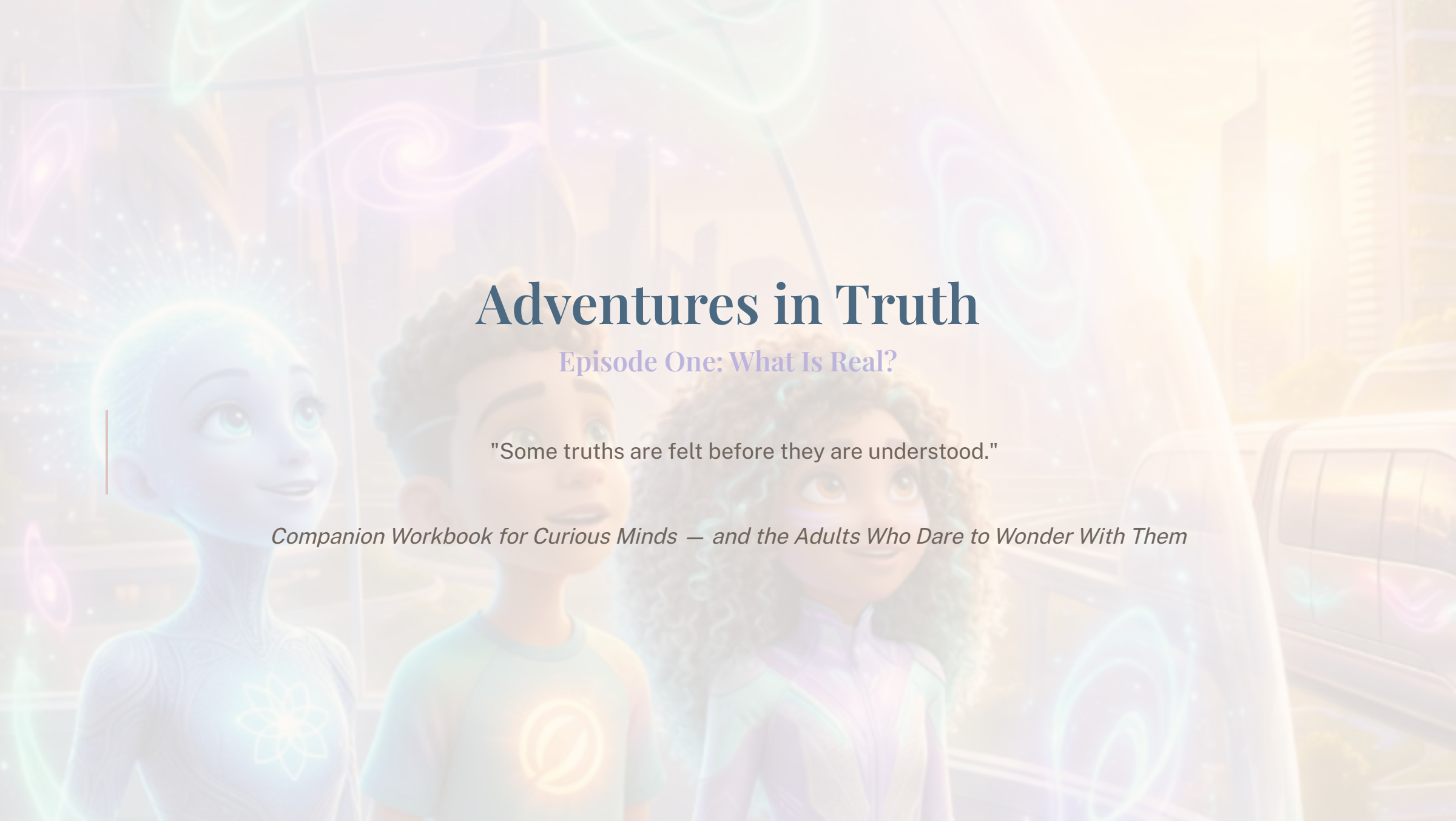




# Adventures in Truth

## Episode One: What Is Real?

"Some truths are felt before they are understood."

*Companion Workbook for Curious Minds — and the Adults Who Dare to Wonder With Them*

# What Just Happened?!

Okay. Let's all take a breath. A *lot* went down in Episode One, and if your brain is doing that thing where it's spinning like a loading screen with no progress bar — totally normal. That's what happens when reality gets weird. Let's do a quick recap so we're all on the same page before things get even more interesting.

## The Glowing Sphere

Kai touched a mysterious floating object because apparently survival instincts are optional. It glowed. It pulsed. It was definitely not a normal Tuesday.

## The Memory Stream

Turns out memories might still exist *somewhere* even after moments are over. Which is beautiful... and also mildly terrifying. Both feelings are valid.

## The Reality Lab

Skylar discovers feelings leave energetic patterns. Kai discovers he has what scientists are calling "bravery electricity." (Kai named it. Skylar rolled her eyes. Twice.)

## The Big Question

What if invisible things are shaping reality ALL the time? What if they've always been? What if this changes everything? Lumia just smiled and said nothing. Classic Lumia.



**Recap Rating from Kai:** "8 out of 10 — would have been a 10 if there were snacks involved. The orb was emotionally aggressive."

# The Heart of the Matter

"Not everything real can be seen."

Think about the last time you were really nervous before something — maybe a test, or a big game, or saying something honest to a friend. You couldn't *see* the nervousness, right? Nobody handed you a photo of your anxiety. But it was absolutely, completely, undeniably **real**. It shaped what you did. It changed how your body felt. It mattered.

Here's the list of invisible things that are quietly running your life every single day — no cape, no spotlight, just silently doing their thing:



## Love

Can't see it, can't hold it, 100% changes everything about a day.



## Courage

Invisible electricity that makes you do the thing anyway, even when your knees are shaking.



## Nervousness

The world's worst hype man. Shows up uninvited. Still somehow real.



## Memories

Not here physically, but they shape your whole personality. Wild, honestly.



## Trust

Invisible glue that holds friendships, families, and teams together.



## Excitement

That fizzy thing before something amazing happens. Nobody can see it. Everybody can feel it in the room.

 **Your Reflection Prompt:** What invisible thing affects *you* the most? Write, draw, doodle, scribble — whatever feels right. There is no wrong answer here.

- (No overthinking required. This isn't a math test.)

# Kai's Thoughts About Reality Right Now

Kai has processed Episode One and has some thoughts. They are not fully organized. They are, however, extremely relatable. Read through the list below and check the ones that also apply to your brain. No judgment. Kai definitely won't judge you. (Skylar might a little, but she means well.)

 **Instructions:** Check every box that matches your own brain. Add your own at the bottom. Doodle in the margins. This is a judgment-free zone.

☐ **Feelings being measurable is weird.**  
Like, someone built a *machine* for that? What else is measurable that we don't know about yet?? This is fine.

☐ **Memory spheres should definitely not exist before school.**  
There should be a law. Or at least a warning label. "May cause too many questions before breakfast."

☐ **The world might secretly be alive.**  
And if it is... does it have opinions about us? Is it judging our WiFi habits? Asking for a friend.

☐ **I may have bravery electricity.**  
The lab said so. It's basically official. I'm basically a superhero. Don't make it weird.

☐ **Skylar was annoyingly calm about all of this.**  
She just nodded and took notes like we weren't in the middle of a complete reality malfunction. Twin goals: alarming.

☐ **Lumia definitely knows more than she's saying.**  
The calm smile. The knowing pause. The perfectly timed silence. She knows things. Many things. Possibly all things.

☐ **I still think the orb situation was emotionally aggressive.**  
It glowed at me. Personally. I did not consent to that level of mystery so early in the episode.

 **Which ones would YOU check?** Add your own in the space below. Dramatic side notes are encouraged. 

"My personal additions to this list: \_\_\_\_\_ because honestly,  
\_\_\_\_\_"

## What Type of Reality Explorer Are You?

Kai has identified four types of people who end up in a Solaria workbook. Check the one that's most you. Or all of them. No judgment.

☐ **The Overthinker**  
You've already re-read this question three times to make sure you understood it correctly.  
  
You notice everything — you just need a second (or forty) to process it. That's not a flaw. That's a superpower with a loading screen.

☐ **The Energy Detector**  
You walked into the room and immediately knew something was off before anyone said a word.  
  
You read emotional frequencies like other people read text messages. Fast, accurate, and sometimes overwhelming.

☐ **The Quiet Observer**  
You've been watching everyone else have feelings and quietly taking mental notes this whole time.  
  
You process deeply and speak carefully. When you do say something, people should probably listen.

☐ **The Chaos Explorer**  
You touched the glowing orb first and asked questions later. You are, essentially, Kai.  
  
You learn by doing, feeling, and occasionally causing minor emotional incidents. The lab needs you.

Honestly, most people are probably all four depending on the day. — Kai 

## Reality Lab Mission: The Room Scanner

Your mission, should you choose to accept it — takes less than 3 minutes.

For the rest of today, you are a Solaria field agent. Your scanner: your own body. Your mission: notice the emotional energy of 3 different rooms or environments.

 **Classroom**  
Before the teacher speaks. Before anyone does anything. What's already in the air?

 **Kitchen**  
Morning energy vs. evening energy. Same room. Completely different frequency.

 **Car Ride**  
Notice the silence. Is it comfortable? Tense? Tired? That's real data.

 **Bedroom**  
Your space. What does it feel like when you first walk in? Calm? Cluttered? Safe?

 **Cafeteria**  
Peak emotional chaos. Multiple frequencies colliding. Advanced scanner territory.

 **Outside**  
Notice what happens to your body the moment you step into open air.

 **Kai's Field Advice:** “If a room feels weird before anyone even talks... pay attention to that.”— Kai 

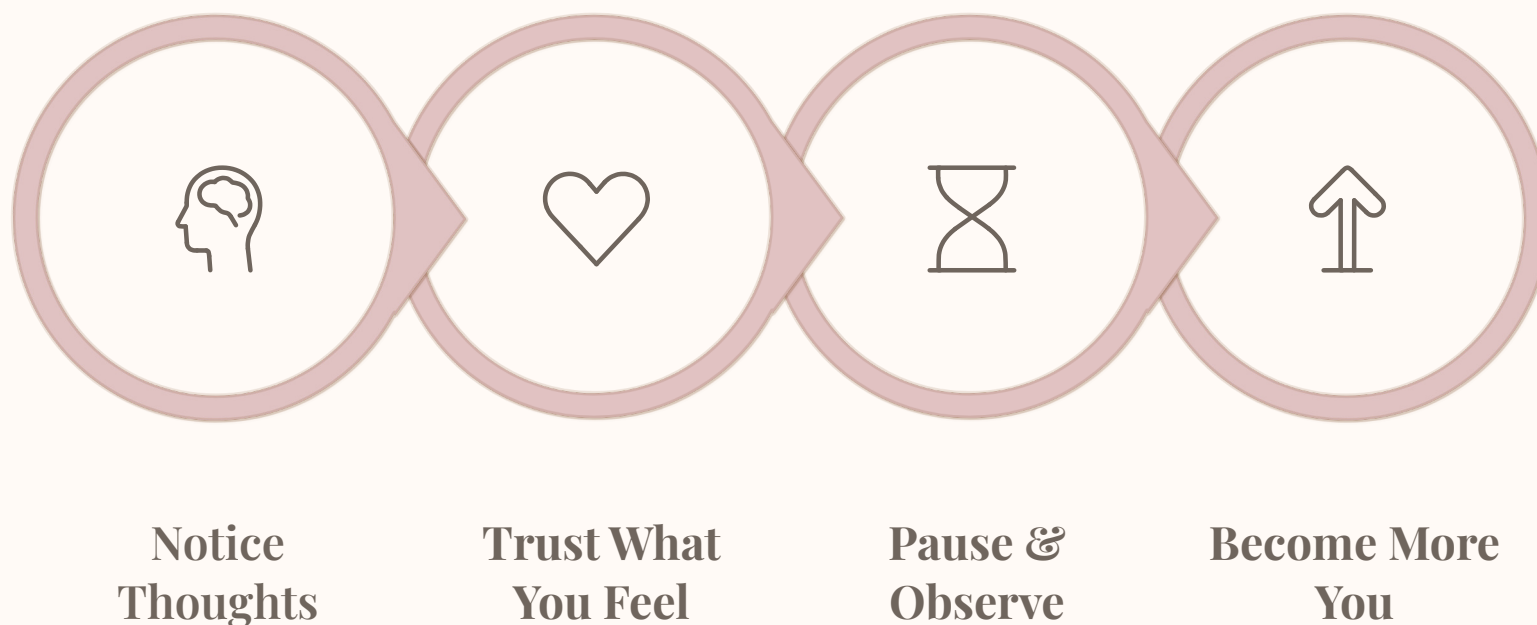
☐ **🗨️ Mission Log:**

Room 1: \_\_\_\_\_ felt like: \_\_\_\_\_  
Room 2: \_\_\_\_\_ felt like: \_\_\_\_\_  
Room 3: \_\_\_\_\_ felt like: \_\_\_\_\_

# Why This Matters In Real Life

Here's the thing — what happened in Solaria isn't just a cool story. It maps directly onto your actual life. Tuesday morning before a test. The weird feeling when something's off. The moment you chose kindness even when it was hard. That was all real data.

Noticing your inner world — your thoughts, your feelings, your invisible things — is one of the most useful things a human can do. And honestly? It's kind of cool once you start.



These four moves build on each other. Each one makes the next one easier. Until suddenly you're the person in the room who actually knows what's going on — inside and outside.

## When You Notice Your Feelings...

- You make better choices (because you know what's actually driving them)
- You feel less confused by your own reactions
- You stop doing things you'll regret in 20 minutes
- You become surprisingly wise

## Your Reflection Prompt

Remember a moment where you forgot to worry about being “cool,” “normal,” or “good enough.” A moment where you were just... YOU.

Write it. Sketch it. Star it. This one matters. ★

# The Invisible Things Challenge

Lumia would probably phrase this very calmly and wisely. We're going to phrase it like Kai: For one whole day, you are the **Reality Lab**. Your only job is to notice the invisible things floating around in your life — the feelings in rooms, the energy between people, the quiet stuff that nobody names out loud but everybody feels.

You're not analyzing anything. You're not fixing anything. You're just *noticing*. Think of it like having a futuristic scanner built into your chest. It's already running. Today, you're just checking the screen.



## The Feeling in a Room

Walk in somewhere. Before anyone speaks — what does the room feel like? Heavy? Light? Nervous? Excited? Name it.



## Excitement Energy

Notice when something makes your energy go up before your brain even explains why. That fizz. That lift. That's real data.



## Nervous Energy

The belly thing. The tight thing. The "I'm not sure about this" signal. Notice when it shows up and what it's pointing at.



## Calm

Find one moment where time slows down a little. When does your body feel settled? Note exactly when that happens.



## Trust & Tension

Can you feel the difference between a conversation where trust is present vs. one where it isn't? Spoiler: you already can.



## Kindness

When someone is genuinely kind — not performatively, but *actually* — notice how it physically feels to receive it. That's real too.



### What invisible thing felt strongest today?

Was it excitement? Nervousness? Calm? Pressure? A weird vibe you couldn't explain yet?

Where did you feel it in your body?

What did it make you want to do?

Even tiny observations count.

*Lumia says awareness usually starts small.* ✨

# Bigger Questions Together

## A Family Conversation Page

Here’s the thing about the questions in this section — they’re not really about “getting the right answer.”

They’re the kind of questions where the conversation *becomes* the important part.

The kind where:

- a kid says something unexpectedly wise
- a parent, grandparent, sibling, teacher, or trusted adult suddenly pauses to think
- or somebody blurts out a thought they didn’t even realize they had until that exact moment

The kind of moment where someone quietly goes:

*“Wait... I’ve never thought about it like that before.”*

These are conversation cards.  
Use them at dinner. In the car. Before bed. On a walk. During one of those random deep conversations that somehow start out about snacks.

No pressure to sound smart.  
No pressure to have perfect answers.

Just notice what comes up.  
You might be surprised by what everyone’s been carrying inside all along.

“

**Have you ever walked into a room and felt weird vibes?**

Before anyone even talked.  
Before anything happened.

Maybe:

- weird tension
- nervous energy
- awkward silence
- excitement
- calm

What did it feel like?  
Did your feeling end up being right?

”

“

**Do thoughts actually change what happens?**

Like...

If you expect something bad,  
does it affect your day?  
If you believe in yourself more,  
does reality respond differently?

”

“

**What's something invisible that completely changed your day?**

A mood.  
A vibe.  
One kind sentence.  
One awkward moment.  
One feeling you couldn’t stop thinking about.

What happened?  
Why did it affect you so much?

”

“

**Why do emotional moments stay in our memory longer?**

You probably remember:

- an embarrassing moment
- a really fun day
- or a huge argument

...more clearly than a random Tuesday.

Why do feelings make memories stronger?  
What does that tell us about human beings?

”

“

**Have you ever just... known something before you could explain how you knew it?**

A gut feeling.  
An intuition.  
A moment where your brain quietly said:  
“Something’s about to happen.”

Were you right?  
Did you trust the feeling... or ignore it?

”

 **Warning:** Questions without easy answers often lead to the most important discoveries. Lumia would say that's the whole point.

## Truths to Remember From Episode One

### ✓ **Thoughts affect experience.**

What you think shapes what you notice. What you notice shapes what you feel. What you feel shapes what you do.

### ✓ **Feelings carry information.**

They're not random noise. They're signals. The trick isn't to stop feeling them — it's to learn how to read them.

### ✓ **Awareness changes things.**

Just noticing — without fixing, without judging — already shifts something. Every time. The Reset proves it.

### ✓ **Courage feels scary sometimes.**

That's not a malfunction. That's how it works. Bravery electricity and nervousness feel almost identical. Rude, but real.

### ✓ **Invisible things shape visible things.**

What you can't see is running more of your life than what you can. This is either deeply reassuring or deeply alarming. Probably both.

### ✓ **The world inside you matters too.**

Your thoughts, your feelings, your invisible things — they're just as real as anything outside. They deserve the same attention.

# WHAT DOES YOUR ENERGY LOOK LIKE?

If the Reality Lab orb scanned **YOU** right now...

## LUMIA SAYS:

The orb doesn't judge your energy. It simply reflects it back so you can understand it better.



## WHAT EMOTION GLOWS STRONGEST?



Joy



Calm



Excitement



Curious



Frustrated



Worried



Brave



Something Else:



## WHAT ENERGY DO PEOPLE NOTICE AROUND YOU FIRST?

Examples: funny, thoughtful, intense, creative, kind, quiet, chaotic, observant, brave...

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## CALM OR CHAOS?

What's more present in your energy today?



CALM



CHAOS



BOTH

## WHAT COLOR FEELS MOST LIKE YOU?

Design or color your energy color here!



Kai's Official Scientific Opinion:

Every energy is useful data.



THERE IS NO WRONG ENERGY.  
THERE IS ONLY AWARENESS.

# ENTER THE MEMORY STREAM

Some memories leave echoes behind.

Draw or write a memory that still feels alive inside you.  
Step into the stream and capture it.

LUMIA SAYS:

The past isn't gone.  
It still exists in a  
deeper layer of  
reality. When you  
remember with your  
heart, the truth  
inside the moment  
comes back online.



WHAT COLOR WOULD  
THIS MEMORY GLOW?

Color the circle.



MY MEMORY LIVES HERE

WHAT DID THIS  
MOMENT FEEL LIKE?

Circle or write your  
words here.

- Safe
- Happy
- Excited
- Peaceful
- Powerful
- Understood
- Brave
- Something else:

WHO WAS THERE?



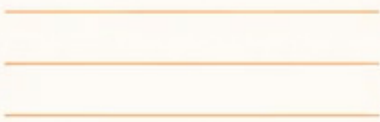
Draw or write the people,  
animals, or even imaginary  
friends who were with you.



WHAT WAS HAPPENING?



What were you doing?  
Where were you?  
What made it special?



WHAT SOUND BELONGS  
IN THIS MEMORY?



Is it music, laughter, rain,  
silence, waves, or something  
completely your own?

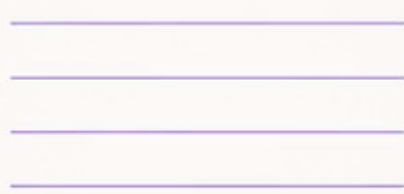


Draw the sound.

HOW DOES THIS MEMORY  
STILL AFFECT YOU TODAY?



What did it teach you?  
How did it change you?



Kai's Thought:  
Sometimes the smallest  
memories hit the hardest.  
Because they were real.  
Really real.

EVERY MEMORY HOLDS A PIECE  
OF YOUR TRUTH.  
YOU ARE YOUR OWN STORY.

WOULD KAI OR SKYLAR  
UNDERSTAND THIS FEELING?



or



Maybe  
both?



SOME TRUTHS ONLY COME BACK WHEN YOU REMEMBER.

# Until Next Time, Explorer

## You Made It Through Episode One

You did something a lot of people never do. You sat with genuinely big questions — What is real? What's invisible? What's shaping my life right now? — and you didn't run away from them. You leaned in. You checked Kai's boxes (or didn't, no judgment). You thought about invisible things. Maybe you tried the Reset. Maybe you had a conversation that went somewhere unexpected.

All of that counts. Every bit of it. Lumia would give you the calm smile right now. Skylar would nod and say something thoughtful. Kai would say something like, *"That was actually kind of cool, not gonna lie."* And honestly? Same.

✔  **Kai's Final Thought:** "Okay so this workbook was actually way less terrible than I expected. Still think it needed snacks. But also... maybe Lumia is onto something. Don't tell Skylar I said that." — Kai ⚡

See you in Episode Two. 