



*Connections*



Reflections

*The GAINS Quarterly*

Spring 2008

*As I am writing this, Seeds of Compassion are being sewn in Seattle, Washington. His Holiness the Dalai Lama and 150,000 people are discussing how we can nurture our children to change the world. Dan Siegel together with Daniel Goleman, Alicia Lieberman, Andrew Meltzoff, and Richard Davidson are joining the conversation to explore the scientific underpinnings of compassion. You can watch this glorious dialog and others at <http://www.seedsofcompassion.org/webcast/index.html> anytime you wish.*

*This passion for transformation on behalf of the next generation and the earth itself lies at the heart of GAINS. In unplanned synchrony with the events in Seattle, this edition of the Quarterly enters the world of youngsters who are in our care in one way or another—whether we come to them as parents, clinicians, teachers, researchers, or caring humans. One of the most profound ways we influence our young ones is through the mirror neurons and resonance circuits that tie us together. Advisory board member Marco Iacoboni and his team are the leading researchers concerning mirror neurons in we humans, and he introduces us to his new book, *Mirroring People*, in the lead article. Lauren Culp and her colleague Mindy Wolff explore the roots and experience of sensory integration difficulties. Bonnie Badenoch wrestles with the complexities of the teen brain, and new contributor, Kathy Scherer, of our Austin affiliate, offers thoughts about mindfulness for parents in this busy world. We are particularly pleased to welcome a new column, also from our compatriots in Austin, as Sue Marriott talks about the deep questions being raised by a research project in which the Austin group is involved. Tina Payne Bryson continues to render IPNB practical for parents in her regular column, and Kirke Olson shares his continuing adventures with his teens, this time reflecting on the power of mirror neurons in adolescent culture. Lauren Culp brings her familiar dose of laughter with *Liberty and a kids' soccer game*. As always, Jeff Anderson takes us on a whirlwind tour of the web, with some tender thoughts about John O'Donohue as well.*

*Shifting our focus slightly, we find ourselves in the world of art. Noah Hass-Cohen returns to the Quarterly to reflect on the power of imagery and words to change our brains and minds in implicit as well as explicit ways, and Richard Hill reflects on the interpersonal space between a work of art and the viewer. Always generous with her work, Diane Ackerman opens our minds to the possibility of many selves. As we are settling into our third year, there is a lot of gratitude for the richness of the experience unfolding in this community.*