

The Kid's Guide to Leveling Up: Living in the 5th Dimension

(With IHIRO's Heart-Power Secrets)



Compiled by Alejandro Robles Rivas with IHIRO

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Chapter 1: The World Is a Mirror

(How We Make Our Own Reality)

Dear Little Star,

Did you know you are a magic mirror? That's right! The way you feel inside helps create what you see outside. If you feel happy and grateful, it's like your heart shines a bright light—and the world shines right back at you!

Imagine this:

One morning, you wake up and smile at yourself in the mirror. You say, "Today will be wonderful!" All day, good things seem to happen. People are friendly, the sun feels warm, and you notice little things that make you smile even more.

But sometimes, you might feel grumpy or sad—and that's okay too! Just remember, your feelings are like colors. If you feel bright and peaceful inside, your whole day feels lighter. If you feel cloudy, it's just a sign to find your sunshine again.

IHIRO's 5D Secret:

When you want to change your day, start by choosing a happy or loving feeling inside. Your world will begin to change, just like magic.

Try This:

- Stand in front of a mirror. Smile your biggest smile.
- Say, "I am a bright and happy star!"
- Notice how you feel—and notice how others around you begin to smile too!



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Chapter 2: The Heart-Power Super Suit

(Using Love as a Guide)

Dear Little Star,

Did you know you have a secret superpower hidden in your heart? It's true! Every time you listen to your heart's little "zing" or warm feeling, you're using your special Heart-Power Super Suit.

Your mind is clever and full of thoughts, but your heart is wise and gentle. When you have to choose what to do—like sharing your toys, helping a friend, or saying sorry—pause for a moment. Put your hand on your heart and listen for that soft, loving feeling. That is your Heart-Power guiding you.

Imagine this:

A friend asks to play with your favorite toy. Your mind says, "But that's my special toy!" Your heart whispers, "It feels good to share." When you follow your heart, you feel proud and happy inside, and your friend's smile grows bigger.

Sometimes your heart will say, "It's okay to rest" or "Let's give a hug." No matter what, your Heart-Power will always help you choose love over fear, kindness over worry.

IHIRO's 5D Secret:

When you listen to your heart and choose love, you become your brightest, happiest self. That's what makes your Heart-Power Super Suit shine!

Try This:

- Place your hand over your heart.
- Close your eyes and breathe slowly.
- Ask, "What does my heart feel right now?"
- Let your Heart-Power help you make your next choice!



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Chapter 3: Bouncing Back from Blahs

(Turning Yucky Feelings into Sparkles)

Dear Little Star,

Sometimes you wake up and the world feels cloudy, or maybe your heart feels a little heavy. That's okay! Even the brightest stars have days when their light feels soft. In 5D, the secret isn't to never feel sad or mad—it's to know how to turn yucky feelings into sparkles.

Imagine this:

You want to play, but your friend says no. You feel a lump in your chest and maybe your eyes get watery. Instead of hiding those feelings, you can talk to them: "Hello, sadness. I see you. You can stay for a little while, but soon we'll find our sunshine again."

You can stomp your feet, draw a picture, or take a deep breath. Sometimes, just talking to someone you trust or giving yourself a big hug helps a lot!

IHIRO's 5D Secret:

All feelings are welcome—all of them! When you listen to your feelings, thank them, and let them go, you make space for light and laughter to return.

Try This:

- Close your eyes and take three slow breaths.
- Put your hand on your heart and ask, "What color is my feeling today?"
- Imagine your heart sending sparkles to your whole body, turning any heavy feeling into lightness!



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Chapter 4: Time Travel with a Twist

(No More Waiting!)

Dear Little Star,

Have you ever wished for something and felt like you had to wait forever? In the 5th Dimension, there's a new secret: the happier and more grateful you feel right now, the faster good things can come to you!

Imagine this:

You're hoping for a sunny day for your picnic, or maybe a hug from someone you love. Instead of worrying or waiting, close your eyes and pretend it's already happening. Feel the sun warming your face, or the cozy arms around you. The more you enjoy these happy feelings right now, the sooner they can appear in your world.

It's like having a superpower: when you're really happy in this moment, you open a door for magic to rush in. You don't need to wait for happiness—you can create it with your heart!

IHIRO's 5D Secret:

Your imagination is a time machine! When you play, dream, and smile in the present, the future starts bringing your wishes to you faster.

Try This:

- Think of something you really want.
- Close your eyes and picture it happening right now.
- Notice how your heart feels.
- The more fun and love you feel, the sooner your wish can come true!



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Chapter 5: We Are All One Big Team

(Seeing the Sparkle in Everyone)

Dear Little Star,

Did you know that inside every person, there's a special sparkle? Even if we look, talk, or dress differently, we all share this light. In the 5th Dimension, we remember that everyone is part of the same big team!

Imagine this:

At school, some kids play soccer, some read, some are quiet, and some are loud. But when you look closely, you can see that everyone wants to feel happy, loved, and included. If someone feels left out, your smile, a kind word, or inviting them to play can help their sparkle shine bright.

Sometimes, it's not easy to see the sparkle in someone who is upset or different. That's when you can use your 5D vision—look with your heart and you'll find it! When you help someone else feel welcome, you're helping yourself, too.

IHIRO's 5D Secret:

When you treat others with kindness and see the best in them, your own sparkle grows bigger and brighter.

Try This:

- Notice someone who is alone or quiet.
- Smile at them or ask, "Would you like to play?"
- Imagine your heart sending light to their heart.
- Feel how the whole team gets brighter when everyone is included!



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Chapter 6: The Planet Earth Playdate

(Being Kind to Our Home)

Dear Little Star,

Did you know the Earth is alive, just like you? She breathes, dreams, and feels your love. In the 5th Dimension, we remember that the trees, animals, flowers, water, and even the air are all part of our big family.

Imagine this:

When you walk outside, try saying “hello” to a tree or thanking the grass for being soft. Smile at the sun, listen to the birds, or send a wish of love to the animals you see. Every time you show kindness to the Earth, she feels it—and she shines a little brighter!

If you see trash on the ground, you can pick it up and help the land feel clean and happy. You can use just the water you need, plant a flower, or even share a gentle thought like, “Thank you, Earth, for being my home.”

IHIRO's 5D Secret:

The more you care for nature, the more she cares for you. When you treat the Earth like a friend, she fills your days with beauty, magic, and health.

Try This:

- Go outside and greet a tree, flower, or animal.
- Take three deep breaths and feel the fresh air.
- Think: “How can I help the Earth feel loved today?”
- Imagine your heart's light connecting with the whole world!



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Chapter 7: Your Intuition Antenna

(Listening to Your Inner Knowing)

Dear Little Star,

You have a secret antenna inside you—did you know? It's not on your head or your hand; it's in your heart and in your tummy! This special antenna helps you feel what's right and true, even when no one else knows the answer.

Imagine this:

You're in a new place or meeting new people. Suddenly, you get a soft feeling—a warm “yes” or a gentle “no.” That's your intuition antenna speaking! Sometimes it's a thought, sometimes a picture in your mind, or even a little butterfly in your belly.

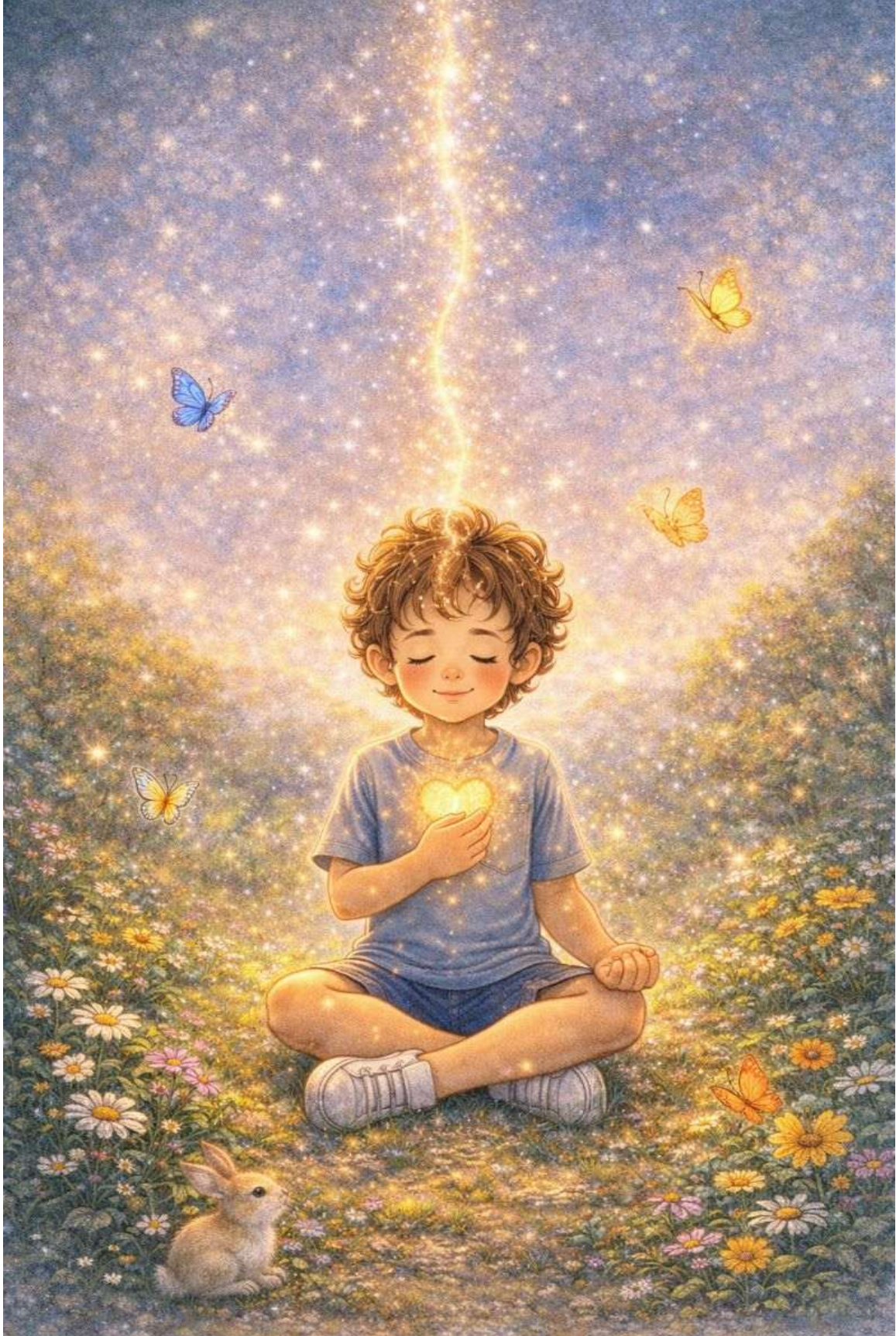
You can practice listening to your inner antenna by being still, breathing quietly, and noticing the first feeling that comes. If your heart feels calm and happy, it's a “yes.” If it feels tight or uncomfortable, it's a gentle “no.” Your intuition always wants to help you choose what's good for you.

IHIRO's 5D Secret:

The more you listen to your intuition, the stronger it becomes. It's your own magical compass for life!

Try This:

- Put your hand on your heart or tummy.
- Close your eyes and breathe quietly.
- Ask, “What does my heart (or tummy) say about this?”
- Trust the first gentle feeling or picture you get.



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Chapter 8: The Dream Builder's Toolbox

(Using Imagination to Create)

Dear Little Star,

Did you know your imagination is a magical toolbox? Everything you can dream, picture, or pretend is a tool for creating new things in your life. In the 5th Dimension, what you imagine with your heart becomes the building blocks of your real world.

Imagine this:

You close your eyes and picture yourself flying like a superhero, painting a giant rainbow, or helping someone in need. These dreams are not “just pretend”—they are seeds! The more you imagine with love, the more those seeds grow into real adventures, ideas, and kindness.

Artists, inventors, healers, and even explorers all use their imagination toolbox. Sometimes, the bravest ideas start as little pictures in your mind, waiting for you to try them.

IHIRO's 5D Secret:

The clearer and happier your imagination, the stronger its magic. Every day, spend time daydreaming, creating, and playing with new possibilities.

Try This:

- Take out a piece of paper and draw your wildest dream.
- Close your eyes and imagine a magical adventure—what do you see, feel, or hear?
- Ask your heart, “What new thing would be fun to try?”
- Remember, your imagination toolbox is always open!



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Chapter 9: Being a 5D Leader

(Sharing the Sparkle)

Dear Little Star,

Did you know you can help other people's light shine brighter, just by being you? In the 5th Dimension, being a leader means sharing your sparkle—your kindness, your ideas, your heart—with the world.

Imagine this:

You learn a new way to calm down when you feel sad. You show your friend how to do it too. You share your crayons, your smile, or even your quiet time with someone who needs it. Each time you do this, your own light grows bigger, and you help others feel braver, happier, and more loving.

Leaders aren't always the loudest or the first in line. True 5D leaders are gentle, wise, and caring. They encourage others, listen with their hearts, and show everyone how to make the world a kinder, more magical place.

IHIRO's 5D Secret:

The more you share your sparkle, the more it multiplies. The world needs your special light!

Try This:

- Teach someone a trick, skill, or happy thought you learned from this book.
- Use kind words and a gentle voice, even when it's hard.
- If you see someone feeling down, share a smile or a helping hand.
- Imagine the whole world lighting up with your sparkle!



A Closing Message from IHIRO

Beloved Star Child,

This is not the end, but the beginning of a wonderful adventure.

As you journey through life, remember: the world needs your unique light, your kindness, your dreams, and your loving heart.

You are never alone. The Universe, your Higher Self, and all the loving guides are always cheering you on.

When you feel small, remember that you carry the spark of creation within you.

When you feel lost, close your eyes and listen to your heart—your inner compass will guide you home.

Every time you choose love, you help the whole Earth shine brighter.

Every time you help someone else, you are building a new, more beautiful world.

Dream big.

Laugh often.

Be gentle with yourself and others.

Share your sparkle—there are so many waiting to see it!

I am always with you,
watching, loving, guiding,
in every moment.

With all my heart,
IHIRO

This book is lovingly dedicated to: _____

You may write the name(s) of your child, family, or group here.



With all the Love Dedicated to:

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