

My Influencers

“Children have real understanding only of that which they invent themselves, and each time we try to teach them something too quickly, we keep them from reinventing it themselves.”

Jean Piaget

“If I had influence with the good fairy who is supposed to preside over the christening of all children I should ask her that her gift to each child in the world be a Sense Of Wonder so indestructible that it would last throughout life, as an unailing antidote against boredom and disenchantments of later years, the sterile preoccupation with things that are artificial; the alienation from the sources of our strength.” Rachel Carson

“In our world of increasing violence, the most important thing we can do is to ‘build bridges of hope’ for our selves and our children. Painful things can happen during childhood years but such experiences need not block the development of wholeness. Blocked experiences may be carried for a life time.” Peter Campbell

The Little Bird Who Found Herself is a children’s book written by Ed Mc Mahon to demonstrate how Focusing can be introduced to children. It does this “... not only because it uses a nontechnical non-abstract story line but because it neither accuses or blames, nor arouses resistance or fear in the reader/listener. Instead it moves directly and gently into the body’s knowing where it can resonate with truths hidden within, stirring up a more embodied and meaningful connection that touches the reader/listener’s life“ Ed Mc Mahon

“A body lives its relationships, it IS interaction. There is only one ongoing interaction, not one body here and an environment there... A body is not connected to its environment only through the five senses... The body inhales the environment... It IS the environment.” (Making Concepts from Experience) Gendlin

Children's Books for Enabling Children to Felt Sense

These are just a few examples I have used, but there are many out there. It is so much about the Felt Sensing each of us do while moving this Focusing work with children forward.

Older than age 10 - About Death, dying, loss:

- *Freddie the Leaf* by Leo Buscaglia
- *Harvey* by Herve Bouchard and Janice Nadeau
- *Waiting for Whales* by Sheryl Mc Farlane

Older than age 10 - General topics:

- *The Little Bird Who Found Herself* by Ed Mc Mahon
- *The Day The Crayons Quit* by Drew Daywalt
- *BiBi's got Game* by Bianca Andreescu (newly published I have not yet tried this one)
- *Hope For The Flowers* by Trina Paulus

Under age 10 and until adulthood:

- *My Body is Special: A Family Book About Sexual Abuse* by Cynthia Geisen
- *The Soul Bird* by Michel Snunit
- *John Brown, Rose and the Midnight Cat* by Jenny Wagner
- *There is No Such Thing as a Dragon* by Jack Kent
- *Caleb and Kate* by William Steig (I believe William Steig was a Focuser but perhaps he did not know it. All his books have a Focusing quality and I highly recommend they be checked out. Your own felt sense should determine what you feel you can use or not with all these examples)
- I suggest Books by Leo Lionni as well. I have used many as they suggest "openers" for discussion or Felt sensing (*Frederick* is a favourite)
- *There is A Volcano in My Tummy* is actually a workbook about dealing with Anger

I am partial to books however the resources are many on YouTube as well:

- "My Big, Dumb, Invisible Dragon by Angie Lucas"
<https://youtu.be/2ZSp3n4aR14>

Mandalas and Demos



Full demo with 7-year-old (for registered workshop participants only) – <https://youtu.be/dXwpp66PTNA>



Full demo with 13-year-old (for registered workshop participants only) – https://youtu.be/2442A2MKO_s