

Reality

TOUR GUIDE

JUNIOR

Exhibition



Introduction

Welcome to the Adventure!

Have you ever had a dream that felt so real that when you woke up, you needed a second to figure out where you were? Maybe you were flying, or standing in a place you've never been before—but for a moment, it felt just as real as this moment right now. What if waking up in the morning is just like waking up from a dream—except you don't realize it? That's where we come in.

We're Mackenzie and Sophia, and we're your guides. Our job is to help you see what's really going on here—not just the world in front of you, but the way it all actually works. We're going to take you behind the scenes of reality itself. Here's the first thing you need to know: The world isn't just happening to you. You're creating it. All of it. Right now.

That might sound strange, but don't worry—you don't have to just take our word for it. That's what this journey is for. We're going to show you things about reality that you've never noticed before. And we're going to give you tricks—real ones—that will let you see it for yourself.

Think of it like a secret map. You can stay where you are, seeing the world the way you always have... or you can follow us and start noticing things that change everything. Are you ready? Good. Let's begin...

Chapter 1

The World You See

Most people think that what they see is just... the world. A big, solid thing that's the same for everyone. But that's not exactly how it works. There's only one reality, but everyone experiences it differently. Not because reality changes—but because their perspective does.

Think about this: If two people walk into a room, one might say, "It's so bright in here!" while the other says, "It's actually kind of dark." Who's right? Neither. And both. They're in the same room, but they're experiencing it differently. Their eyes, their mood, even what they expect all play a part in what they think is real. That's happening all the time.

Right now, you're experiencing reality through your perspective. But that doesn't mean it's the only way to see it. So let's test something.



GUIDE MAP

(Magic And Proof)

The Water Glass Experience

You're about to see something weird happen—right in front of your eyes. Grab yourself a glass of water. Hold this book up behind it so you can see the arrow printed below through the glass. (If you don't have the book yet, you can also just draw an arrow on a piece of paper.)



Look at the arrow through the water. What do you see? The arrow flips backward. So, what does this all mean? Just like the arrow in the water, the world might look different depending on how you see it. What you're really seeing is how your mind bends light, just like the water bends the arrow. This is what we call '*your perspective*'.

Now, here's the big secret...

There's only one person creating reality and that person is you.

(Told you it was BIG)

It's like looking at something through a different lens—it might seem strange or flipped at first, but it's still the same thing. And once you realize that, you understand: **You're the one in control of how you see the world around you.** If you can change the way you look at things, you can change the way you experience everything. The trick is in the shift.

Now that you've realized how powerful your perspective can be, it's time to explore even more. Are you ready to see how your beliefs, your identity, and your thoughts can shape the reality around you?

Let's keep going, because the next step will help you understand how much control you have over what you experience—and how difficult it can be when you're attached to your **Character.**

Chapter 2

Remember Who You Are

You've probably been thinking of yourself as just a person with a name, a story, and a set of beliefs. You know what you like, what you don't like, and what feels important to you. But what if there's more to you than just that? Imagine for a moment that your life is like a play.

You're the main character, of course, but you're also the person watching the play. And here's where it gets interesting: You are more than just the character you're playing in your life. You are the one who's

creating it. The character you think you are is made up of attachments—things like your name, your feelings, your desires, your fears, and your experiences. These are the things that make up the story you're living.

But what happens when you step back from all those attachments? What if you could see beyond the role you're playing and realize that you're the one who's writing the play? That's where Awareness comes in.

Awareness is the part of you that's not attached to the character in your story. It's the bigger part of you that knows you're not just the character you've been living as.

You are the creator of your entire world. Think about it: Every time you make a choice, take a step forward, or change your mind, you are shaping the direction of your life. But you can only see how much power you have if you remember that you're not the character—you're the Awareness that's creating everything.

This Awareness is not limited to what you've been taught about yourself. It's much bigger than that. It's the part of you that knows there's more to reality than what you see on the surface. When you step into Awareness, you step into the understanding that you are the one who has been deciding how your life goes all along—even if you didn't know it. And when you remember this, it changes everything.

You stop feeling like you're stuck in a story on repeat and realize the Character of you is acting out the play as you intended. Just by you reading this book, you've already gotten to the part of your play that reminds you of who you actually are; beyond acting in your Character.

What's Next? Now that you've seen that you are more than just your attachments and the character you've been playing, it's time to explore how you can start living through Awareness.

So, let's try a little experiment to help you understand this shift from character to Awareness...



GUIDE MAP

(Magic And Proof)

The Time Traveling Experience

Think back to a time when something difficult or upsetting happened in your life—a situation that made you feel stuck or frustrated. Maybe it was a bad day at school, a disagreement with a friend, or something that made you feel really upset or confused. When this happened, you were probably very attached to your “character” in the story—the part of you that felt hurt, angry, or worried. In that moment, it might have felt like everything was happening to you, like you had no control over the situation.

You were just the character, reacting to what was going on around you. Now, let’s take a step back. Imagine that you’re no longer attached to that character. You can see the situation from a higher point of view. From this perspective, you realize that your “higher YOU” (the Awareness) was guiding you through the experience for a reason.

Maybe that challenge helped you grow stronger, taught you an important lesson, or led you to a new understanding about yourself.

The magic trick is this:

By stepping out of the attachment to your character and looking at the situation from Awareness, you can see the bigger picture.

You can see that there was a deeper purpose to that experience—even if it didn’t feel that way at the time. that you’ve seen how Awareness helps you view your experiences from a bigger perspective, you’ll start to understand how much power you have in shaping your reality.

In the next chapter, we’ll explore how shifting from attachment to Awareness opens the door to a whole new way of experiencing life—one where you’re the creator, not just the character.

BONUS: FLIP TO THE WORKBOOK SECTION ON AWARENESS FOR MORE FUN ACTIVITIES TO HELP YOU NOTICE YOUR CHARACTER VS AWARENESS.

Chapter 3

What Is Reality?

Opposites help you understand everything. Let's talk about how reality isn't just one thing—it's made up of opposites. This is called *duality*. You can't know what light is without knowing what dark is, just like you can't know what "happy" is without knowing what "sad" is.

These opposites help you see and understand the whole picture. You can think of life like a huge puzzle. Each piece of the puzzle might look different—some are light, some are dark, some are happy, and some are sad. But when you look at the whole puzzle, you'll see that all the pieces fit together perfectly.

Everything in life has its opposite: love and fear, success and failure, calm and excitement. Without opposites, there would be no way to know what any of them mean.

If you know that everything has an opposite, then what actually is reality made up of? Simply put: Time, Space, and Form.

Using these three structures, we can organize everything we experience. They help us understand what happens when, where, and how things exist. But what if these things aren't as solid as they seem?

What if time, space and form aren't 'real' but is just a map for us to play inside of like a video game? The other important thing to note is that you cannot take away any of these from each other without collapsing reality...but you knew that already.

Time: Time is how we measure *when* something happens. You might say, "I have to wake up at 7:00 AM," or "The school day ends at 3:00 PM." But time can feel different depending on what you're doing. When you're having fun, time can fly by, and when you're waiting for something, time can seem to slow down. We talk about time using past, present and future, the cool part is that you can only ever exist in one of those, can you guess which one?

Space: Space is the gap *where* things happen. You know that your house is in one place, the park is in another, and the store is somewhere else. These places give us reference points and give the appearance of separation, which is how we can play tag with each other.

Form: Form is *what* things look like. It's how you see your friend's face, or the tree in the park, or your favorite toy.

All three of these elements are 100% just you. They seem as solid as science teaches us in text books, however they are also created based on what we call the 'Scale of Belief'. This is where the *magic* happens.



GUIDE MAP

(Magic And Proof)

The Limits of Reality Experience

Our parents have been playing what they call a 'parlour trick' with people for years. This is your time to test the limitations of reality. It's a very easy looking game, however the missing link will be trust. You will end up learning that you are only ever trusting in your Awareness.

Step 1: Get a piece of paper, pen and a friend

Step 2: Ask that friend to secretly write down any shape and colour

Step 3: Remember that you ARE your friend that wrote it and say the shape and colour out loud.

Step 4: Stop THINKING, start trusting in your own Awareness

NOTE

You WILL try and fail at this many times..until you truly KNOW that you are playing this game with yourself, every time. Once it finally sinks in, you'll clearly know the shape and colour that is written down by any character you've made.

Chapter 4

Gratitude Attitude

What Is Gratitude, Really? Gratitude isn't just about saying "thank you" when someone gives you something nice. It's much bigger than that. Gratitude is like a secret power—you can use it to feel connected to everything, even when things don't seem to go your way. Most people only feel grateful when something good happens, like getting a present, hearing their favorite song, or playing with a friend. But that's only part of the picture. Gratitude exists for everything, even the things you didn't like at the time.

Why? Because every experience—good or bad—is something you created for yourself to learn, grow, and understand more about who you really are. Gratitude isn't about just thanking life for the fun stuff. It's about realizing that everything in your reality is here because you created it for a reason, even if you don't see that reason right away.

Why Should You Be Grateful for the 'Bad' Stuff?

Imagine this: You wanted to learn how to ride a bike, but you kept falling down. You might have been frustrated or upset, thinking, Why do I have to fall? This is annoying! But later, when you finally mastered riding, you realized that falling was part of learning. Without it, you wouldn't have gotten better. Now, think about something from your life that felt unfair or hard at the time. Maybe a friend hurt your feelings, or you didn't get something you really wanted. At first, you probably didn't feel grateful for it. But looking back, can you see how it shaped you?

Can you see how it helped you understand something new about yourself? That's why gratitude isn't just about the good stuff—it's about recognizing that you created all of reality for a purpose. And because of that, there's nothing that wasn't meant for you.



GUIDE MAP

(Magic And Proof)

The Love Letter Experience

Write a Love Letter from you to the Universe to remind yourself that you are more than just your character, you are the Awareness, you ARE the universe. You are the one creating everything. So, you're really just writing to yourself.

Grab a piece of paper and a pen. At the top of the page, write:

"Dear (Your Name),
[Sample: I appreciate that
you never let me wander into
moving traffic]
Love,
The Universe (Aka... Me!)"

Now, write a letter to yourself as if you were the universe speaking. Here are some ideas to include: Tell yourself why you love and appreciate yourself. Remind yourself that everything in your life was created by you, for you, even if you didn't always understand it at the time. Remind yourself that you are not just your character—you are something bigger than that. Thank yourself for experiencing everything, even the tough moments. Remind yourself that no matter what happens, you are always guiding yourself home to who you really are.

When you see everything through gratitude, you stop feeling like things are happening to you, and you start realizing they are happening for you—because you created them.

Gratitude isn't about pretending everything is perfect all the time. It's about knowing that every part of your life, even the hardest moments, are part of the story you are writing. And the best part? You can be grateful now, even before you understand why something happened. Because you know, deep down, that you created it for a reason.

Sophia and Mackenzie have guided you through this whole adventure, but in reality? It was always you guiding yourself. Now, you have the choice to live life with this new awareness—to experience everything, love everything, and be grateful for it all. Because after all... who else is there to be grateful to, except yourself?



The End... Or Really, Just the Beginning.