



ZEE DAMMEREL

## **1. What inspired me to write Tommy?**

Well, there I was, halfway through the writing of an adult book designed to assist an older generation to tap into their own spirit when I had an intense feeling that I needed to first write a book (or books) for children.

The desire to write about nature was so overwhelming I couldn't ignore the feeling and so *The Forever Tree* was conceived. The help I had from nature was amazing and I feel this is their book – the first of many, I suspect!

Our children will inherit this earth –we all know this and it's incredibly important for us to understand that the modern world we are creating through technology nevertheless is still based in nature. Ultimately we need to bring nature back into the equation to survive if our children are truly going to have a home on this planet.

Young souls are open and pure. They trust their parents and teachers and simply wait to be shown the best path to follow. So much of what they're exposed to these days, especially on the media, warps their thoughts about what their life should be, how they should act. They're expected to follow certain paths, behave in certain ways, and think as their peers do. All this constricts them until by adulthood they've become embedded into a world where technology, money and power replaces the simplicity and truth of childhood.

For too many children, their exposure to nature is limited by city living, tiny backyards, concrete playgrounds and always the lure of TV, games, the latest app. I applaud parents who shoo their children outside to play – these will be the well-adjusted ones, the ones who know how to get up when they fall over, laugh when they hurt themselves, be daring enough to climb trees and expand their creative minds in games of make believe. Spending time in natural

surroundings helps to build and strengthen the positive qualities our young souls need to navigate their life journeys.

Nature heals, and childhood pastimes such as rolling on the grass, sliding through puddles and streams, climbing trees, building sandcastles are ways that they physically contact nature, allowing it to absorb the negativity and angst that they take on constantly in their daily lives. When children can't release this negativity it can often manifest as colds and other illnesses, bad behaviour, over activity and many of the new age problems that are surfacing with the younger generations.

The reality is simply that innately we are all connected to nature and its ways and wisdoms but the older we get the more fragile that connection becomes, until it snaps and we are lost in beliefs and patterns that do not serve us, or the world in which we live, so the greatest gift we can give our children is to encourage them to run free under blue skies, and feel the magic nature offers all of us.

## **2. Why should listeners read my book?**

I think every Mum and Dad, every grandparent, teacher, anyone who cares deeply about young children and what experiences and thoughts are influencing their impressionable personalities, will find in this book a little of the magic that all children need to grow their creative spirit. They may even find a little magic in it for themselves!

In today's world our children's beliefs can be fragile things, buffeted aside by rough cartoons, monster stories, and stories that often applaud cheekiness and bad behaviour that constrict rather than allow their young hearts to expand.

Children want to believe there is something higher than themselves, something they can turn to and feel secure in. The Forever Tree is a story that can inspire in them the possibilities of attaining all those things they probably already dream about but don't necessarily speak of. It can plant seeds for positive habits in their thinking that will serve them as they mature.

As they get older, children are mostly laughed at by their peers when they mention the fairies, so they tuck those beliefs and memories down deep, but I

think we would all be surprised at just how many older children, and even adults truly want to believe in the fairies.

The Forever Tree gives the children hope. Hope that they can make their dreams come true and hope that the fairies are not make believe, that they are a part of nature- a part that is magical, and helpful and real. Tommy's adventure reinforces in them their innate ability to see and feel the energies of nature and strengthen their connection to a world that most adults have lost sight of.

### **3. It may be helpful to listeners for me to read a passage from page 14.**

"I think Forever is almost as big as the whole world. I wish I could fly across the sky to the edge of Forever, and maybe even past that," said Tommy.

"Well, maybe you will one day," answered Torlan the tree spirit. "When you want something very much you can make it happen if you keep on seeing it in your mind and you never, ever give up."

"You can do anything you want, Tommy! Sometimes it might take a long time but always believe in yourself," said Torlan. "After all, you never know when your dream will come true, do you?"

### **4. What is the main message I want readers to take away after reading my book?**

I want the children to feel that nature is real, is their friend, and when they play outdoors, when they run free, unleashing their joy and letting go the pent up energy that often turns them into monsters, I want them to know nature is always there with them, smiling at the young souls unleashing their positive energy into play.

Since we are all innately a part of nature, strengthening the connection to the natural world is not something that is hard or arduous but will come naturally and easily to the children, from time spent outdoors.

In fact, even we grownups benefit greatly when we allow ourselves time out in nature.

## **5. Promoting my website**

Visit me at my website **Zee Dammerel com.au** to learn more about how to lift the energy in your life by working with nature's wisdoms.

## **Other messages**

I am planning more books, both for children and adults, plus readers may be interested in my on line information coming soon to show how simple it is to lift our spirit and the energy in our homes, gardens, businesses and indeed in all areas of our lives simply by learning about the incredible knowledge and energy that is available in nature for us all.