



The Forest Elf
"Look Up"

Lisa Hays



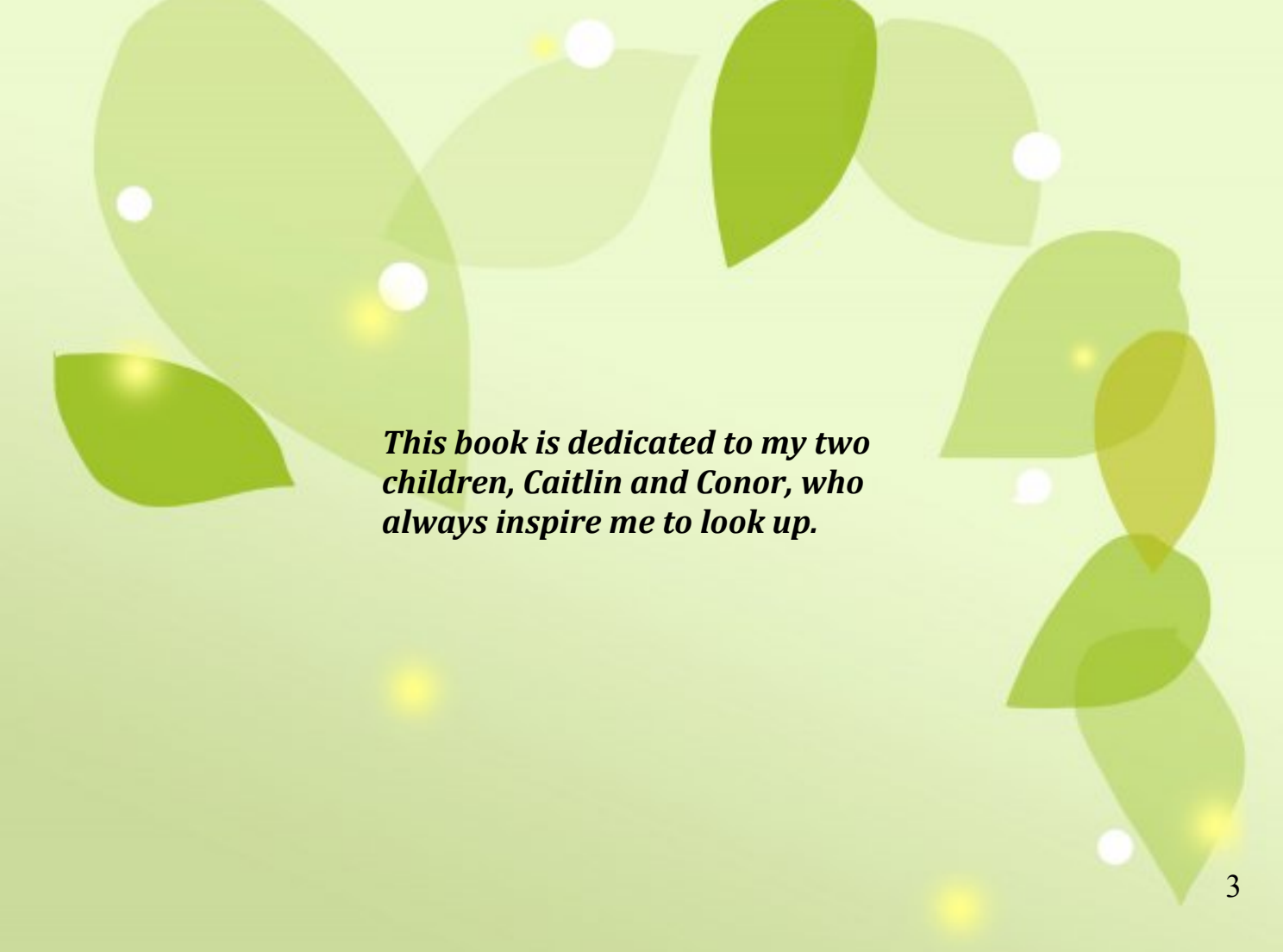
The Forest Elf

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Lisa Hays is an author, speaker, intuitive life coach and lawyer. She has two grown children and lives in Indianapolis, Indiana.

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This book is dedicated to my two children, Caitlin and Conor, who always inspire me to look up.



Dear Reader.

Walk with me as I tell you a true story that happened when I was hiking in the Fort Benjamin State Forest in Indianapolis on May 25, 2016. The cover picture is my drawing of the elf as he appeared to me on a forest tree that day. I drew him as soon as I got home so he would be fresh in my mind.

Imagine, visualize and create with me as we visit with the forest elf!

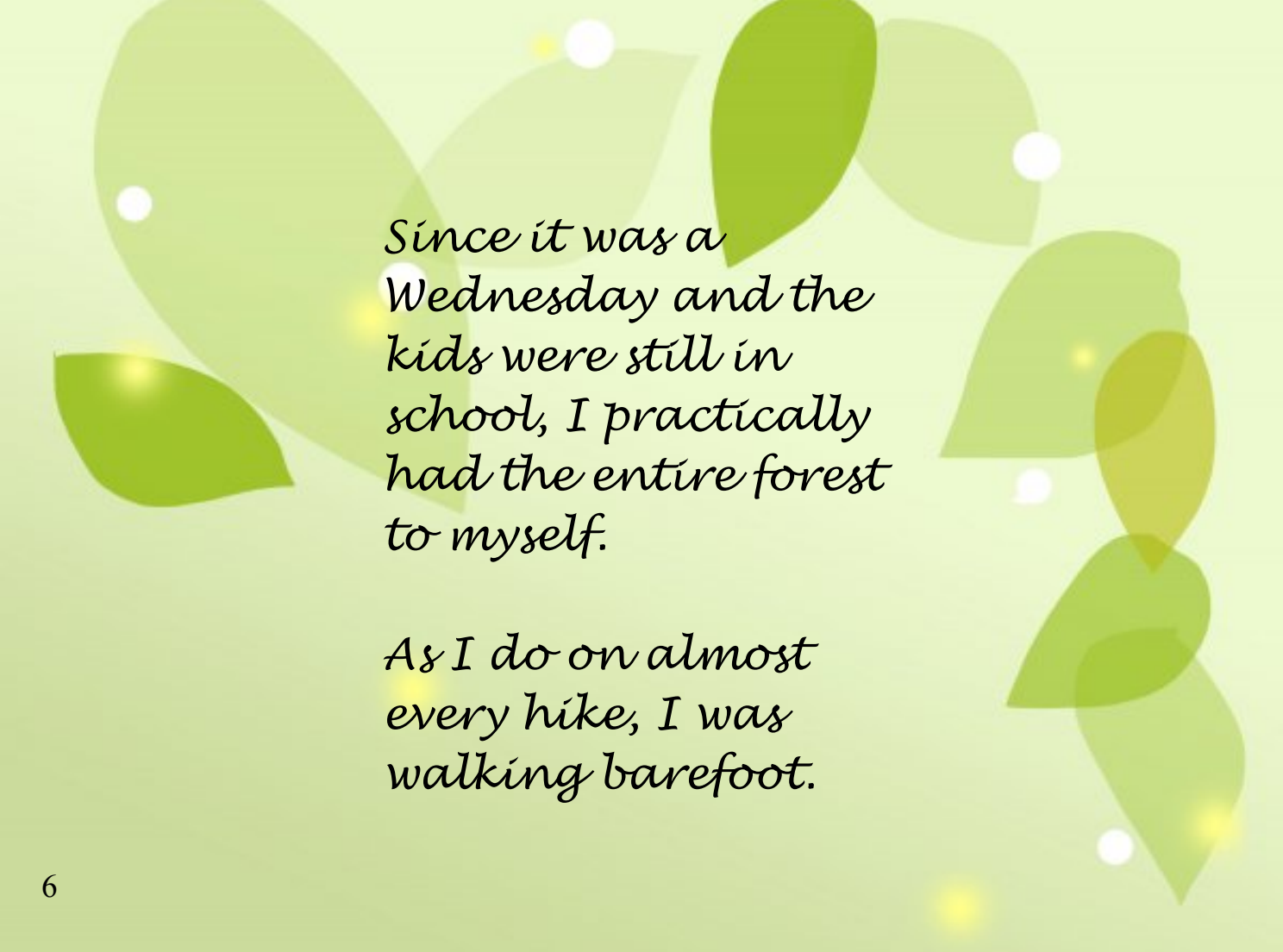
Love & Joy, Lisa

The background of the slide is a light green color with several large, semi-transparent green leaves scattered across it. There are also several small, white, circular bokeh lights of varying sizes scattered throughout the background.

It was late May.

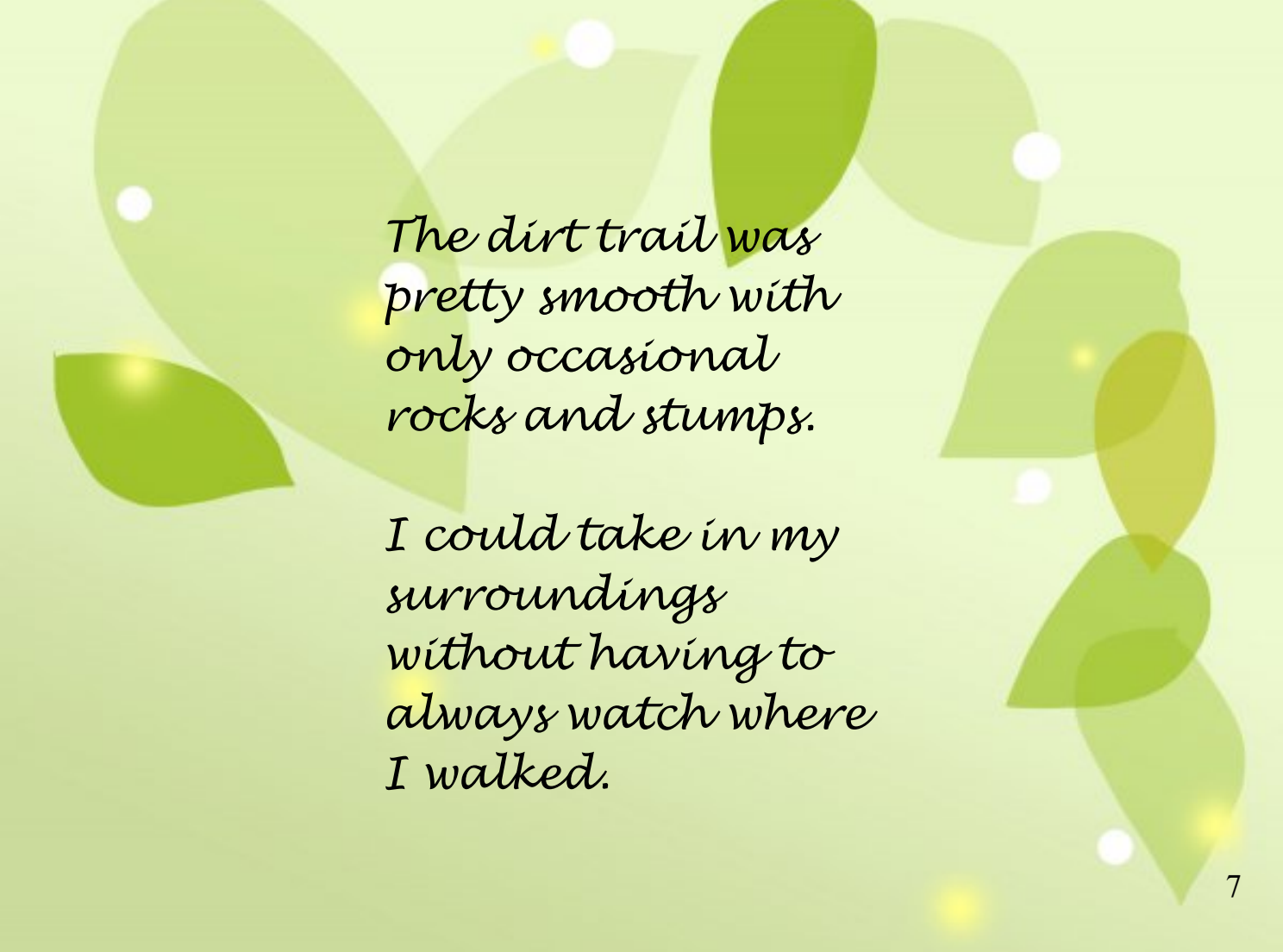
The bright sun warmed the early afternoon. I was well into the second hour of my two-hour hike.

The trail I chose was three miles long and wound through an old growth forest.



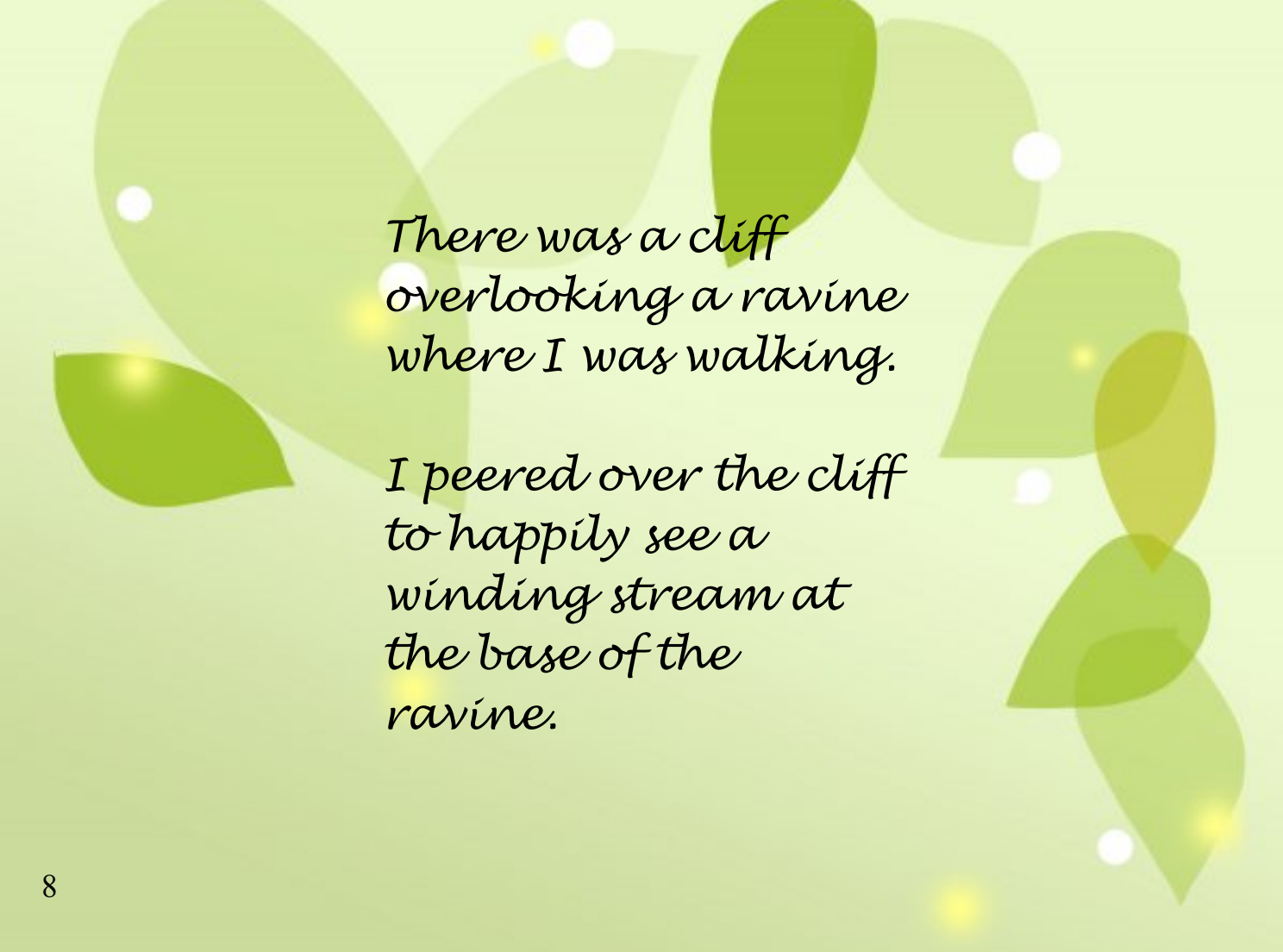
*Since it was a
Wednesday and the
kids were still in
school, I practically
had the entire forest
to myself.*

*As I do on almost
every hike, I was
walking barefoot.*



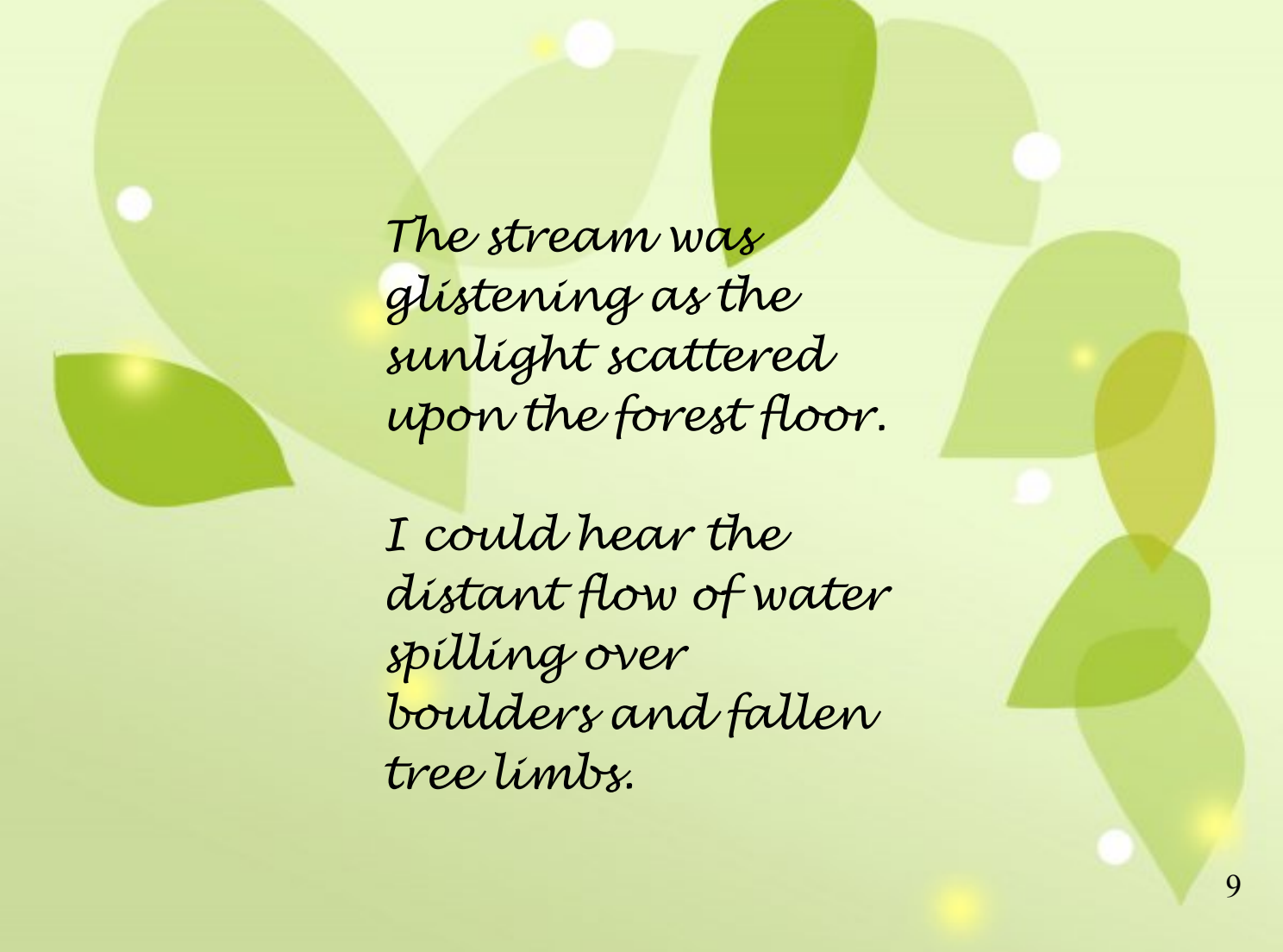
The dirt trail was pretty smooth with only occasional rocks and stumps.

I could take in my surroundings without having to always watch where I walked.



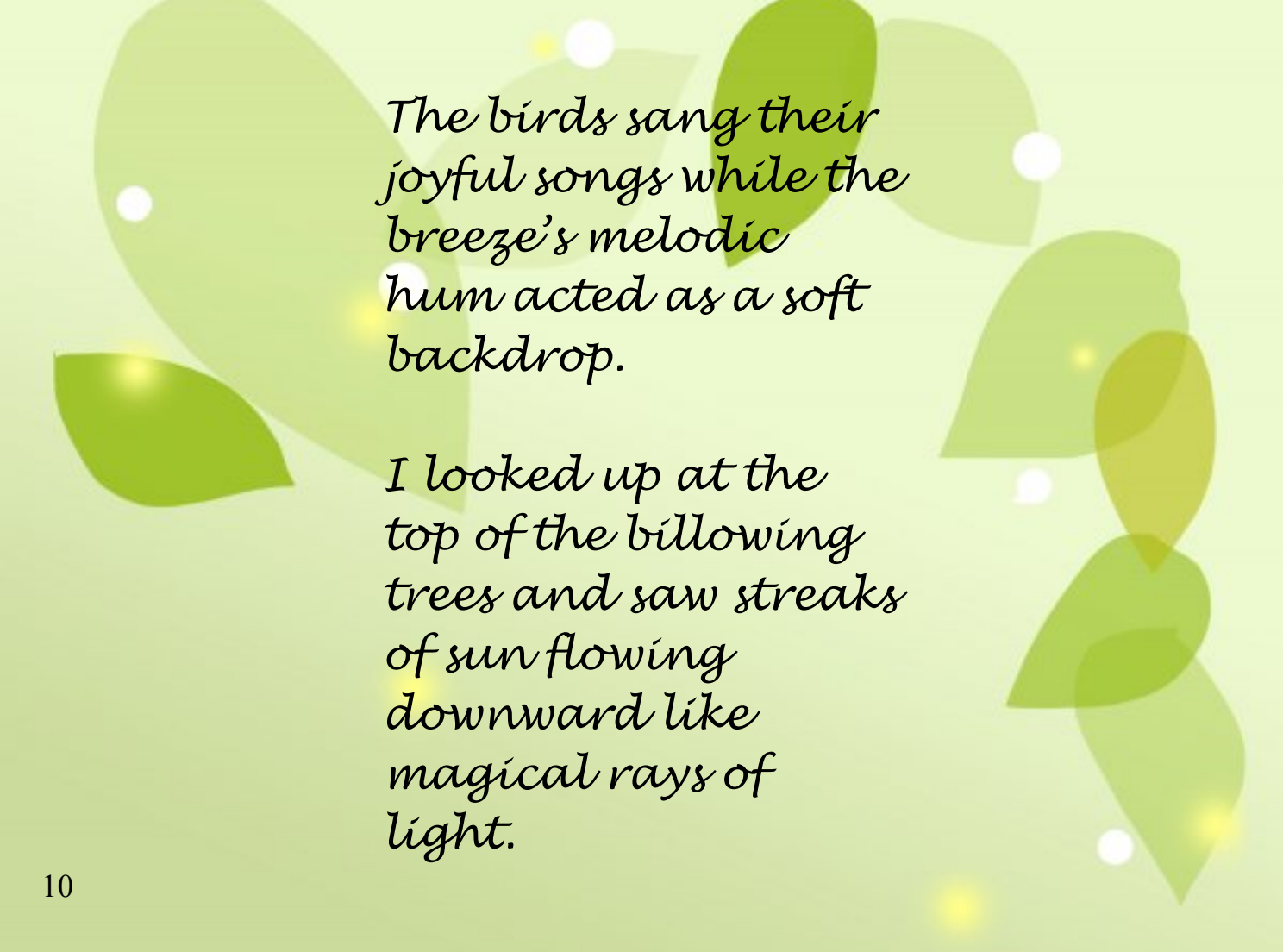
*There was a cliff
overlooking a ravine
where I was walking.*

*I peered over the cliff
to happily see a
winding stream at
the base of the
ravine.*



*The stream was
glistening as the
sunlight scattered
upon the forest floor.*

*I could hear the
distant flow of water
spilling over
boulders and fallen
tree limbs.*



The birds sang their joyful songs while the breeze's melodic hum acted as a soft backdrop.

I looked up at the top of the billowing trees and saw streaks of sun flowing downward like magical rays of light.



The forest felt alive.

*It was almost as if I
were a character in
a fairy tale in the
middle of an
enchanted forest.*



“Look up.”

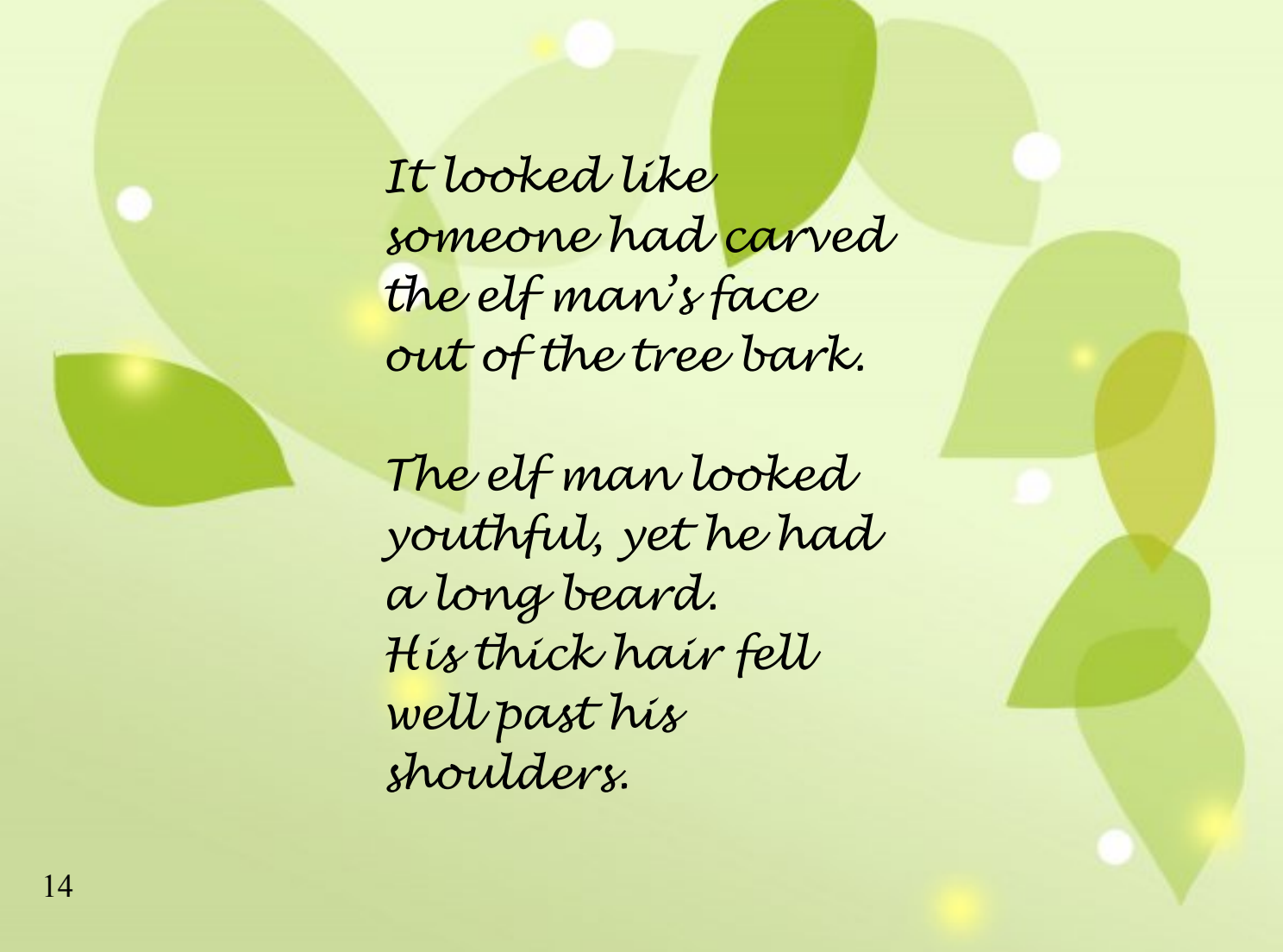
*Out of nowhere came
these instructions. I
looked around for
the source.*

*Finding none, I
looked up.*

In front of me was a small tree no more than twelve feet high. It was standing a few feet off the hiking trail.

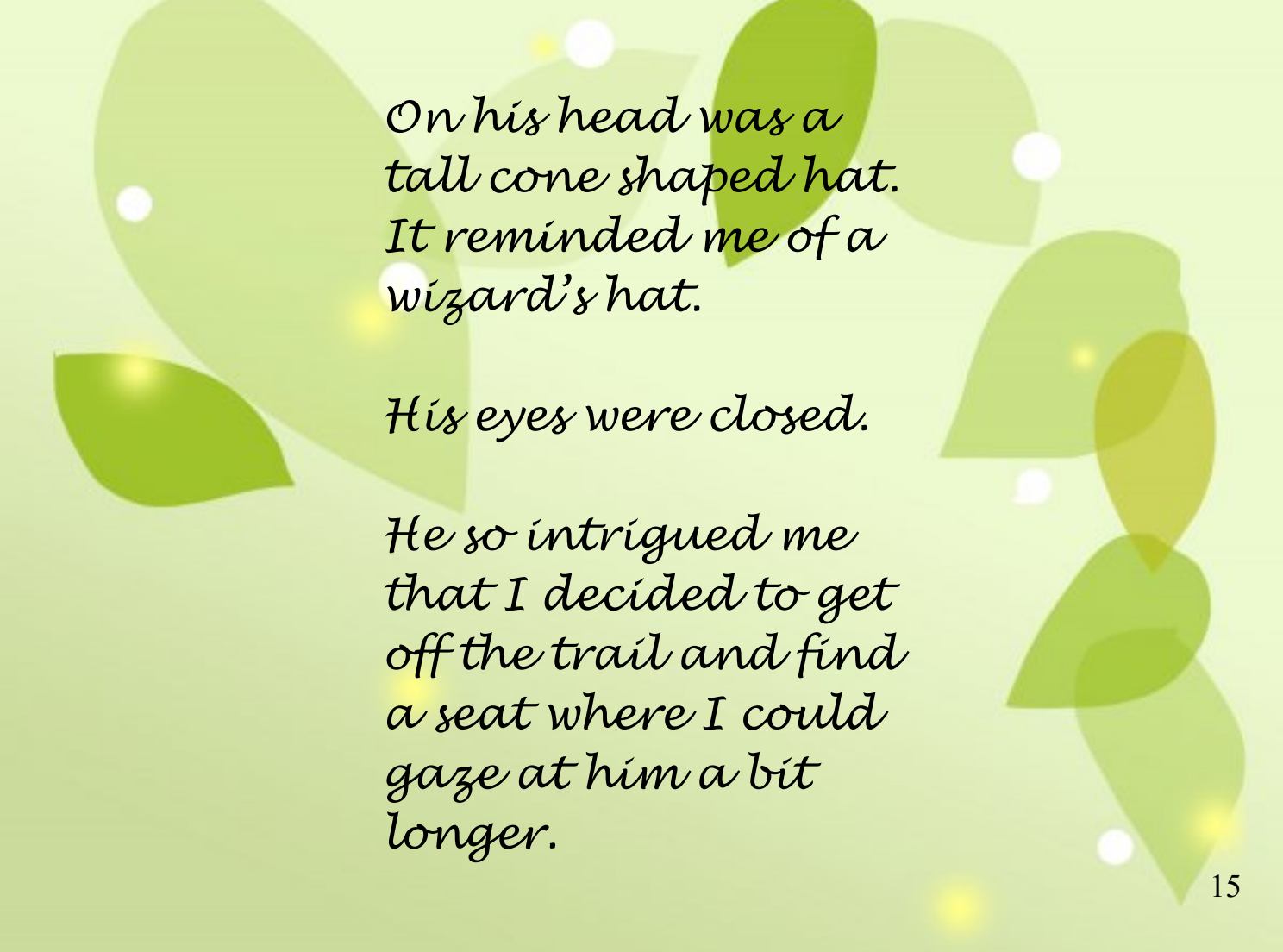
The very top of the tree had broken off.

Right below its top, I saw the face of an elf man.



*It looked like
someone had carved
the elf man's face
out of the tree bark.*

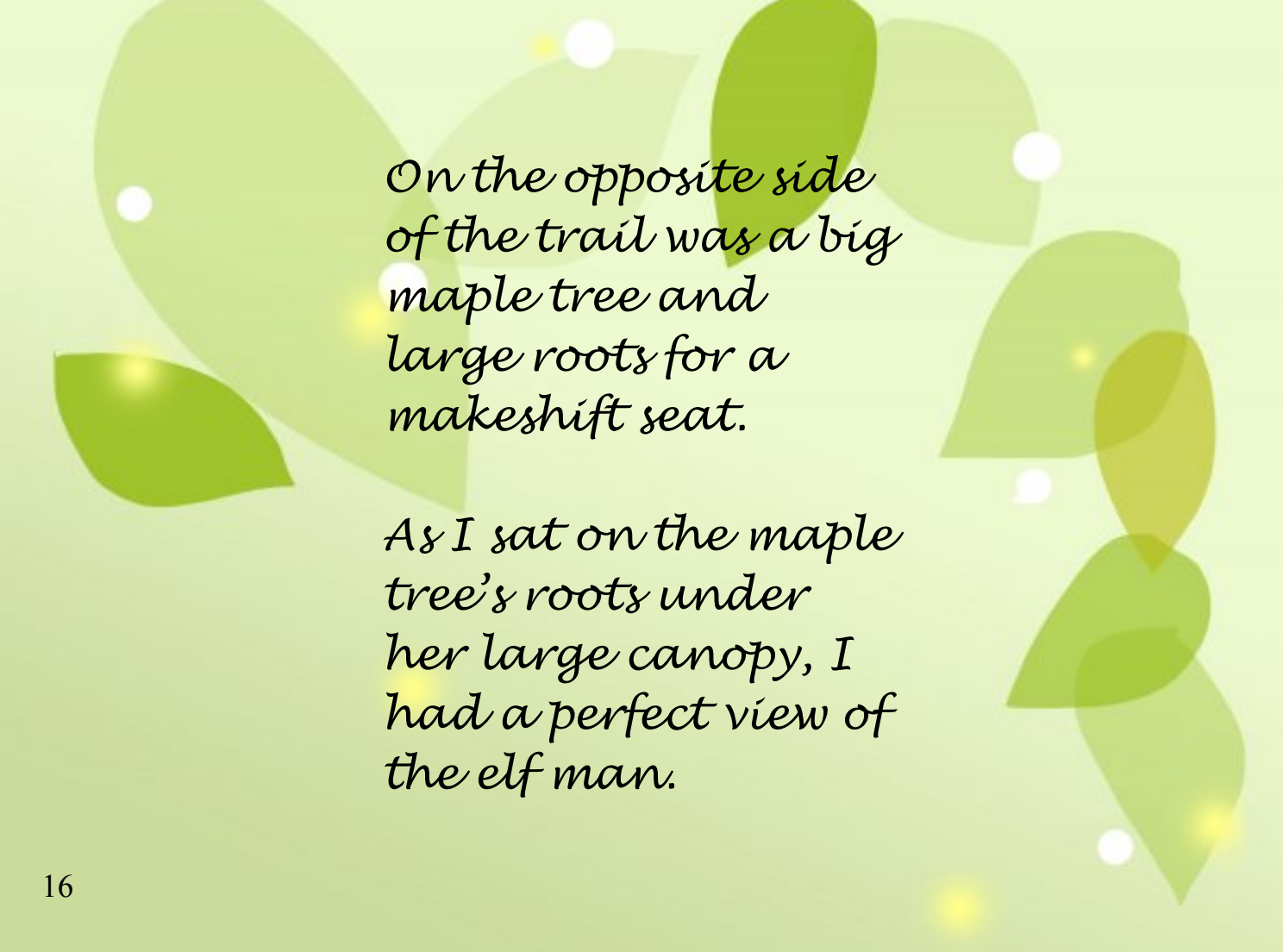
*The elf man looked
youthful, yet he had
a long beard.
His thick hair fell
well past his
shoulders.*



*On his head was a
tall cone shaped hat.
It reminded me of a
wizard's hat.*

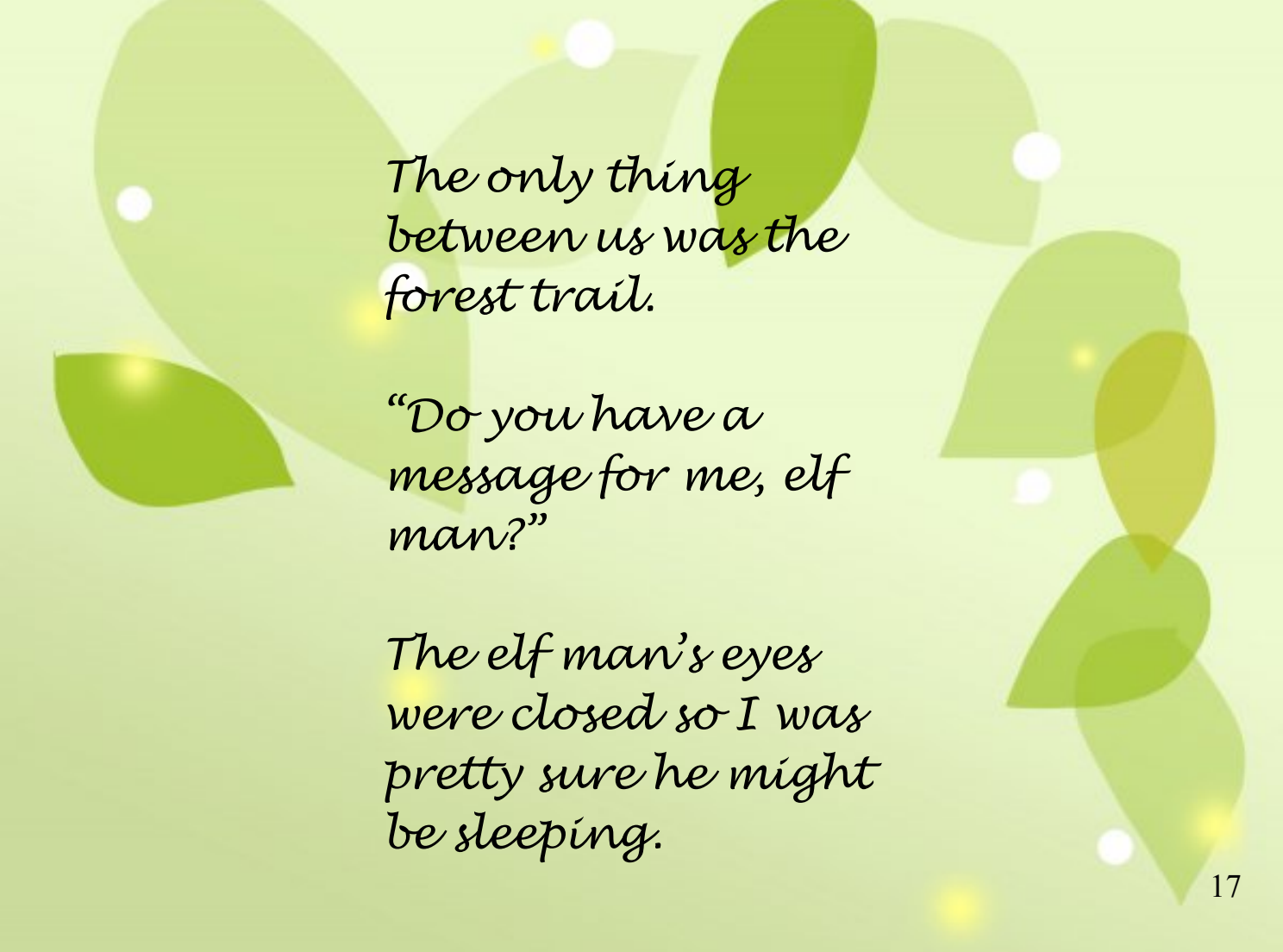
His eyes were closed.

*He so intrigued me
that I decided to get
off the trail and find
a seat where I could
gaze at him a bit
longer.*



*On the opposite side
of the trail was a big
maple tree and
large roots for a
makeshift seat.*

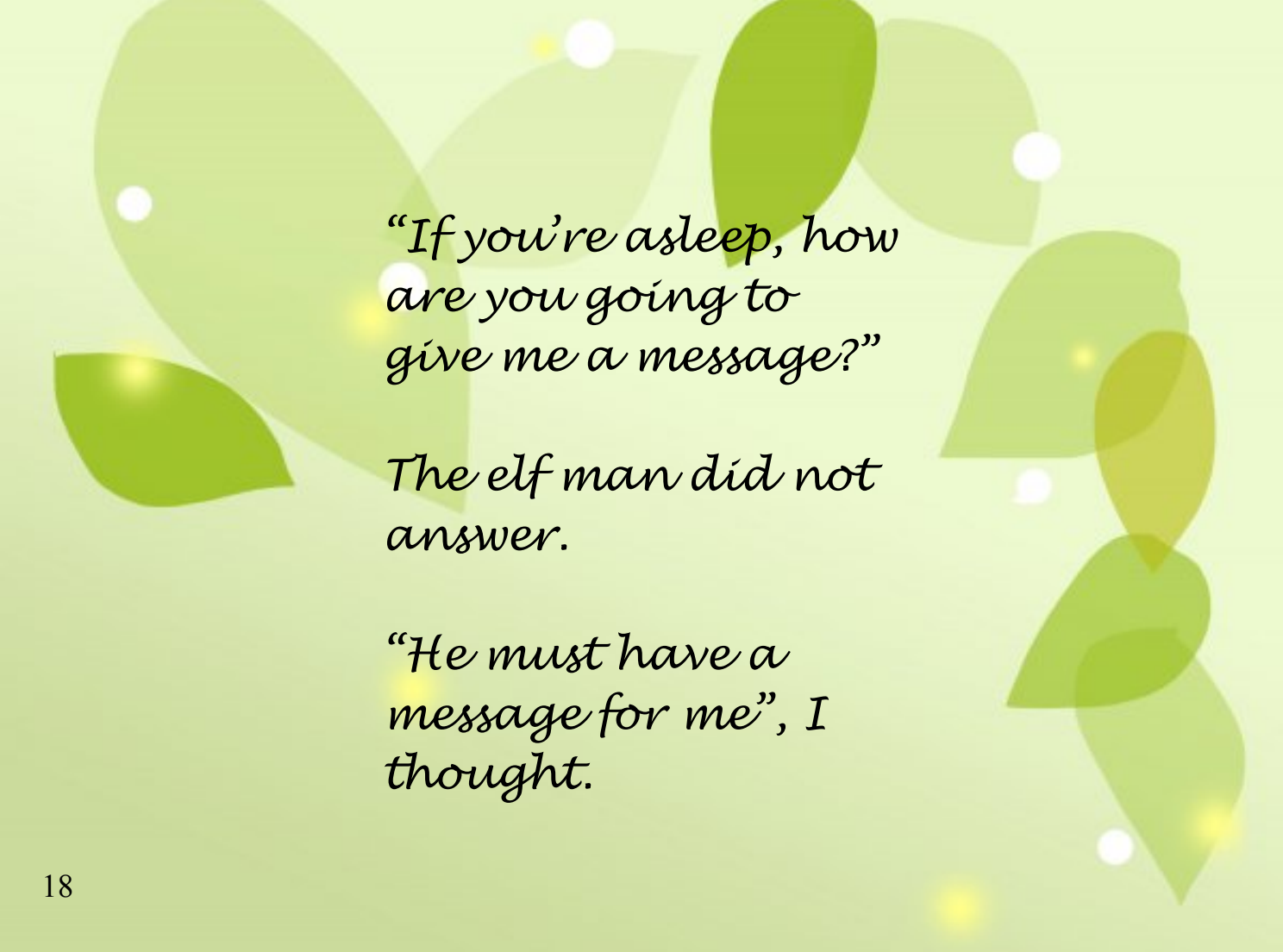
*As I sat on the maple
tree's roots under
her large canopy, I
had a perfect view of
the elf man.*



*The only thing
between us was the
forest trail.*

*“Do you have a
message for me, elf
man?”*

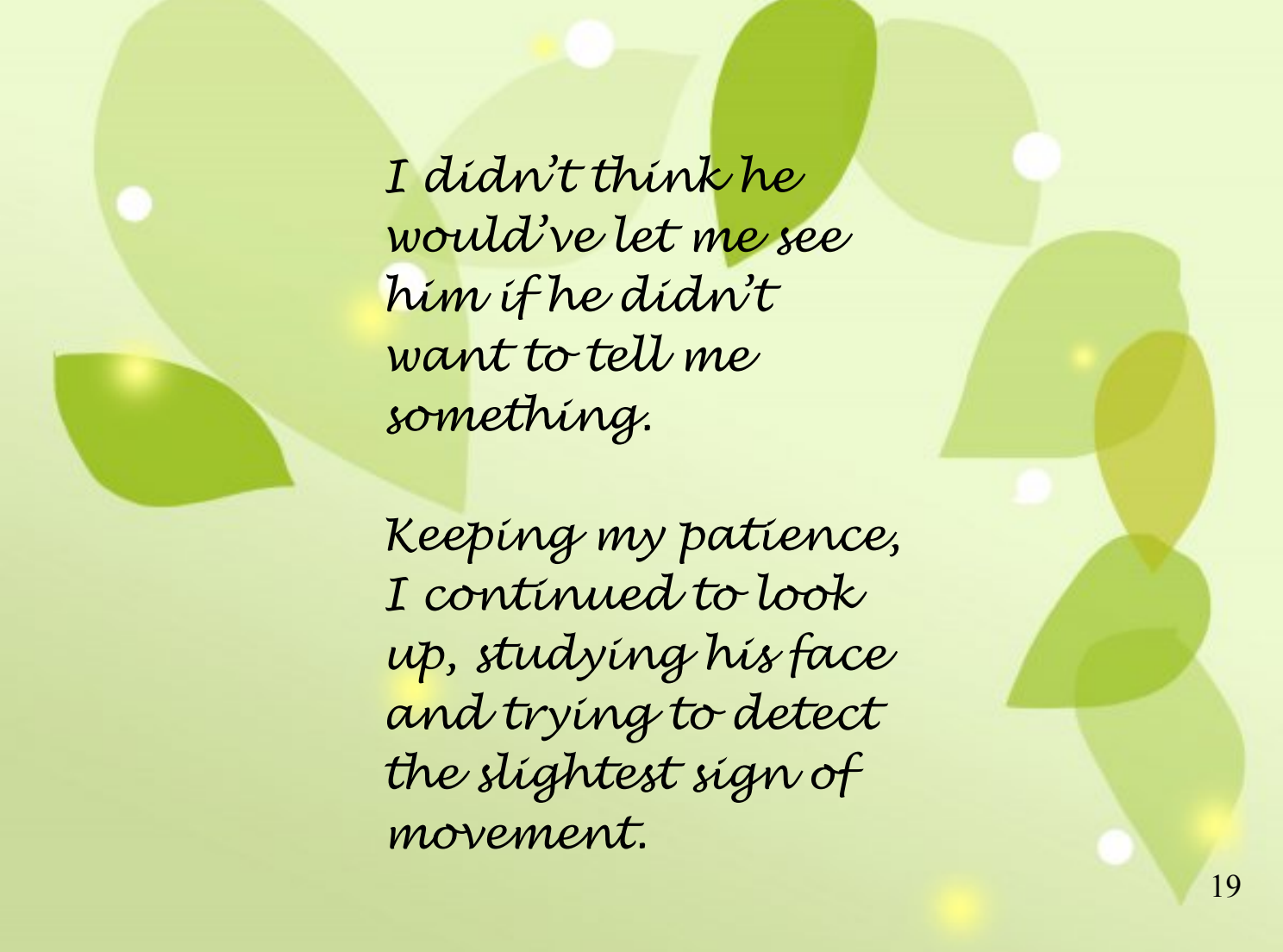
*The elf man’s eyes
were closed so I was
pretty sure he might
be sleeping.*



*“If you’re asleep, how
are you going to
give me a message?”*

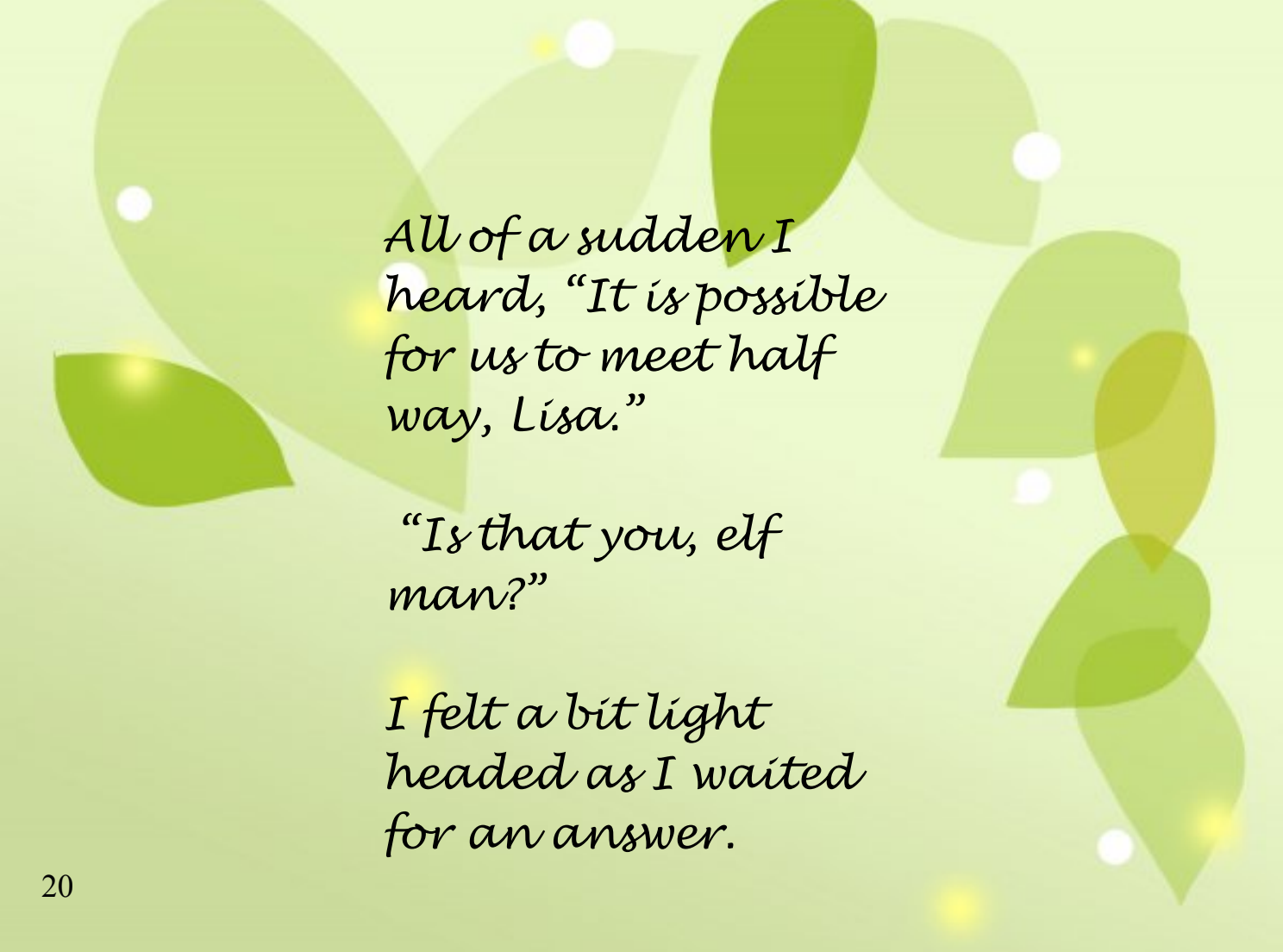
*The elf man did not
answer.*

*“He must have a
message for me”, I
thought.*



*I didn't think he
would've let me see
him if he didn't
want to tell me
something.*

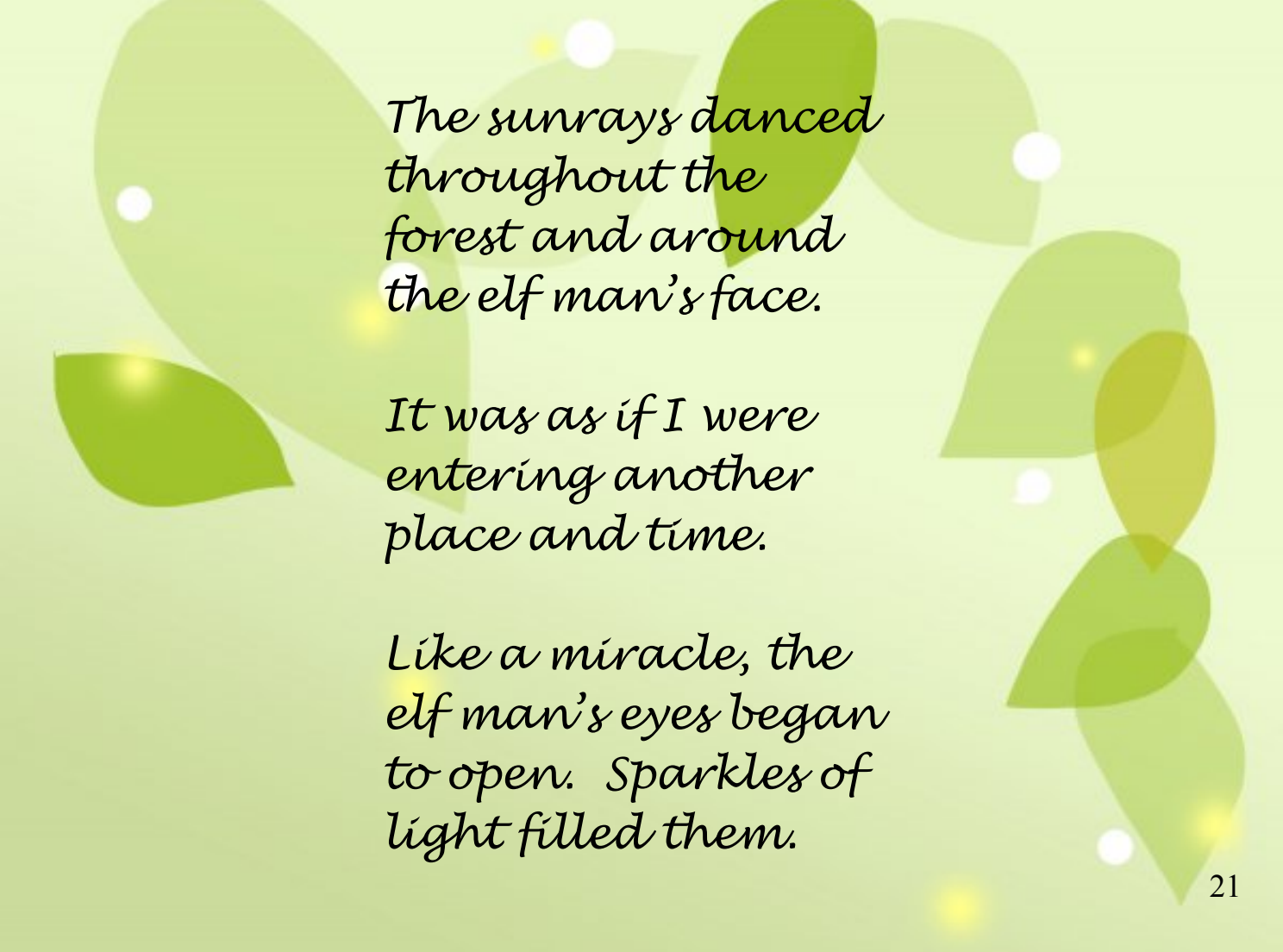
*Keeping my patience,
I continued to look
up, studying his face
and trying to detect
the slightest sign of
movement.*



*All of a sudden I
heard, “It is possible
for us to meet half
way, Lisa.”*

*“Is that you, elf
man?”*

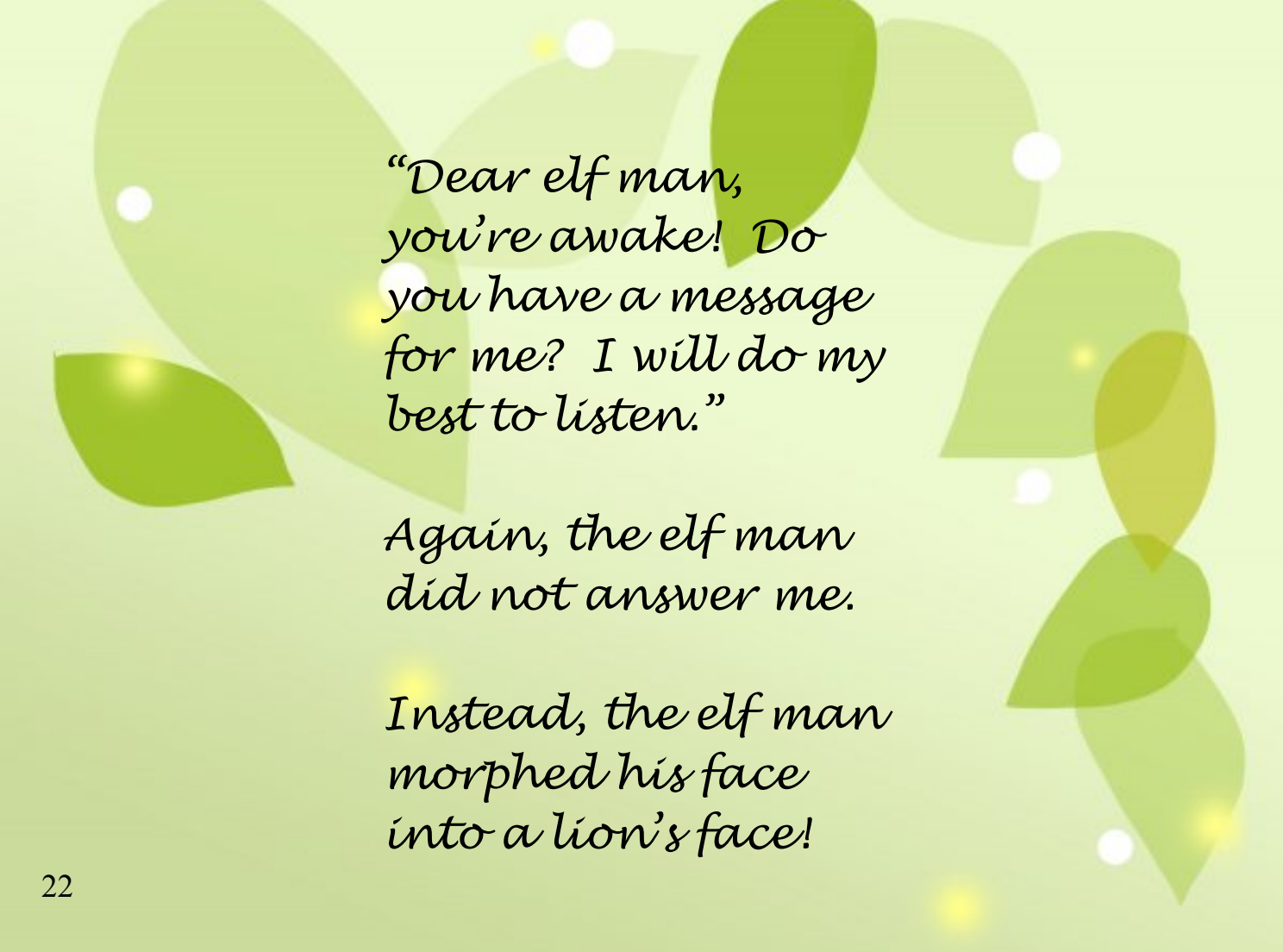
*I felt a bit light
headed as I waited
for an answer.*



*The sunrays danced
throughout the
forest and around
the elf man's face.*

*It was as if I were
entering another
place and time.*

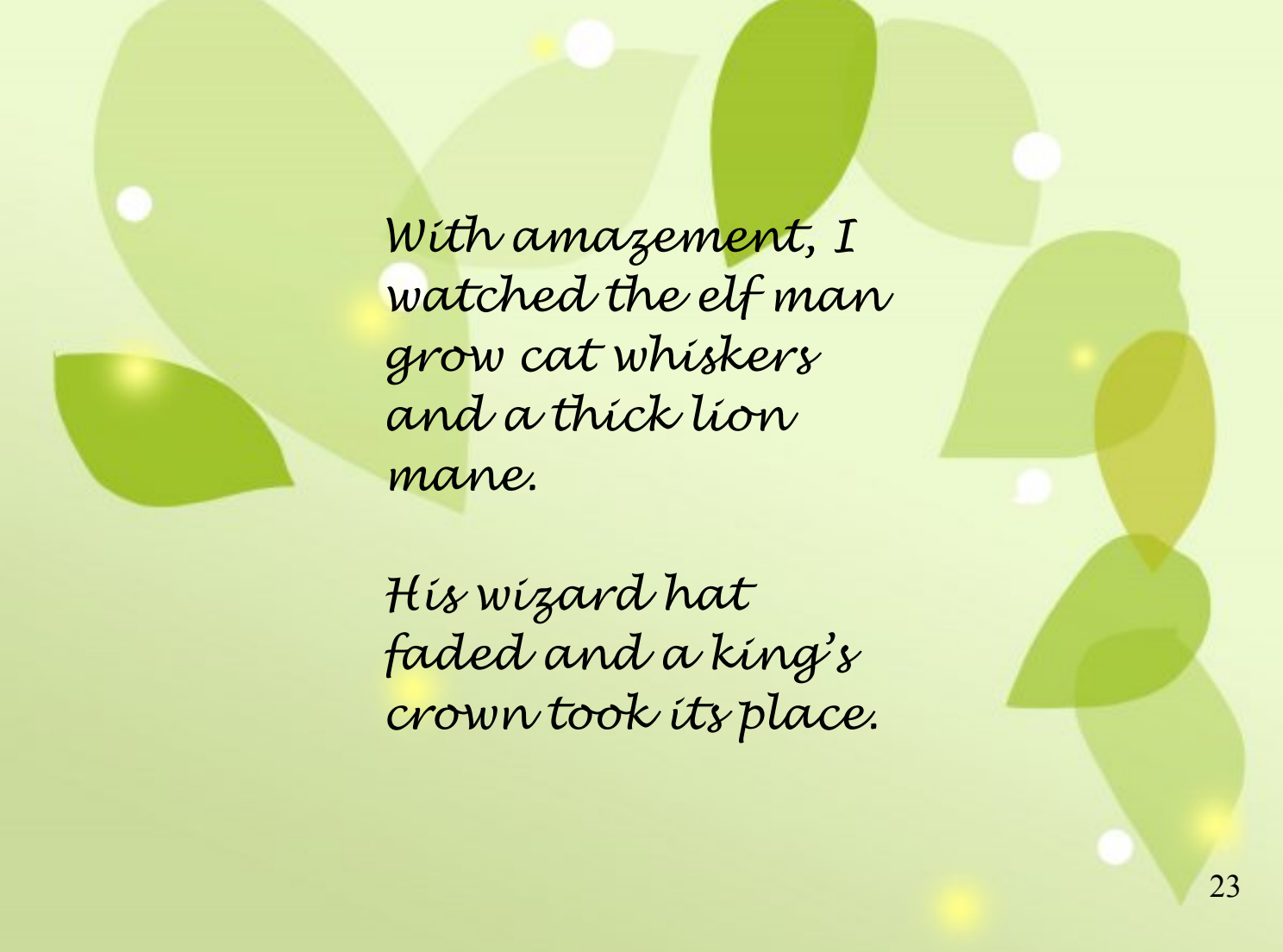
*Like a miracle, the
elf man's eyes began
to open. Sparkles of
light filled them.*



*“Dear elf man,
you’re awake! Do
you have a message
for me? I will do my
best to listen.”*

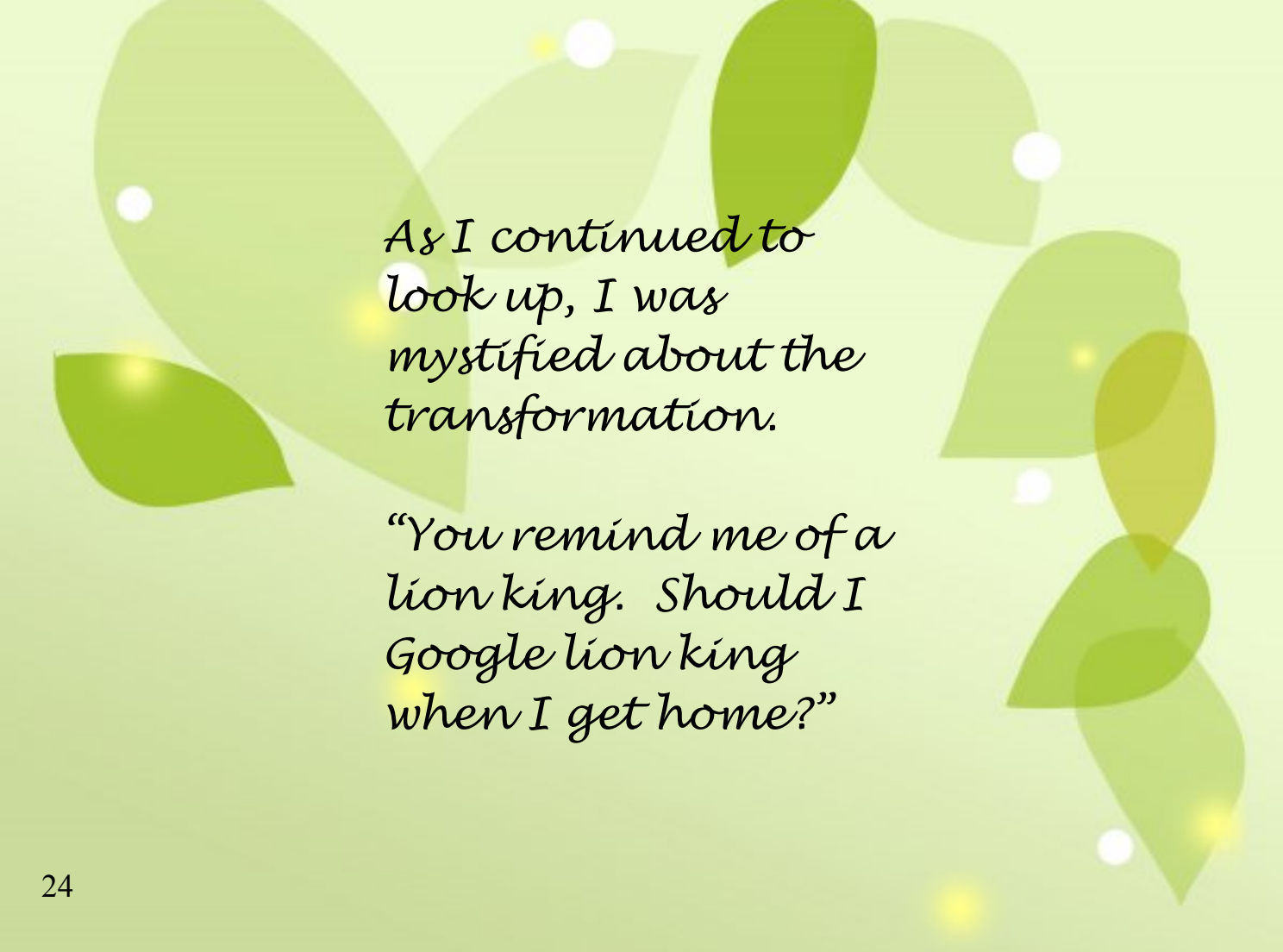
*Again, the elf man
did not answer me.*

*Instead, the elf man
morphed his face
into a lion’s face!*



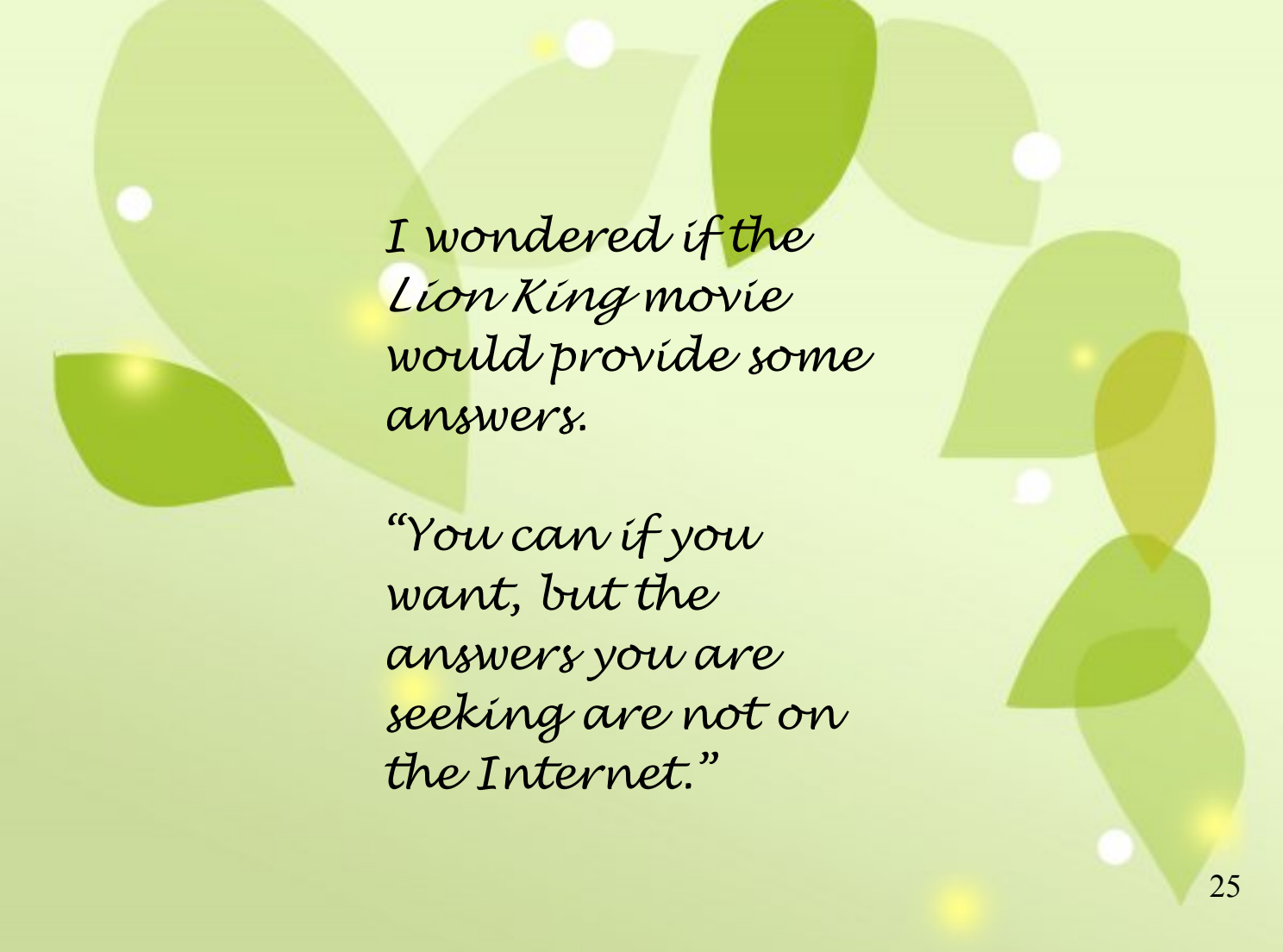
*With amazement, I
watched the elf man
grow cat whiskers
and a thick lion
mane.*

*His wizard hat
faded and a king's
crown took its place.*



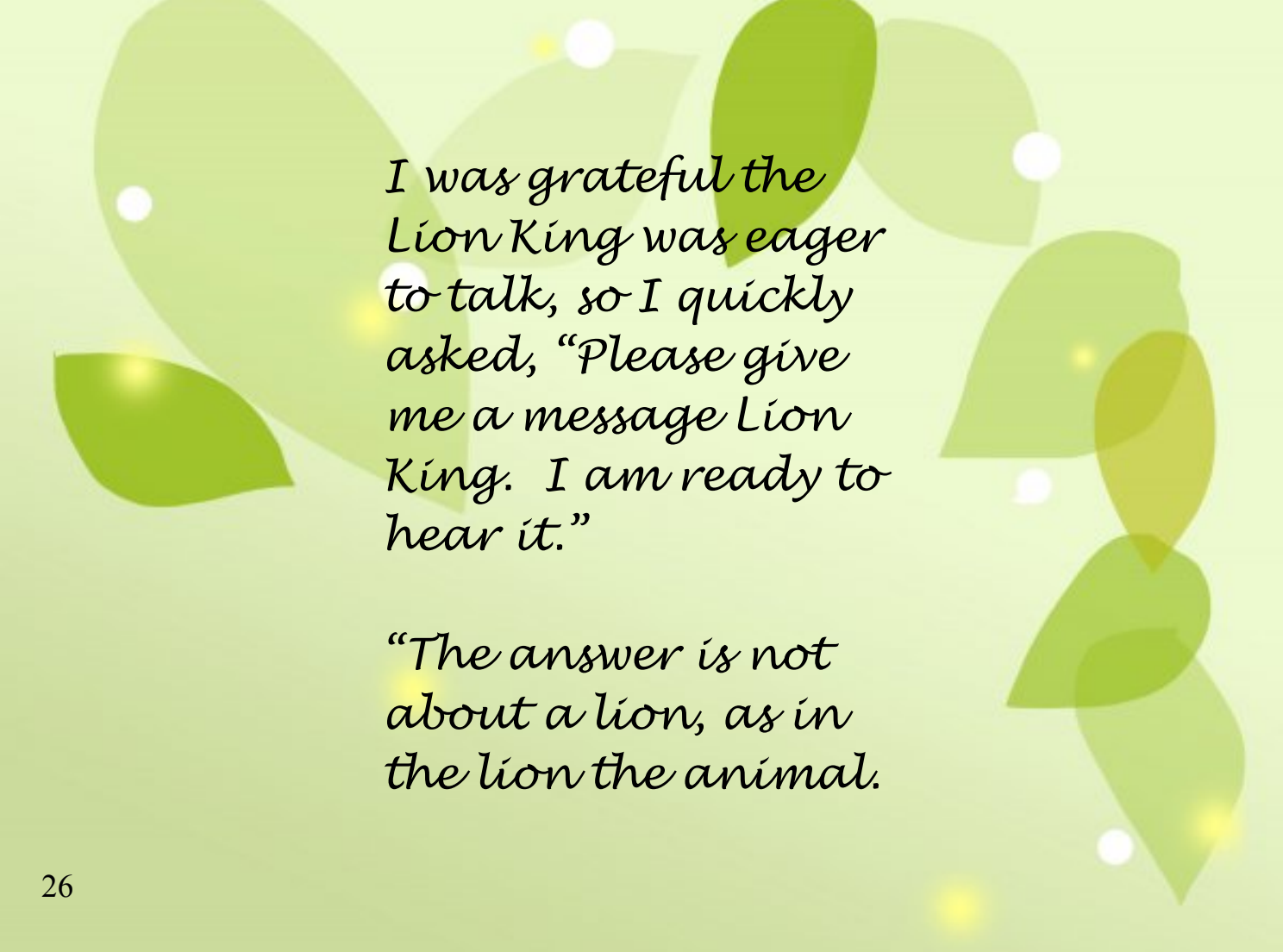
*As I continued to
look up, I was
mystified about the
transformation.*

*“You remind me of a
lion king. Should I
Google lion king
when I get home?”*



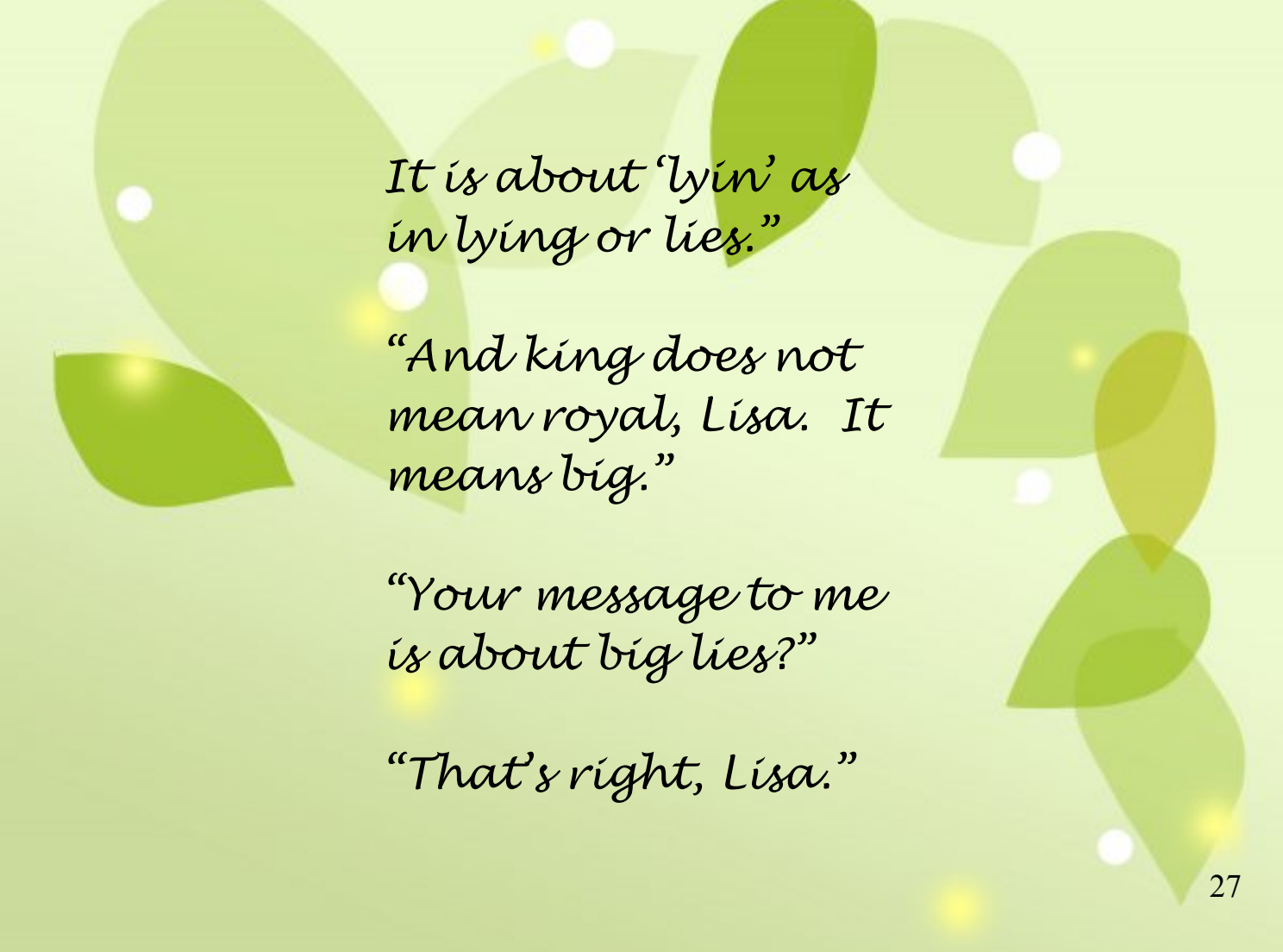
*I wondered if the
Lion King movie
would provide some
answers.*

*“You can if you
want, but the
answers you are
seeking are not on
the Internet.”*



I was grateful the Lion King was eager to talk, so I quickly asked, “Please give me a message Lion King. I am ready to hear it.”

“The answer is not about a lion, as in the lion the animal.



*It is about 'lyin' as
in lying or lies."*

*"And king does not
mean royal, Lisa. It
means big."*

*"Your message to me
is about big lies?"*

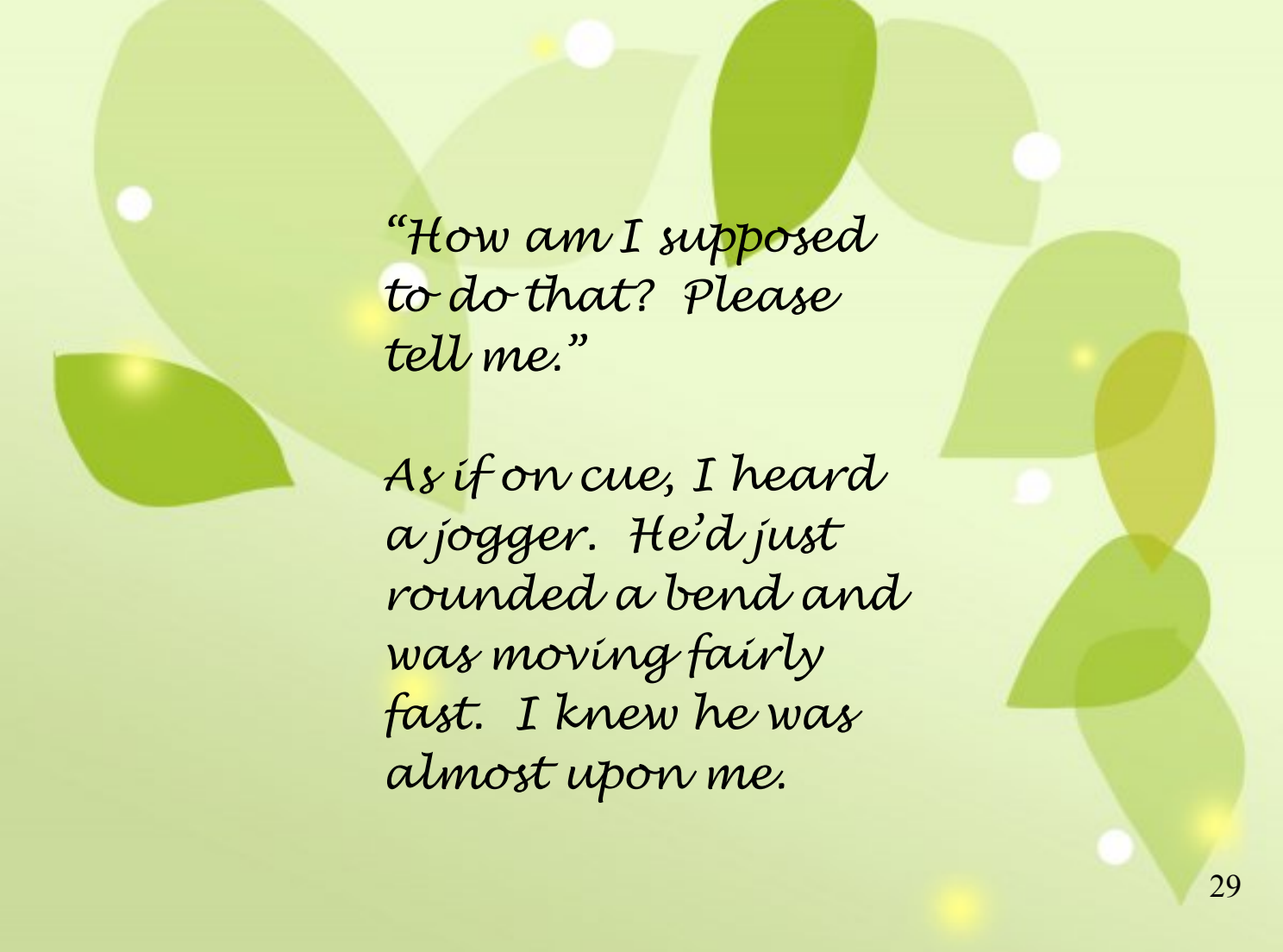
"That's right, Lisa."

*“Wow... Thank you
Lion King.”*

“Watch out, Lisa”.

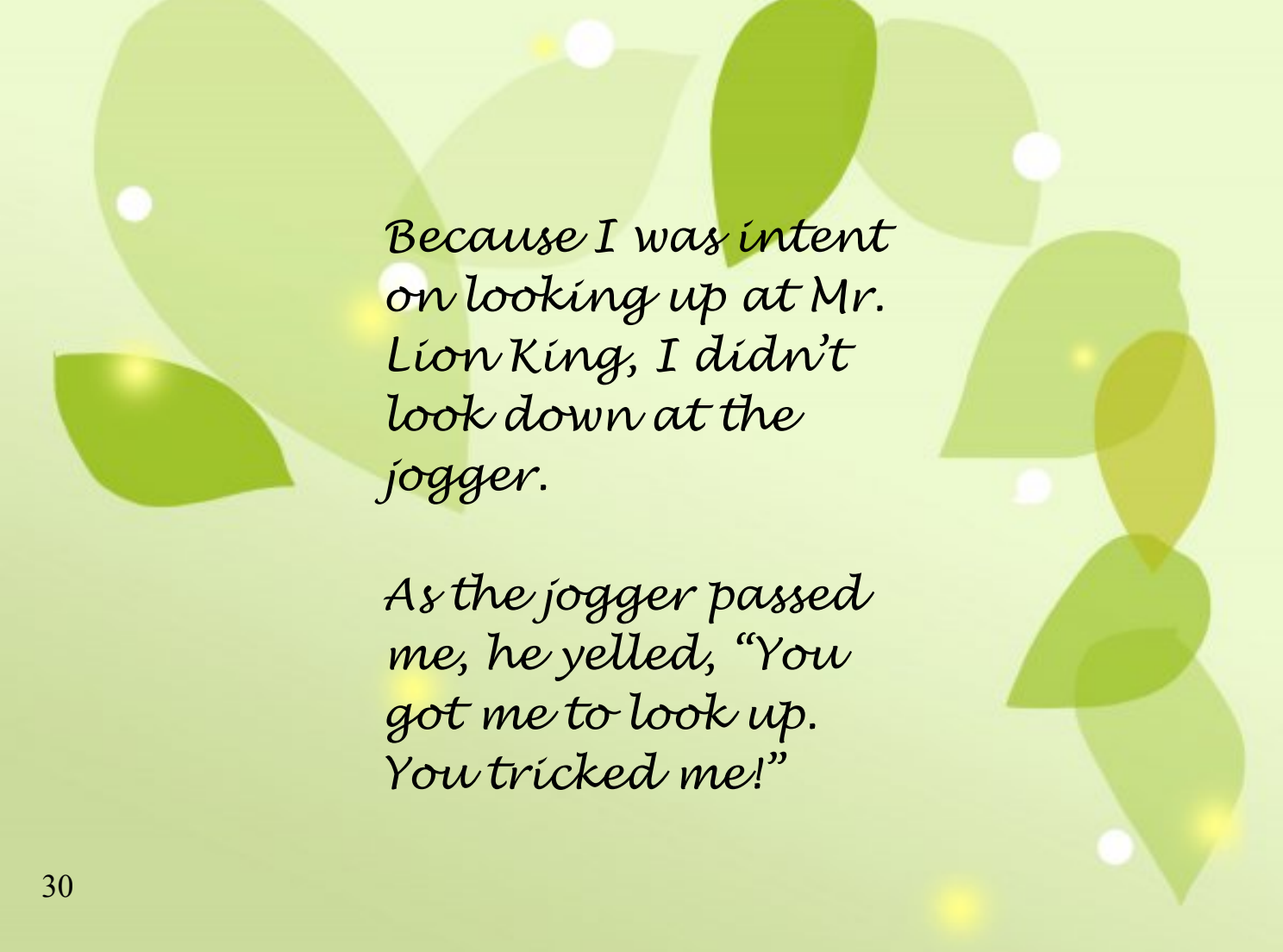
*“Watch out for
what?”*

*“Watch out for the
kings of lies. Watch
out for big lies, Lisa.”*



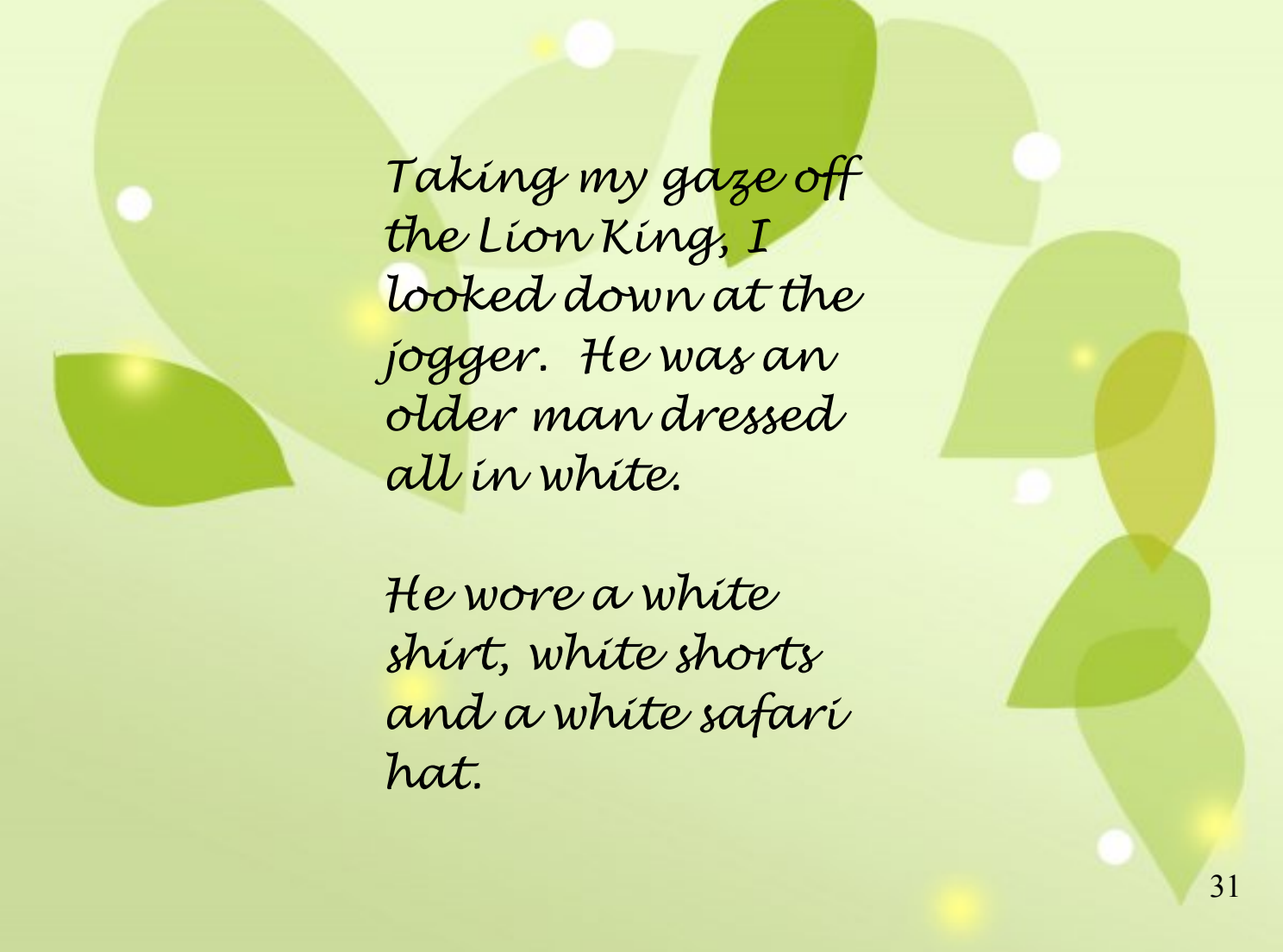
“How am I supposed to do that? Please tell me.”

As if on cue, I heard a jogger. He'd just rounded a bend and was moving fairly fast. I knew he was almost upon me.



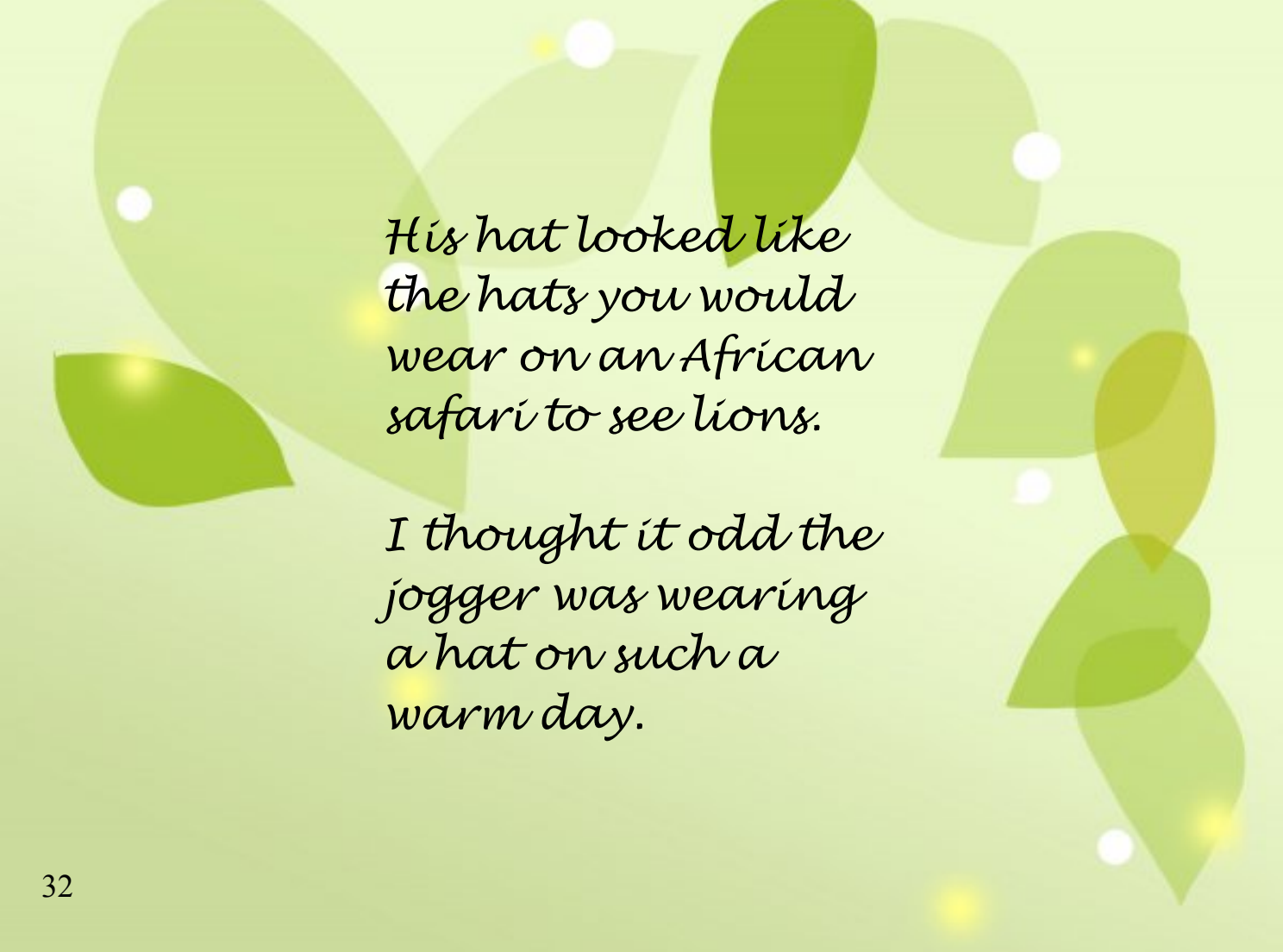
*Because I was intent
on looking up at Mr.
Lion King, I didn't
look down at the
jogger.*

*As the jogger passed
me, he yelled, "You
got me to look up.
You tricked me!"*



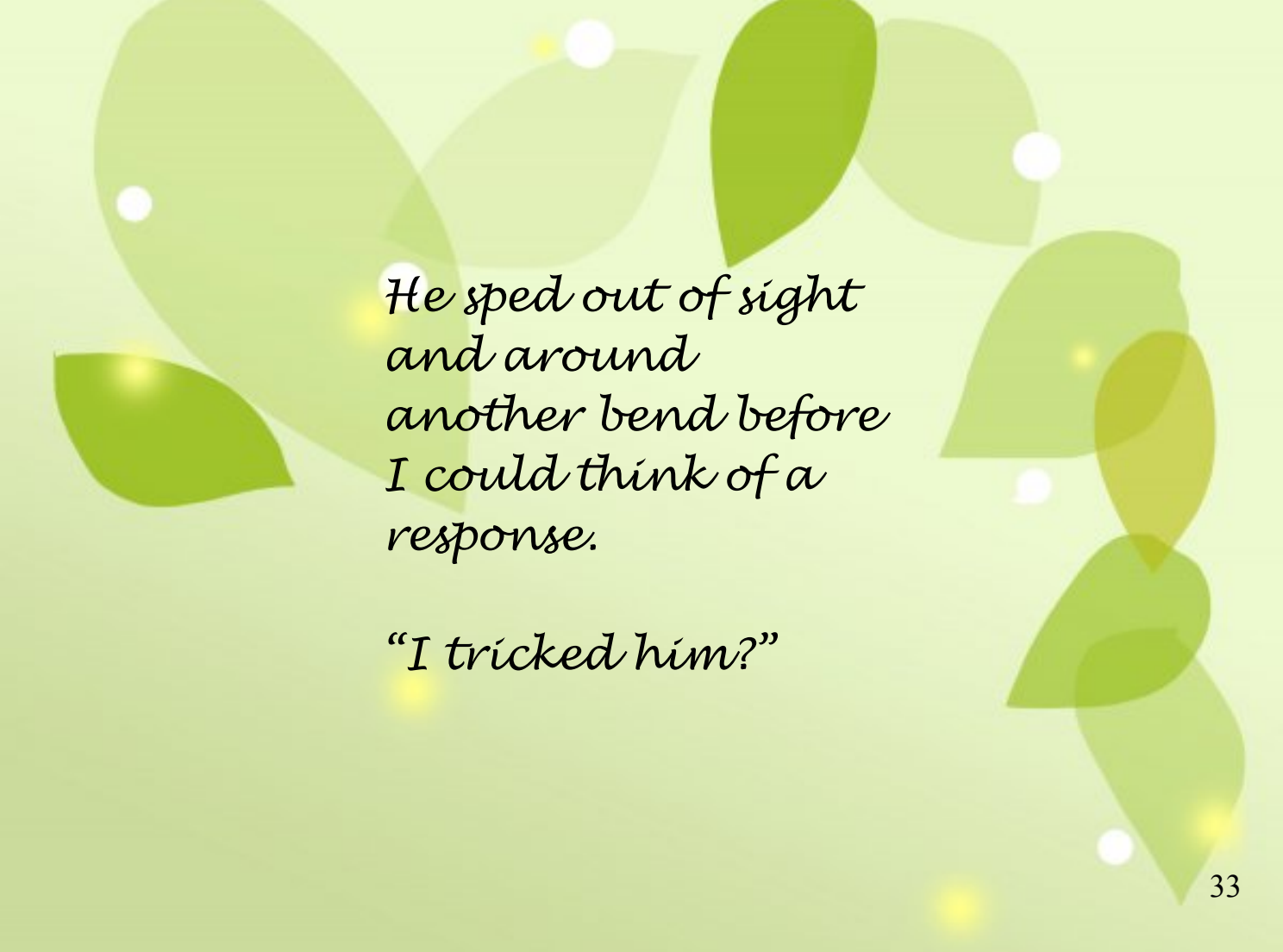
*Taking my gaze off
the Lion King, I
looked down at the
jogger. He was an
older man dressed
all in white.*

*He wore a white
shirt, white shorts
and a white safari
hat.*



*His hat looked like
the hats you would
wear on an African
safari to see lions.*

*I thought it odd the
jogger was wearing
a hat on such a
warm day.*




*He sped out of sight
and around
another bend before
I could think of a
response.*

“I tricked him?”

It was at that moment I realized the jogger gave me the answer on how to watch out for the kings of lies.

“The ‘trick’ is to LOOK UP,” I said to myself.

The jogger “jogged” my memory.

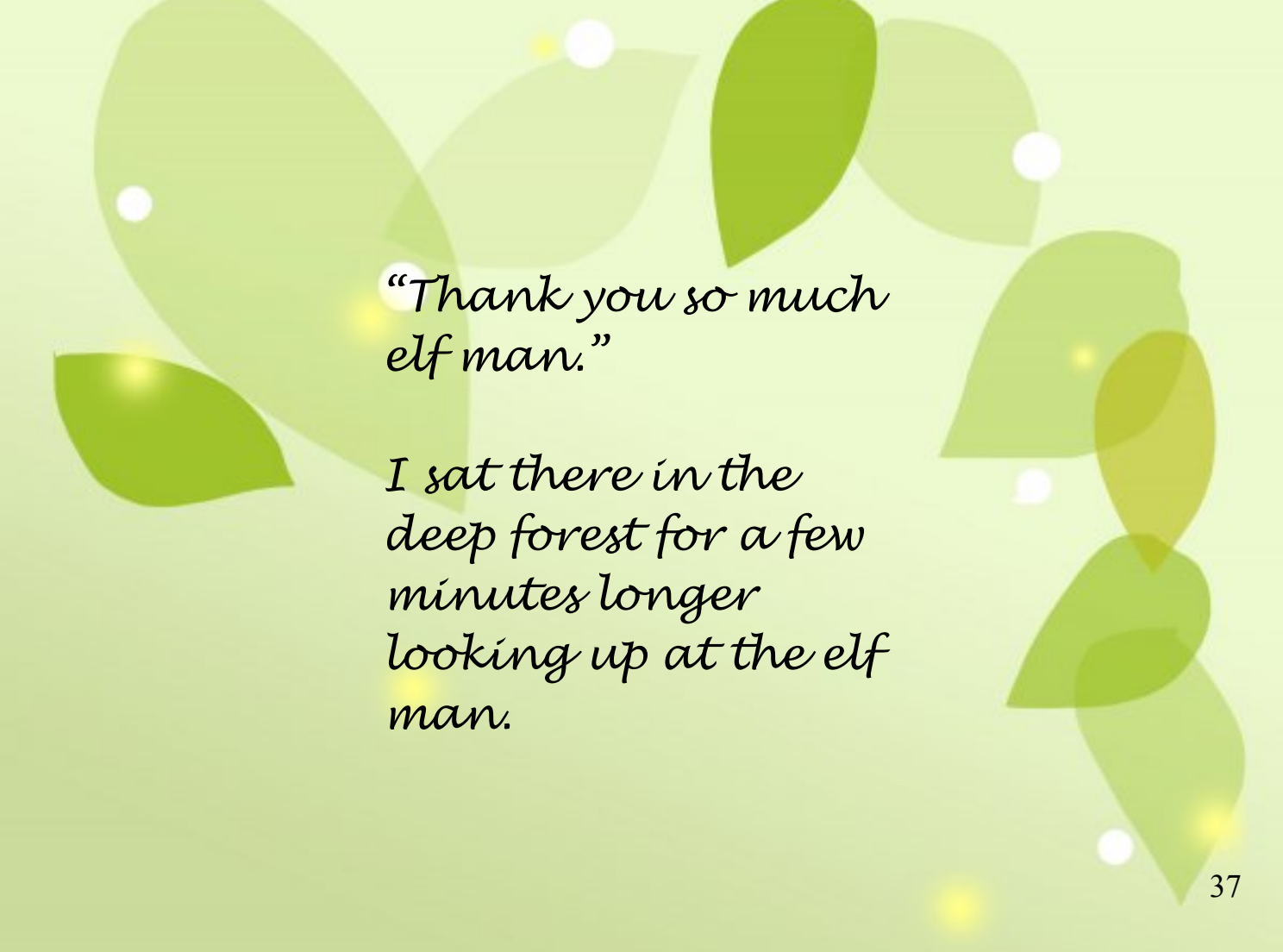


*If I look up--with a
positive attitude—I
will never run into
the kings of lies.*

*Having received my
message, I looked up
at the Lion King to
thank him again.*

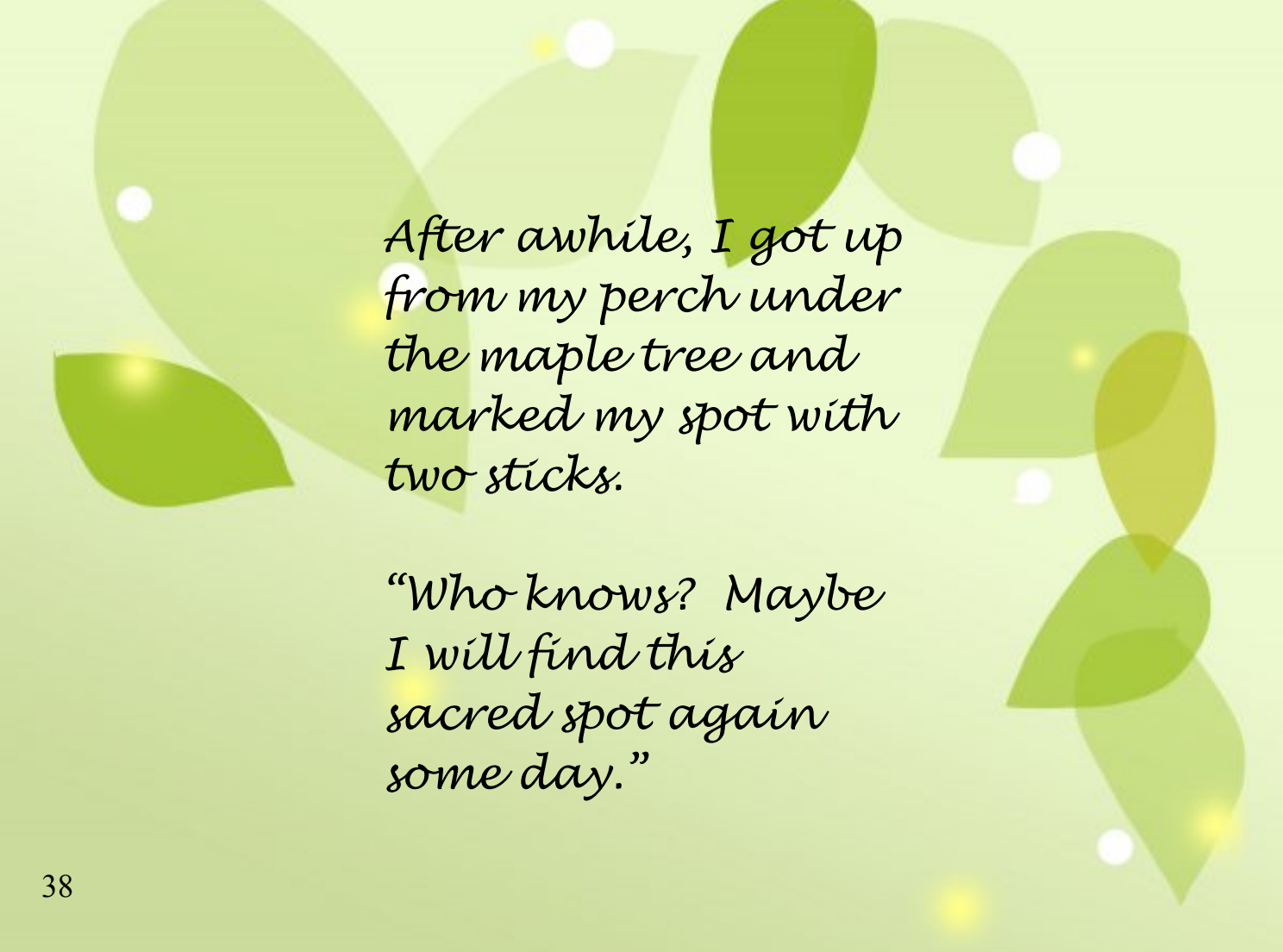
*He began to fade
while the elf man
reappeared.*

*I smiled. I marveled
at the elf man's
cleverness to morph
into the Lion King.
It was a perfect way
to deliver the
message to me.*



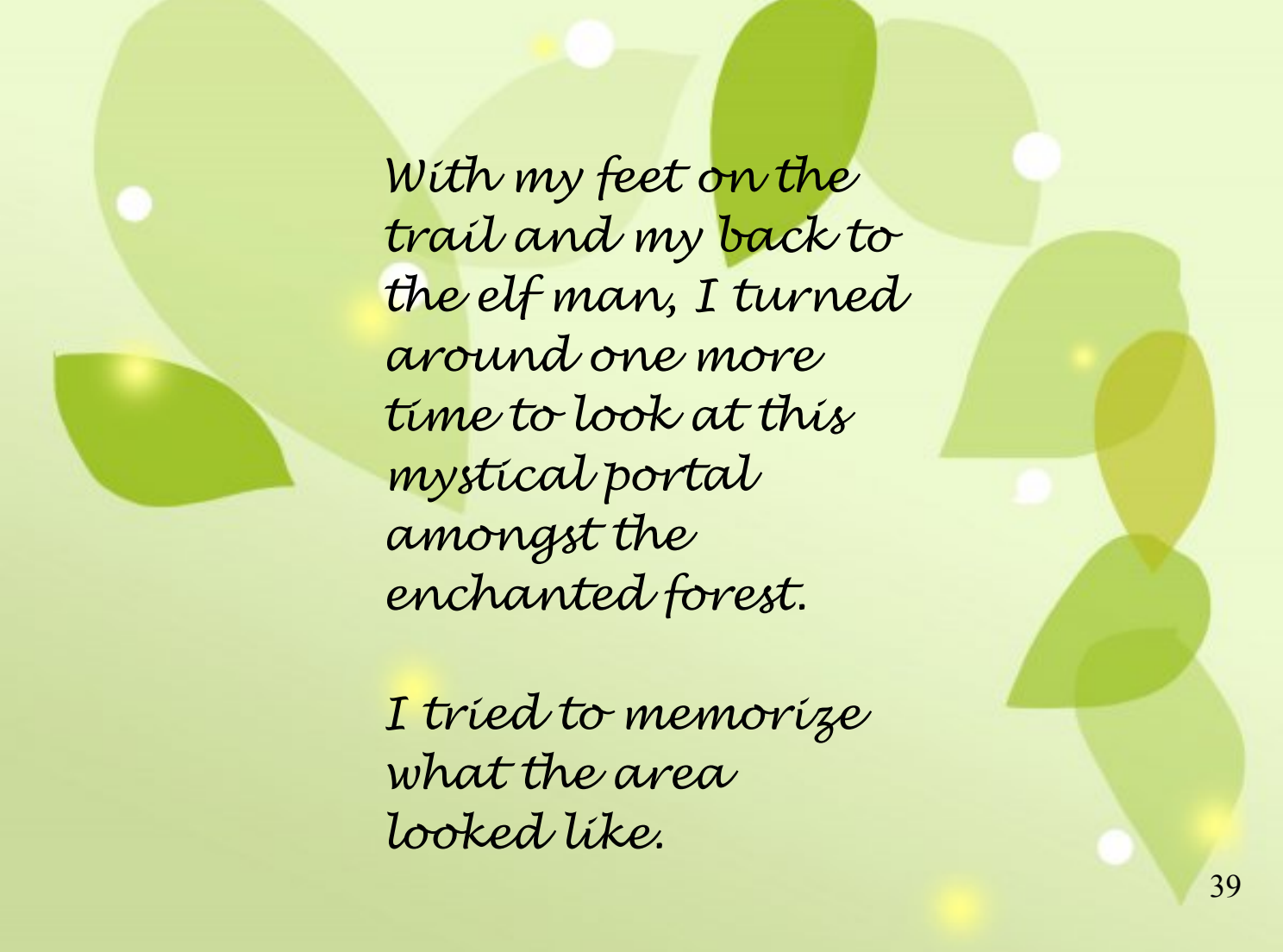
*“Thank you so much
elf man.”*

*I sat there in the
deep forest for a few
minutes longer
looking up at the elf
man.*



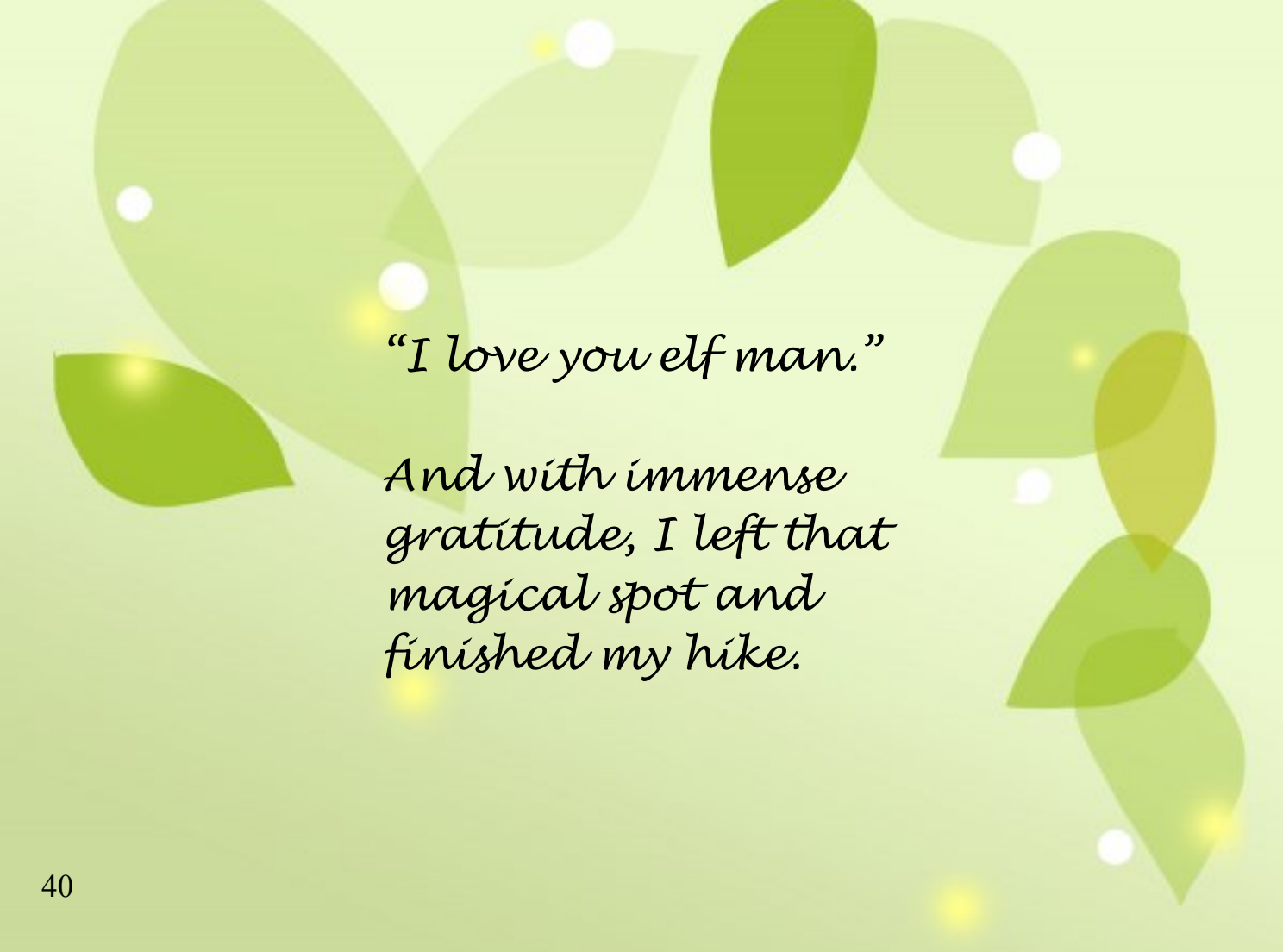
*After awhile, I got up
from my perch under
the maple tree and
marked my spot with
two sticks.*

*“Who knows? Maybe
I will find this
sacred spot again
some day.”*



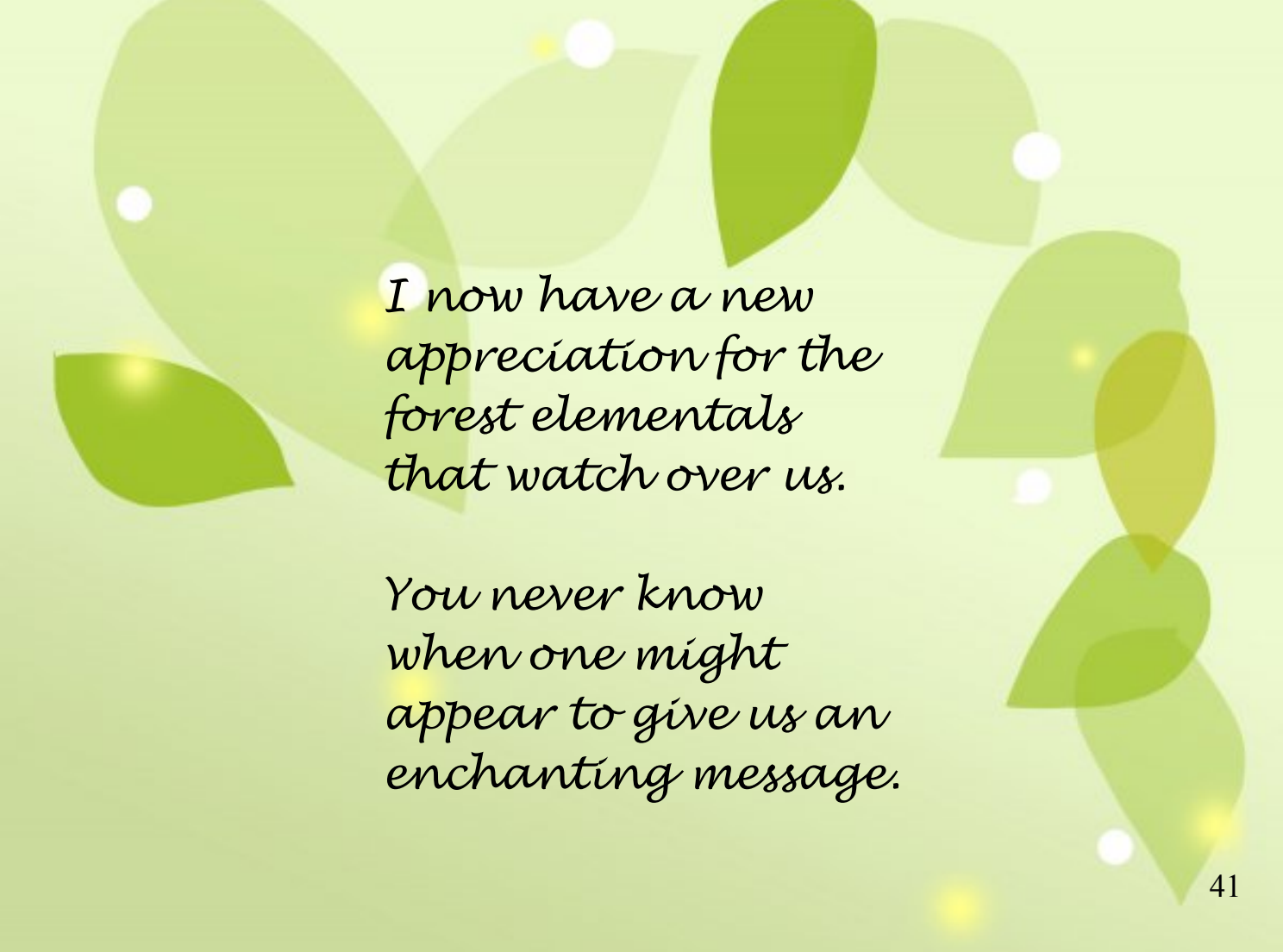
*With my feet on the
trail and my back to
the elf man, I turned
around one more
time to look at this
mystical portal
amongst the
enchanted forest.*

*I tried to memorize
what the area
looked like.*



“I love you elf man.”

*And with immense
gratitude, I left that
magical spot and
finished my hike.*



*I now have a new
appreciation for the
forest elementals
that watch over us.*

*You never know
when one might
appear to give us an
enchanted message.*

