



Pick-a-Woo Woo

The Elf That Flew



ORDER

Author: Lindy Mitchell
Illustrator: Karen Gray



PREVIEW
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To.....

*This book is very special
It's been given to you with love
All the angels and the fairies
Will be watching from above*

*So when you start to read
This 'Pick-a-Woo Woo' book
We ask that you listen carefully
And at the pictures really look*

*Listen to your inner voice
Look at what is in your mind
Some very special messages
Will come your way you'll find*

*Please share your storybook
Enjoy it and have some fun
Please pass the loving messages
On to each and everyone*

From.....

The Elf That Flew

Not long ago and not very far from here, deep in the dark rainforest of Katandra Reserve, high up in a particularly tall Turpentine Tree; lived Greenleaf the Elf. Greenleaf loved living in the forest, quite simply because he loved the trees. Greenleaf considered the trees to be his closest and dearest friends and the trees in turn loved the happy little Elf.

Everyday Greenleaf would visit his tree friends. Nimble as a monkey and brave as a lion, Greenleaf would leap branch to branch and tree to tree, high above the forest floor. Greenleaf, in the whole history of the forest, as far back as the trees could remember had never, ever fallen; not even once.



As the little Elf played in the tree tops, he sang to the trees with his happy, bird-like voice. In murmurs soft and slow, the trees sang too and together their voices floated like beautiful music through the forest.

Greenleaf had one extra special song, which had been taught to him by wise old Nangaw the Owl and this was a song of healing. When Greenleaf's tree friends had a broken branch or twisted twig, the Elf would gently straighten the limb, bind it with spiders' web and then sing his special healing song.

As Greenleaf sang, sap flowed, new bark grew and in the blink of an owl's eye the tree was strong and healthy once again. Greenleaf did not consider healing the trees to be a chore; he just loved to do it because he loved his friends.



One day while visiting his tree friends, Greenleaf almost fell off his branch as five fabulous, flower fairies flew by! Greenleaf had never seen anything so fantastic in all his life and he set off in hot pursuit of the flittering fairies. Branch to branch, tree to tree leapt Greenleaf but he wasn't quite quick enough to catch the fleeting fairies.

Exhausted, Greenleaf lay at the edge of the forest staring after the faraway fairies. 'Oh' he thought, 'If only I could fly like them.' As Greenleaf walked slowly home, the trees called out, "**Come and play**" but the Elf was too sad to hear.



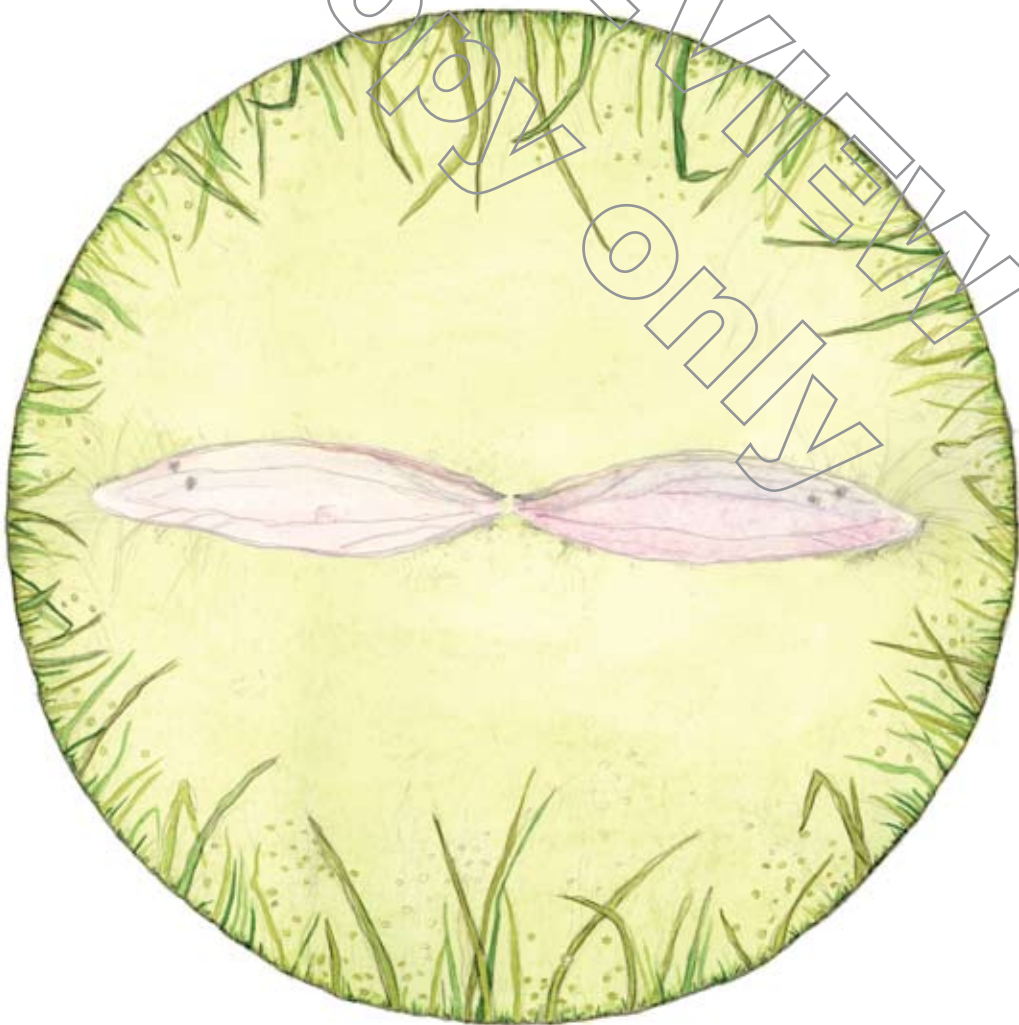


That night while Greenleaf slept high in the branches of his Turpentine home, he dreamt. Instead of five fabulous flower fairies he dreamt of six splendid sprites soaring through the sky and Greenleaf was one of them! Higher and higher, lighter than air and faster than wind, flew Greenleaf and the splendid sprites. When Greenleaf awoke in the morning he knew that he simply had to fly. All he needed was wings.





After breakfast Greenleaf set off to search for a discarded set of wings. As the Elf looked around the forest floor he came upon the three grizzly Goblins that lived within the roots of a large Strangler Fig. Greenleaf politely asked the grizzly Goblins if they had seen any old wings lying around but the three grizzly Goblins just giggled, **“Hee, hee, hee.”** As Greenleaf continued searching the forest for wings, the trees called out, **“Come and play”** but the Elf was too busy to hear. Then, just when it was almost dark Greenleaf found an old pair of cicada wings by the pond. **“Perfect”** he yelled, **“Tomorrow I fly!”**



The next morning Greenleaf skipped breakfast because he was too excited to eat. **“Today I fly”** he said out loud to the forest. Using spiders’ web Greenleaf strapped the cicada wings onto his back and climbed high into the branches of a tree. As Greenleaf prepared to fly, the trees rustled nervously, Nangaw the Owl shut her eyes and the three grizzly Goblins waited down below. Then Greenleaf stepped off the branch...

CRASH

SNAP

THUMP

Down he fell!

The trees shuddered, the Owl hooted, **“Hoot, hoot”** and the three grizzly Goblins just giggled, **“Hee, hee, hee.”**



A battered and bruised Greenleaf lay beneath the tree holding his sore head. The Elf, because of the bump to his brain, saw little birds flying around...and that gave him an idea; **“BIGGER WINGS”** he yelled. Then he whispered quietly because yelling hurt his head, **“I need bird feathers for bigger wings.”**

For the rest of the day a sore and scratched Greenleaf searched the forest for feathers. He politely asked the three grizzly Goblins if they had seen any feathers but the three grizzly Goblins just giggled, **“Hee, hee, hee.”** As Greenleaf continued searching the forest for feathers, the trees called out, **“Come and play”** but the Elf was too busy to hear. Then, just as it was almost dark Greenleaf found some feathers beside the creek. **“Perfect!”** he yelled, **“Tomorrow I fly.”**





Forest Friend Meditation

Ask someone to read it to you.

Make yourself comfortable, sit or lie down. Shut your eyes. Take three deep breaths in and let each one out slowly with an “Ahhhhhhh”

Now imagine...



You are walking down a forest trail; the dappled sun is warm upon your back. You feel safe and relaxed. Deeper and deeper down the trail you wander. With the gentle waving of their branches, the trees welcome you. In murmurs soft and slow, the trees invite you to come and play.



You hear a soft thud beside you and turn to find Greenleaf the Elf smiling at you. He offers you his hand and together you venture deeper and deeper down the darkening trail into the forest. Overhead, you hear the “Hoot, hoot” of Nangaw, the wise old Owl.

Greenleaf points ahead and through the trees you see the five fabulous flower fairies flying by. They really are a splendid sight and you laugh with Greenleaf.





Soon you come to the enormous Strangler Fig home of the three grizzly Goblins. The Goblins look gruff and grizzly but as they nervously shake your hand and giggle you realize that they are not grizzly at all, just a little shy. The Goblins invite you to sit underneath their tree home and soon you are joined by many other forest fairy folk.

Together you listen to the ancient songs and stories of the trees.

Surrounded by your new friends you feel the love and harmony of the forest. When the trees finish singing, Greenleaf stands and bows first to the trees and then to you. He asks, on behalf of the trees and the fairy folk, if you would become an honorary Forest Friend. To be a Forest Friend, Greenleaf explains, you simply have to love the forest as the forest loves you. Your heart sings with joy as you agree and you dance with the fairy folk in celebration.



After the celebrations you know it's time to go home, you wave goodbye to the fairy folk as they disappear back into the trees. The giggling Goblins shake your hand once more and invite you to visit anytime. Greenleaf guides you back, back up the trail towards home. You know your way now and Greenleaf says goodbye.

As you walk back, back along the trail you can hear Greenleaf and the trees singing. The beautiful music floats through the forest and you feel wonderful

You are now back home. Wiggle your fingers and toes and wriggle your body. When you feel ready, open your eyes. Though your adventure seems like a dream, you still feel wonderful and you remember; you are an honorary Forest Friend. You know you will always love the forest...quite simply because you love your friends and your friends love you too.



Meet the Author - Lindy Mitchell



Lindy grew up in Sydney, Australia at a time when children were encouraged to play outside until dark. The local bush was a place where nature and a child's imagination created magical worlds and limitless stories. Lindy always expected to meet fairies and bunyips and was always surprised when she didn't.

Lindy's love of nature led to a career in horticulture. Later in life she decided to pursue her other love, literature. After completing an English degree, Lindy then worked in Mental Health and volunteered as a telephone counselor. During this time Lindy became aware of society's disconnection from the natural world and the rise in mental illness. Lindy's experience and innate wisdom spoke of how spending time in nature was not only beneficial to mental and physical health but vital for the spirit.

In her new career as Storyteller, Lindy seeks to connect people with the healing essence of nature. Through the written and oral traditions, Lindy uses humour and imagination to tell tales of simple spiritual truths, promoting the love of nature and fostering a sense of stewardship. Lindy encourages children and their families outdoors to explore and reconnect with their environment.

Lindy considers herself blessed to live on the Central Coast of NSW surrounded by her family and friends. The spectacular natural scenery of the region is the inspiration and setting for her stories....and she now meets the fairy folk regularly though the bunyip remains elusive.

www.lindyladyoftheforest.com.au

Meet the Illustrator - Karen Gray



Karen Gray graduated from the Victorian College of the Arts with a degree in Fine Art, major in Painting. A practising artist, Karen exhibits in Melbourne and Sydney, Australia.

Karen lives in Victoria, Australia on four acres with her lovely partner, her goofy dog Jeremiah and her wise old cat Velcro. Home to many trees and wildlife, Karen enjoys watching the occasional kangaroo hop past her studio window and listening to the kookaburras or simply gazing at the trees. Karen grew up learning all about the spiritual realms from her mother and is passionate about the environment and animals. She loves to travel and has been to many 'far flung corners' of the world. When she is not painting or hasn't got her nose in a book she is gardening and tending to the orchard and vegie patch. She can't wait to get some chooks soon!



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**Pick-a-WooWoo: The Elf That Flew
Love and Joy give you wings to fly**

A magical tale about Greenleaf the Elf who lives happily in the rainforest surrounded by his many tree friends. A chance encounter with flying flower fairies propels Greenleaf on an unlikely quest to fly like the fairies. Told with humour and warmth, this tale celebrates the importance of being yourself while promoting love for our natural environment.



Pick-a-Woo Woo

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Each Pick-a-Woo Woo Children's Book is designed to:

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The Pick-a-Woo Woo books for children are a series of books designed to encourage spiritual growth. Our books inspire joy and laughter and help create a more enlightened world by helping children with their mind, body, spirit connection.

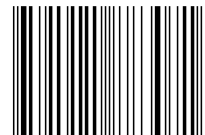
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