

The Adventures of Energy Annie

How Elizabeth Cosmos and K. Henriott-Jaww created their Award Winning Children's Books



Never in my life before a few years ago did I think I would publish any writings, and I certainly did not grow up thinking that I would be a children's book author. I would say, however, that my first job at sixteen was working with children, and I adored the interaction.

So how did *The Adventures of Energy Annie* come about?

In 1989 I was initiated into the Ama-Deus method of healing, which has been kept in practice for over six thousand years by the Guarani of South America, and eventually stepping into a teaching role, or what I've come to call "sacred wisdom carrier." And it was in this capacity that one day I received a phone call from a dear friend requesting his children to learn this healing method.

The two children knew me well, and also the focus of my work. I thought there would be just these two, but then the next day I received another phone call from this same friend saying that his brother's children also wanted to come, of which there was five, and then later that day there was another phone call saying that a cousin was coming, too, for a total of eight.

"Has any one meditated with these children?" I asked my friend.

"No," was the response.

"Any yoga or tai chi?"

"No," the same answer again.

Without any prior exposure, I had a fairly good hunch that these children might feel uncomfortable at first, so I suggested that I might look for a book that would introduce them to the concept of energy fields before they came, and during my extensive search found only one title that had black and white photos of children hovering their hands over a body with very adult language describing the situation.

I was a bit amazed that there were no books for children. Then I had the idea to simply translate for a younger audience, the one page flyer describing the Ama-Deus healing method for adults. Five hours later, the first book was there on the computer, and I said out loud, "WOW! Hello Annie."

Can this be?

Something was brewing, and excited me. I remember as a child seeing and feeling and not having anyone to explain or at least acknowledge so that I did not feel so different. Currently, we are in a space of time where so many are engaging in spiritual practice. And in my mind the children are already there! This book could be a wonderful tool to support them in keeping alive their natural spiritual perspective.



The next step after I had the story, was to find an illustrator, someone who would also understand what I was seeing and feeling with these characters, and I remembered seeing beautiful murals with a spiritual nature to them painted on the wall of a store that I'd recently been in, and after contacting Kate, the artist, a natural relationship unfolded, as not only did she grasp the intention of the book, but she lived the values with her own family, too.

We created the first book, and very shortly thereafter received a Creative Child Book Award for Children's Book of the Year. This award gave me the encouragement to move forward into the series I was seeing.

Each book in the series after the first focuses on a specific life lesson that gives a foundation for working with healing energy. And so the second book being about "Respect," and the third focusing on "Integrity,"

prepares the way for the upcoming fourth and fifth books about "Love" and "The Power of Thought."

As we have progressed on this journey, Annie's adventures have also become Kate and mine. We have received amazing responses from parents on how the books have opened up discussions about expanded awareness, and become a wonderful tool to support children in keeping alive their natural spiritual perspective.

But most of all, through this series we've been so proud to be able to help Annie tell her story, and let the children who read about her and also share her journey grow up to help all of us in making a better world.

