

“Sweet Gene Genie”

This is the text for a children’s book on emotions. I’m hoping that one day; one or more people will illustrate it for free. I will then add one or more versions to the www.inspirationjukebox.com website and encourage people to email them to friends all over the globe.

Outside front cover:

Image: Child and Genie having fun together doing the Twist.

Text: Sweet Gene Genie

by the makers of www.inspirationjukebox.com

Pictures by (Add artist’s name.)

Page 1:

Image: Rock’n’Roll genie with a child on a motor bike going past an Oriental Restaurant called ‘Bhangra and Mash: Anglo-Indian Fusion Food’.

Text: Sweet Gene Genie

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Pictures by (Add artist’s name.)

Pages 2:

Image: Boz, a child of indeterminate sex is dancing about. Through the bedroom window can be seen static motor bikes. On the walls are a variety of wild creatures fighting, looking after their young etc. They are labelled The Monkeys, The Animals, The Beetles, The Birds etc. The word ‘yeah yeah yeah!’ is drawn amongst the image.

Text: “Yeah! Today I’m going to the wildlife park” says Boz .

Pages 3:

Image: Boz is crying and walking towards the door. Big brother is pointing. The brother is wearing a rocker’s T-shirt and has a motor bike magazine in his hand. A music machine is on the floor.

Scattered about are CDS. These include

- ‘Stop Your Sobbing’ The Pretenders
- ‘Baby, Stop Crying’ Bob Dylan
- ‘Big Boys Don’t Cry’ The Cure
- ‘Big Girls Don’t Cry’ Fergie

Crying noises are built into the picture.

Text: “Don’t be such a cry baby. Just because Dad can’t take you to see the wildlife after all.” says Boz’s big brother.

Pages 4:

Image: Boz leaning against a partially dismantled motorbike, holding its disconnected front lamp.

Text: Boz says out loud “I wish I wasn’t so sad and full of tears”. A strange voice says “As a Wise Woman once said “I Am What I Am”. Don’t listen to your brother. It’s OK to feel however you feel, including sad. You’ll probably feel better for your tears though. Lots of people do. It helps as well to be with someone nice who will just let you cry. Like me!”

Pages 5:

Image: Boz laughing, surrounded by paper hankies. Laughing noises are built into the picture.

Text: “Yes, you’re right I do feel better.” says Boz laughing at the strange figure. “Who are you?”

Pages 6:

Image: Comic-rock genie, in a mix of oriental and motorcycle gear, coming out of a motorcycle lamp. The odd paper hankie can still be seen.

Text: "I am Gene Genie of the Lamp. You have two more wishes."

Pages 7:

Image: Boz putting hankies in bin.

Text: "I wish I could go to the Wildlife Park"

Pages 8:

Image: Boz and Genie on an exhilarating motorbike ride. It appears both real and fantastical at the same time. 'Awop-bop-a-loo-mop alop-bam-boom' echoes in the picture. Birds are following them, also at full pelt.

Text: "I feel excited, scared and happy all at once" says Boz to the Genie.

Pages 9:

Image: The motorcycle has now turned into a camel made out of bike parts. The name logo on the single hump, made from a motorbike fuel tank says 'Sheik Ratl Amrol'. Boz looks angry and is banging his fist on the bike-camel. The Genie looks embarrassed. It is holding an atlas upside down. They are standing at a desert crossroads. It has a sign with a mixture of English and Arabic script on it. The sign says 'Route 66' and 'Echo Beach'. Banging noises echo all over this picture.

Text: "What kind of Genie gets lost?!" asks Boz.

Pages 10:

Image: Boz is still banging about. The Genie looks calm again. Banging noises float in from the previous picture.

Text: "I don't mind you saying that you are angry with me," says the Genie, "but don't break the bike. We need that. Let's go. I think I know the way now. We're stopping off somewhere else first though."

Pages 11:

Image: Multiple images of the Genie and Boz. The picture is noisy. They are fencing with small twigs, throwing mud at each other, dancing and twirling each other round and rolling in the leaves. They look happy. Small animals and birds run away.

Text: "Use all those angry feelings in your body to have some fun. Then we'll go find the Wildlife Park. We're really near now" the Genie continues.

Pages 12:

Image: Genie and Boz in the Wildlife Park and heading for the exhibition building. Boz is very excited. The Genie is talking calmly. A 'Yowsah!' noise is built into the text.

Text: "You've got feelings you know," added the Genie, "because you are an animal too. They're useful things to have."

Pages 13:

Image: Boz talking to Genie. We can see that behind the Genie a cat is about to knock a glass bottle on to the floor.

Text: "Do Genies have feelings too?" asks Boz.

Pages 14:

Image: The Genie leaps into Boz's arms as the objects hits the floor and resounds with a bang. The cat's fur stands on end.

Text: "Oh Aladdin Sane! What was that?" shrieked the Genie, "but as you can see, genies and geniuses, boys and girls, men and women, all have the same feelings."

Pages 15:

Image: Genie standing on its feet again and shaking Boz's hand. Behind it is a picture of a bird feeding its young.

Text: "Thank you for the hug," says the Genie laughing, "It's good to be held when you are scared. Do you want to use your last wish to go home for something to eat before you go to bed?"

Pages 16:

Image: Big brother hugging and talking to Boz. There are fresh piles of hankies amongst the motor cycle parts. Plus and a music player and CD titles such as

- 'The Hug Song' Fred Small
- 'Cry and be free' Marilyn
- 'Lean on me' Bill Withers
- 'Count on me' Whitney Houston

The Genie is disappearing into the distance, on a flying carpet made up of motor cycle parts. He is singing 'Rocking All Over The World'.

Text: "I'm so glad you're back. I was worried about you. I'm sorry I was mean to you. It's really OK to cry."

Pages 17:

This book is based on my experiences with Co-counselling International. Much of CCI's theory is from Humanistic Psychology and Cognitive-behavioural therapy (CBT). Part of it emphasises the importance of releasing feelings safely. By safely I mean in a way that doesn't harm other people either physically or with careless words.

Not expressing emotions can lead to depression, one of the most common mental health problems in the world today. Expressing them inappropriately can cause other problems, such as relationship breakdown. Beliefs and behaviours around feelings are learnt young. I offer this book as one way that adults and children can begin to discuss feelings together. Adults may also want to reflect on their own beliefs and behaviours around emotions either on their own or with other adults.

If you want to read more I recommend the work of Aletha Solter e.g 'The Aware Baby' and 'Helping Young Children Flourish'.

Pages 18:

You may also want to check out the following websites about emotions and related issues;

- www.inspirationjukebox.com My website about emotions, life and how to survive and thrive in it - with full musical accompaniment
- www.gabrielleroth.com/ A website about Five Rhythm Dancing and using it to explore your feelings and your life
- www.co-counselling.org.uk/ A website about Co-counselling International. CCI teaches people how to work in pairs, taking turns as counsellor and client. This gives you the opportunity to have free emotional therapy for life and take more control of your life

- <http://cnvc.org/> The website of NVC, the Nonviolent Communication people. They run courses and publish books on how to deal with anger, emotions, misunderstandings and conflict
- www.pairs.com PAIRS stands for Practical Application of Intimate Relationship Skills. They teach people how to have better relationships

Outside back cover

Image: Smoke coming out of an Oriental looking motor cycle lamp

Text: The Arabian Nights were never like this. A genie that helps a small child comes to terms with emotions and also has a liking for rock and pop! (Plus copyright sign)

Technical information for graphic artists

- In effect there are 21 pages in the book including the front and back covers. As it is not for commercial publication it doesn't need to be a number dividable by four like a printed book.
- You can choose what size paper the book is in. However the Inspiration Jukebox website only accepts PDF or Word files
- The download capacity of the website is 525 MB. Though it may be possible to load the book in sections if this is a problem
- I'm unsure of the copyright on nonsense sounds and song references. It may be that 'Awop-bop-a-loo-mop alop-bam-boom' etc needs to be alterable slightly to take this into account. It would be useful therefore if they aren't embedded in the final text in an unalterable way