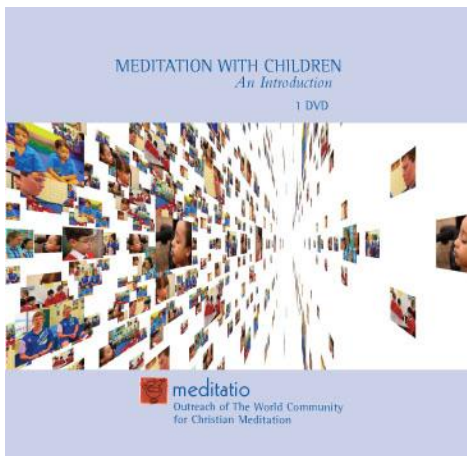


# New Meditatio Resources for Christian Meditation with Children

## Meditation with Children: An Introduction



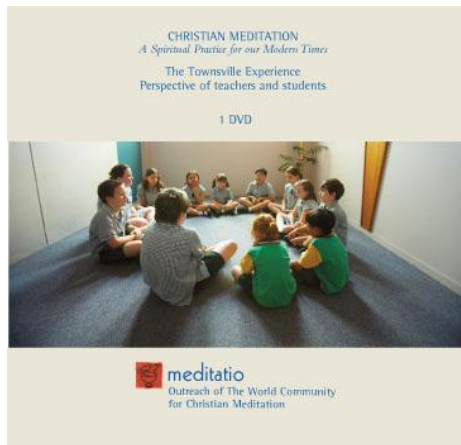
- Chapter 1- Why teach Christian Meditation in schools
- Chapter 2 – What is Christian Meditation
- Chapter 3 – The benefits and fruits of Christian Meditation
- Chapter 4 – Implementing Christian Meditation in schools
- Chapter 5 – Research Findings
- Chapter 6 – Case Study

**A 25-minute DVD Price £8.50 plus p&p**

## 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.

**DVD Price £8.50 plus p&p**

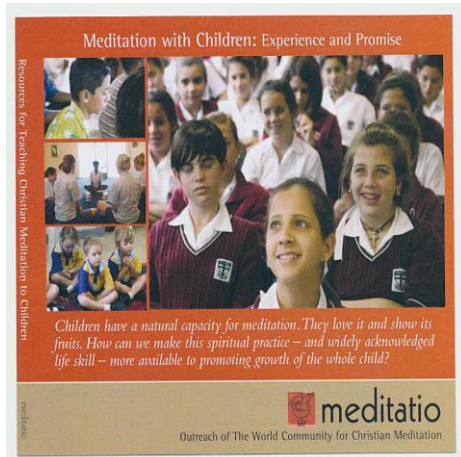
## Timer for Meditation

We also have a trial version of a CD Timer, which enables teachers to run meditation sessions lasting different periods of time for the various ages of children within the school. Different tracks have different periods of silence, from 1 minute to 30 minutes opened and closed by music and chimes. We hope to release the final version of this by Easter 2011, but if you would like a trial version now please contact us.

## **TWO POWERPOINT PRESENTATIONS FOR TEACHERS – WHY TEACH CHRISTIAN MEDITATION**

**This is now available – please contact us.**

## Meditation with Children: Experience and Promise



1. Beginning Meditation
2. What is Christian Meditation?
3. We Progress by Stopping: Teaching Christian Meditation to Children
4. Framework for Early Years
5. A Systemic Approach: Meditation as part of the School Curriculum
6. Meditation in Schools: An Evaluation
7. Camas Lilies

Data CD Price £5.00 plus p&p

### New "Meditatio" Podcasts at iTunes!

We invite you to subscribe to a new series of podcasts on the practice and tradition of Christian meditation. Podcasts will be presented by Laurence Freeman, Rev. Glenda Meakin, John Main, Fr. Joe Pereira, Frans de Ridder, Peter Ng and other teachers of our Community. The series will be updated each month.

<http://www.wccm.org/content/new-meditatio-podcasts-itunes>

### Meditation with Children: Experience and Promise

The Meditatio Seminars were held in the UK and Ireland in December 2010. Material from these seminars will be made available by May 2011. A video film will be available of the London seminar on [www.wccm.org](http://www.wccm.org) and in written form in The Meditatio Journal available from Medio Media Ltd

### Recent Articles in the Press

Small pockets of Quietness – The Tablet - 5 Feb 2011

<http://www.wccm.org/sites/default/files/users/Children/TabletChildren050211issue.pdf>

Children need more meditation and less stimulation – The Guardian – 11 Jan 2011

<http://www.guardian.co.uk/commentisfree/belief/2011/jan/11/children-meditation-australia/print>

To obtain any of these resources please contact Medio Media Ltd, St Mark's, Myddelton Square LONDON EC1R 1XX  
Tel : 020 7278 2070 E: [welcome@wccm.org](mailto:welcome@wccm.org)

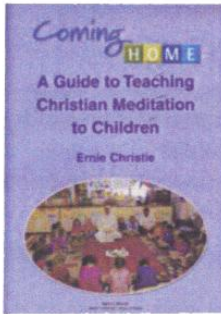
Alternatively email [meditatioresources@wccm.org](mailto:meditatioresources@wccm.org) or refer to the UK website [www.christian-meditation.org.uk](http://www.christian-meditation.org.uk)

For any further information please contact our Coordinators for Christian Meditation with Children  
Charles and Patricia Posnett - Tel : 01525 873536 E: [charles@posnett.entadsl.com](mailto:charles@posnett.entadsl.com)



# Further Resources Meditation with Children

*The World Community for Christian Meditation*



## COMING HOME - ERNIE CHRISTIE

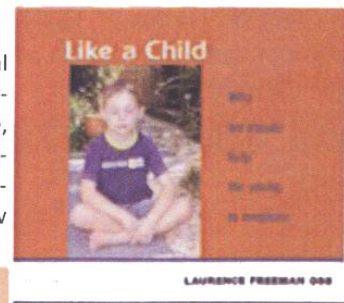
If the future of our world lies in our children, we must give them the tools to live well in the world. This book is a remarkable extended pilot project in the Diocese of Townsville, Australia. It will enlighten teachers and parents in meeting the spiritual needs of children in our confused and troubled world. It has already begun to inspire schools and families worldwide. The great discovery behind this program of teaching children and young adults 5-17 is that children can meditate and that they like to meditate.

BOOK & DVD

£9.50

## 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. It is therefore, 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. This will help them to deal with the challenges of life as they grow into adulthood.



2 X CD

£9.50



## BORN CONTEMPLATIVE - MADELINE SIMON RSCJ

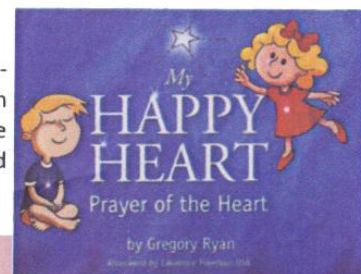
This new edition has been edited by Penelope Sturrock. Madeline Simon RSCJ had an intuitive understanding that children are born contemplative. This book helps adults who care for children to share in their openness and longing for God in the silence, stillness and simplicity of Christian meditation. This book 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.

BOOK

£7.50

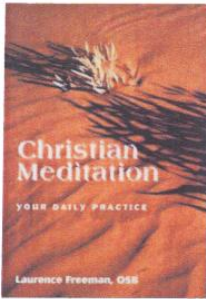
## MY HAPPY HEART – by GREGORY RYAN

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



BOOK & CD

£7.00



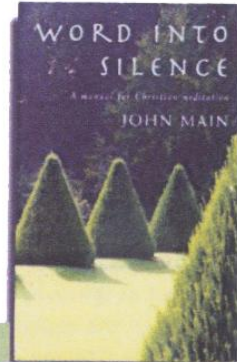
### CHRISTIAN MEDITATION Your Daily Practice - LAURENCE FREEMAN OSB

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

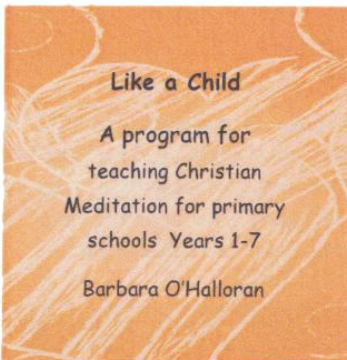
BOOK £3.00

### WORD INTO SILENCE - JOHN MAIN OSB

This is Fr John Main's classic book on how to practice contemplative prayer, or 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. Stepping aside from the busyness of our daily lives and being still in the presence of God is the key to discovering our true selves and knowing God as 'the ground of our being'



BOOK £8.99



*Like a Child* is a series of books which contain a program for primary school teachers to teach their students to meditate in the Christian tradition. The program consists of reading a story and information on how to meditate followed by meditation using a sacred word. For Years 1-7.

This can *only* be ordered from  
St Pauls Publications, Australia  
E: [info@stpauls.com.au](mailto:info@stpauls.com.au)

### These resources can be ordered from

Medio Media

St Mark's, Myddelton Square

London EC1R 1XX

T: 020 7278 2070 E: [mediomedia@wccm.org](mailto:mediomedia@wccm.org)

Further Resources are available on the following websites:

[www.wccm.org](http://www.wccm.org)

*Teaching meditation to Children*

For parents: [www.meditationwithchildren.com](http://www.meditationwithchildren.com)

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



For any further information please contact our  
Coordinators for Meditation with Children, UK

Charles and Patricia Posnett

T: 01525 873536

E: [Charles@posnett.entadsl.com](mailto:Charles@posnett.entadsl.com)