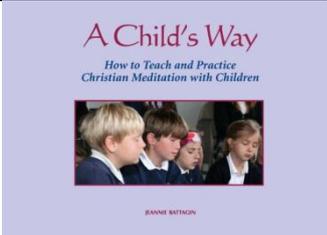
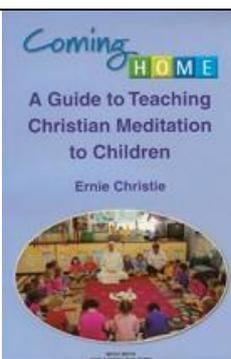


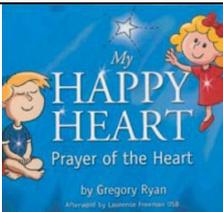
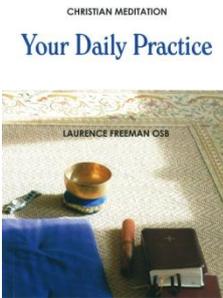
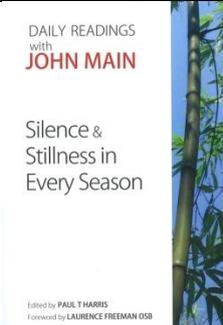
# Resources for Christian Meditation with Children

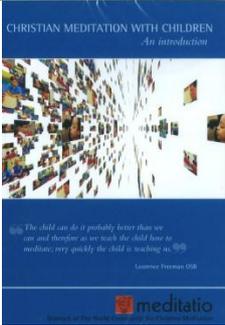
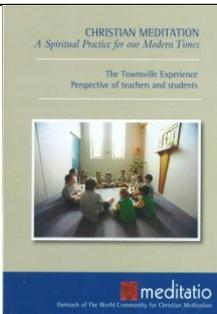
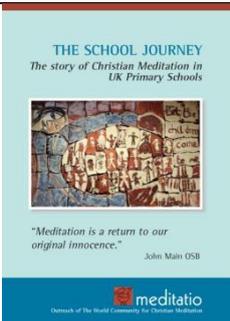


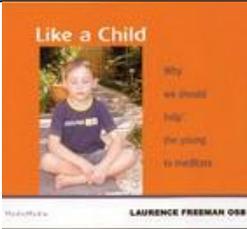
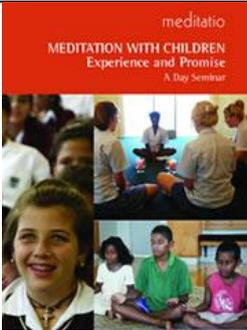
**Christian Meditation**  
with Children

Resources produced by  
The World Community for  
Christian Meditation  
to support the teaching of  
meditation to children

<b>BOOKS</b>	
	<p><b>A CHILD'S WAY: How to Teach and Practice Christian Meditation with Children</b>  <b>By Jeannie Battigan</b></p> <p>This book is a tool designed to provide inspiration, support and specific resources for creating and sustaining a practice of Christian Meditation among children from First Grade through the end of middle school Eighth grade (American Grades). It is for teachers, parents, grandparents and all those who feel the call to practice Christian Meditation with children. The book is also the story of Jeannie's own personal spiritual journey.</p>
	<p><b>THE MEDITATIO JOURNAL ON EDUCATION</b>  <b>Issue 1</b></p> <p>This Meditatio Journal includes the presentations and discussions held at the Meditatio Seminar: <b>Meditation with Children: Experience &amp; Promise</b>. 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</p>
	<p><b>COMING HOME: A guide to teaching Christian Meditation to Children</b>  <b>By Ernie Christie</b></p> <p>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</p>

		<p><b>BORN CONTEMPLATIVE</b>  <b>By Madeline Simon RSCJ</b></p> <p>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.</p>
		<p><b>MY HAPPY HEART</b>  <b>By Gregory Ryan</b></p> <p>This beautiful and valuable book for children to read 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.</p>
		<p><b>YOUR DAILY PRACTICE</b>  <b>By Laurence Freeman OSB</b></p> <p>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?</p>
		<p><b>SILENCE AND STILLNESS IN EVERY SEASON:</b>  <b>Daily Readings with John Main OSB</b>  <b>Editor Paul Harris</b></p> <p>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.</p>

DVDs	
 <p>CHRISTIAN MEDITATION WITH CHILDREN <i>An introduction</i></p> <p><i>The child can do it probably better than we can and therefore as we teach the child how to meditate, very quickly the child is teaching us!</i></p> <p>Lawrence Freeman OBE</p> <p><b>meditatio</b> Network of The World Community for Christian Meditation</p>	<p><b>CHRISTIAN MEDITATION WITH CHILDREN: AN INTRODUCTION DVD</b></p> <p>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.</p> <p><b>This DVD is also available in the NTSC Format which is suitable for USA, Canada and other countries. To order your NTSC Format please contact <a href="http://www.contemplative-life.org">www.contemplative-life.org</a></b></p> <p><b>THIS DVD IS ALSO AVAILABLE WITH SUBTITLES IN DUTCH, INDONESIAN, ITALIAN, POLISH, PORTUGUESE &amp; SPANISH</b></p>
 <p>CHRISTIAN MEDITATION <i>A Spiritual Practice for our Modern Times</i></p> <p>The Townsville Experience Perspective of teachers and students</p> <p><b>meditatio</b> Network of The World Community for Christian Meditation</p>	<p><b>CHRISTIAN MEDITATION: A SPIRITUAL PRACTICE FOR OUR MODERN TIMES: The Townsville Experience- Australia DVD</b></p> <p>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</p> <p><b>This DVD is also available in the NTSC Format which is suitable for USA, Canada and other countries. To order your NTSC Format please contact <a href="http://www.contemplative-life.org">www.contemplative-life.org</a></b></p>
 <p>THE SCHOOL JOURNEY <i>The story of Christian Meditation in UK Primary Schools</i></p> <p><i>"Meditation is a return to our original innocence."</i></p> <p>John Main OSB</p> <p><b>meditatio</b> Network of The World Community for Christian Meditation</p>	<p><b>THE SCHOOL JOURNEY: The Story of Christian Meditation in UK Primary Schools DVD</b></p> <p>This DVD highlights nine primary schools who have successfully adopted Christian Meditation on a whole school basis. Listening to the comments from Head teachers, teachers and governors and the children themselves will illustrate the significant benefits that accrue from this simple practice.</p> <p><b>This DVD is also available in NTSC format which is suitable for USA, Canada and other countries. To order your NTSC Format please contact <a href="http://www.contemplative-life.org">www.contemplative-life.org</a></b></p> <p><b>It is also available with subtitles in Spanish and Portuguese.</b></p>

<p><b>CDs</b></p>	
	<p><b>MEDITATION WITH CHILDREN</b></p> <p>This CD contains presentations by Laurence Freeman, Dr Cathy Day and Rt Revd John Stroyan given at a Meditatio Seminar in the UK in 2010. The talks explore how short periods of silence in meditation can help teachers, educators and parents nurture the wholesome development of children.</p>
	<p><b>LIKE A CHILD</b>  <b>By Laurence Freeman</b></p> <p>A child has a natural capacity to experience God as bound- less 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 scepticism. 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.</p>
	<p><b>MEDITATION TIMER FOR CHILDREN</b>  <b>MP3 CD</b></p> <p>This CD enables primary school teachers to run Christian Meditation sessions lasting different lengths of time suitable for various age groups. Tracks have periods of silence, from 1-15 minutes, opening and closing with music and chimes. Sheet music and lyrics for the songs are also included in PDF format. This CD is produced in MP3 format and the tracks must be played on a CD player, phone or computer capable of reading MP3 files.</p>
<p><b>DOWNLOADABLE RESOURCES</b></p>	
	<p><b>MEDITATION WITH CHILDREN: EXPERIENCE AND PROMISE</b>  <b>VIDEO DOWNLOAD</b></p> <p>Children have a natural capacity for meditation. They enjoy it and show the benefits. The Meditatio Seminar- ‘Meditation with Children: Experience and Promise’ explores how we can make this spiritual practice and universal life-skill more available promoting growth of the whole child. Presentations from the Seminar including talks by Fr Laurence Freeman, Dr Cathy Day and Ernie Christie. The video talks are available to download from <a href="http://www.wccm.org">www.wccm.org</a></p>

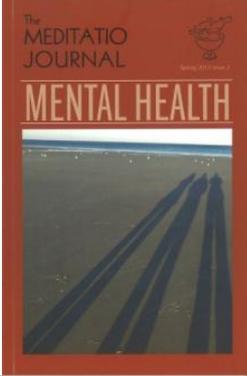
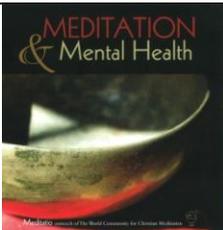
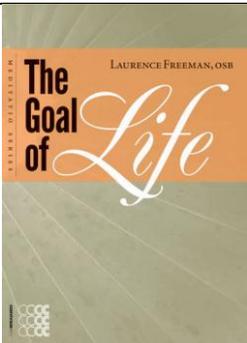
## Recommended for Schools starting this programme

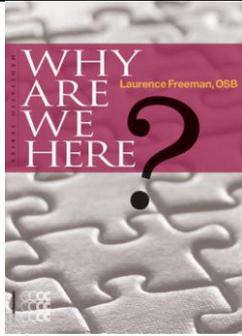
### STARTER PACK which includes

- 1 CHRISTIAN MEDITATION WITH CHILDREN (DVD)– An Introduction
- 1 COMING HOME (Book & DVD)
- 1 TIME FOR PRAYER (CD)
- 10 YOUR DAILY PRACTICE (Books)
- 1 BORN CONTEMPLATIVE (Book)
- 1 LIKE A CHILD (CD)
- 1 MEDITATIO JOURNAL (Book)
- 1 SILENCE & STILLNESS (Book)
- 1 MY HAPPY HEART (Book & CD)
- 10 WCCM BOOKMARKS

**At a discount price of £100**

## OTHER MEDITATIO RESOURCES

	<p><b>THE MEDITATIO JOURNAL ON MENTAL HEALTH Issue 2</b></p> <p>The presentations represented in this journal range from accounts of the most recent research linking meditation and wellbeing, to descriptions of the ways in which our mental health services need to be (and, in some cases, are being) reconfigured in the light of what we are continuing to discover about the role of meditation in supporting mental and physical health.</p>
	<p><b>MEDITATION AND MENTAL HEALTH</b></p> <p>This booklet is a guide for those who are interested in the spiritual dimension of mental health, wellbeing and meditation. It provides information and encouragement for people experiencing mental and emotional distress as well as for those who have the opportunity to offer friendship and support.</p>
	<p><b>THE GOAL OF LIFE LAURENCE FREEMAN</b></p> <p>Laurence Freeman shares insights into understanding Jesus in order to better understand ourselves. He teaches that the goal of life is to know fully who we are, and that self-transcendence is the way to self-knowledge. Readers of The Goal of Life will learn how this dramatic rediscovery of Christian meditation has deepened the way many can understand their Christian identity.</p>

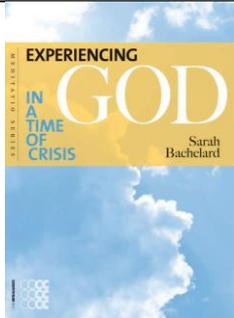


**WHY ARE WE HERE?**

**LAURENCE FREEMAN**

In this book, Laurence Freeman examines the radical question of our being in the world. We are here, he reflects, to come to continuous prayer, to a constant openness to the prayer of Christ in our hearts.

Along these lines, Freeman also examines the contemplative awakening that is taking place throughout the church fostered in great part by the works of Merton and, especially, Fr. John Main.



**EXPERIENCING GOD IN A TIME OF CRISIS**

**SARAH BACHELARD**

In this book, Sarah Bachelard explains that there are critical times in our lives in which our frameworks of sense seem to collapse and no longer enable us to convey meaning to overwhelming events or even to life itself. Sarah suggests that the practice of meditation and contemplative living may help us endure and integrate such turning-point experiences, and bring our life and identity into a deeper wholeness.

**FURTHER RESOURCES ARE AVAILABLE ON THE FOLLOWING WEBSITES:**

A Guide for teaching Christian Meditation to Children for teachers and parents:

**[www.cominghome.org.au](http://www.cominghome.org.au)**

The World Community for Christian Meditation

Packed with information about the World Community, its history, teaching, outreach and its programme of retreats and events. **[www.wccm.org](http://www.wccm.org)**

The School of Meditation - 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. **[www.theschoolofmeditation.org](http://www.theschoolofmeditation.org)**



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The World Community for Christian Meditation teaches a contemplative tradition of meditation rooted in the Gospels and re-vitalised by Benedictine monk, John Main (1926 – 1982).

The heart of the community is the small weekly group welcoming people in all circumstances of life. Round the world over 2000 groups gather in homes, churches, community centres, hospitals, schools, prisons, universities and places of work.

Meditatio is the outreach of The World Community bringing meditation to the wider society particularly in the areas of Education, Mental Health, Addiction and Recovery, Business and Finance and Inter-faith dialogue through seminars, publications and other projects.

**To find out more about Meditatio please visit  
[www.wccmmeditatio.com](http://www.wccmmeditatio.com)  
Contact us E: [meditatio@wccm.org](mailto:meditatio@wccm.org)**



Outreach of **meditatio**  
The World Community for Christian Meditation