

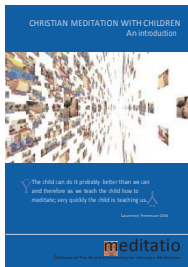
Resources on Christian Meditation with Children

This is a list of resources produced by The World Community for Christian Meditation to support the teaching of meditation to children.



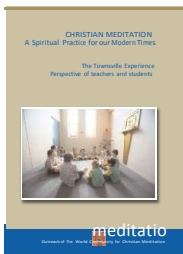
THE MEDITATIO JOURNAL ON EDUCATION Issue 1

This Meditatio Journal includes the presentations and discussions held at the Meditatio Seminar: **Meditation with Children: Experience & Promise**. It also gathers together research material, surveys the practice of teaching Christian meditation in educational settings around the world and offers a range of resources and pathways to further growth in this vital field of education focused on the full development of the child's humanity.



CHRISTIAN MEDITATION WITH CHILDREN: AN INTRODUCTION

Individuals who have been involved in teaching Christian Meditation in schools for many years share their views and practical experience. This DVD tells us what Christian Meditation is and how to do it; why we should teach Christian Meditation in schools and what the fruits and benefits are. It also includes research findings on the subject and a case study in the UK. This DVD will give valuable encouragement to those interested in implementing this prayer of the heart in their schools.



CHRISTIAN MEDITATION

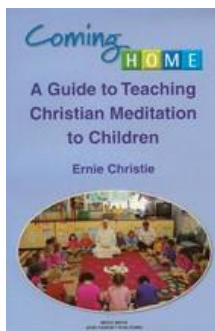
A SPIRITUAL PRACTICE FOR OUR MODERN TIMES

The Townsville Experience – Perspective of teachers and students

Christian Meditation has been introduced in all the 31 schools in the Catholic diocese of Townsville, Australia. This world- first Christian Meditation programme has been created and implemented under the leadership of Dr Cathy Day, Director and Ernie Christie, Deputy Director of Townsville Catholic Education. This inspiring film interviews teachers and students who practice this contemplative form of prayer.

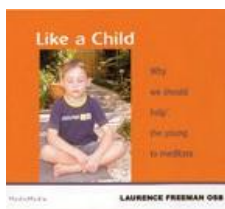
MEDITATION TIMER FOR CHILDREN

A CD which enables teachers to run meditation sessions lasting different lengths of time suitable for various age groups. Tracks have periods of silence, from 1 minute to 30 minutes, opening and closing with music and chimes. Available from early 2012.



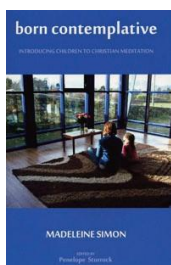
COMING HOME - ERNIE CHRISTIE

This ground-breaking book and DVD opens up new approaches to the religious and spiritual education of children. Based on a remarkable extended pilot project in the Diocese of Townsville, Australia, it will enlighten teachers and parents in meeting the spiritual needs of children worldwide. The great discovery behind this programme of teaching young people aged 5-17 is that they can meditate and that they like to meditate. Here is an in-depth guide by a teacher for teachers on practical aspects of Christian Meditation with children.



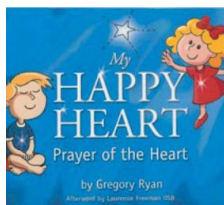
LIKE A CHILD - LAURENCE FREEMAN OSB

A child has a natural capacity to experience God as boundless and unconditional love. But as it moves into adult life, exposure and experience may teach it otherwise: then the experience of love is lost to fear and skepticism. Fr Laurence stresses the responsibility and the contemporary challenge for religious education to train our children to be true believers with the gift of an interiorly deep faith which will help them to deal with the challenges of life as they grow into adulthood.



BORN CONTEMPLATIVE - MADELINE SIMON RSCJ

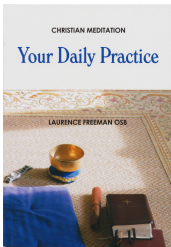
Madeline Simon RSCJ had an intuitive understanding that children are born contemplative. This book helps adults who care for children to share in their openness and longing for God in the silence, stillness and simplicity of Christian meditation. It will help meditators who are looking for a way to introduce meditation to children and encourage those to take up the practice in the interest of children. This new edition has been edited by Penelope Sturrock.



MY HAPPY HEART – BY GREGORY RYAN

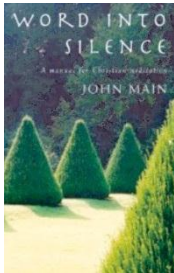
This beautiful and valuable book can open the treasures of the tradition of contemplative prayer to the very young. There is nothing more important to teach them than how to find and enter and stay in tune with their own heart; to live with a spiritual vision; to sense the sacredness of life; to see God in and behind everyday appearances. Includes a CD with a tune for children to sing.

CHRISTIAN MEDITATION



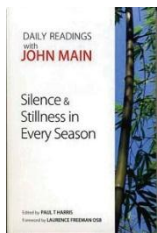
YOUR DAILY PRACTICE – LAURENCE FREEMAN OSB

This pocket-size book is Laurence Freeman's practical little manual on meditation. It is a useful introduction to Christian Meditation encouraging the newcomer to start on the journey, but it also reminds experienced meditators of the basic teaching. Topics include: What is prayer? How do we pray? What is Christian Meditation?



WORD INTO SILENCE – JOHN MAIN OSB

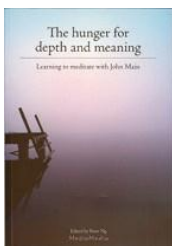
This is Fr John Main's classic book on how to practice Christian meditation. We now take it for granted that aspects of the monastic life can sustain our daily lives in the world, but we owe this understanding to John Main, whose vision of a 'monastery without walls' has grown into a worldwide network of people who today practice Christian meditation. Being still in the presence of God is the key to discovering our true selves and knowing God as 'the ground of our being'.



SILENCE AND STILLNESS IN EVERY SEASON

Daily Readings with John Main OSB – Editor Paul Harris

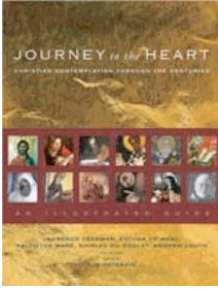
Every morning and evening these readings offer gentle encouragement and wise inspiration in our practice of Christian Meditation. This collection draws the essence of John Main's teachings into one volume which Paul Harris has arranged into an attractive and practical daily readings format.



THE HUNGER FOR DEPTH AND MEANING – JOHN MAIN OSB

Learning how to meditate – Edited by Peter Ng

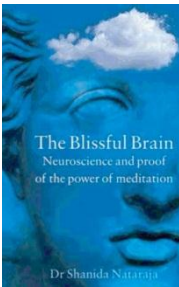
Talks arranged thematically to offer a clear, comprehensive overview of John Main's teaching on Christian prayer. His teaching on Christian contemplation addresses the spiritual anguish of people in all walks of life struggling to make sense of their lives. The talks retain the authority, simplicity and humour with which John Main taught.



JOURNEY TO THE HEART

Christian Contemplation throughout the Centuries – An illustrated guide – Edited by Kim Nataraja

In an alluring and refreshing way this book guides us through the rich stream of Christian Mysticism from its inception to the present day. Focusing on key spiritual teachers as stepping-stones along the way, we are given an overview of the great tradition. It leads us from Jesus and the New Testament through the Patristic teachers, the Desert tradition, Meister Eckhart, the English and Spanish mystics up to modern figures such as Thomas Merton, John Main and Bede Griffiths.



THE BLISSFUL BRAIN – DR SHANIDA NATARAJA

This book explores the extraordinary research that shows meditative practices not only helpful in reducing stress but also crucial for good health and optimal brain functioning. From the effects of meditation on blood pressure and depression to the latest insights from brain imaging studies, this book reveals the scientific evidence that proves meditative practices should be at the very heart of our healthcare system.

RESOURCES

All these resources can be ordered from E: orders@goodnewsbooks.net
For a full list of resources please visit www.goodnewsbooks.net

FURTHER RESOURCES ARE AVAILABLE ON THE FOLLOWING WEBSITES:

A Guide to Teaching Christian Meditation to Children
For teachers and parents: www.cominghome.org.au

The World Community for Christian Meditation UK website:
www.christianmeditation.org.uk Information about the wider World Community, its history, teaching, outreach and its programme of retreats and events can be found on www.wccm.org

MEDITATION WITH CHILDREN: EXPERIENCE AND PROMISE

The Meditatio Seminars were held in the UK and Ireland in December 2010. Videos of each talk of the London seminar is available for £3 or \$5 and can be accessed on www.wccm.org/content/meditatio-wccm-store

The School of Meditation website: www.theschoolofmeditation.org

Here you will find the teachings of Christian Meditation that can nurture your meditation journey and your call to share the gift of meditation with others.

If you would like further information about how to introduce Christian Meditation in your school please contact Charles and Patricia Posnett by email charles@posnett.entadsl.com or call 01525 873536.