



Christian Meditation with Children

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

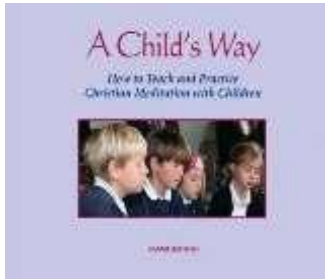


**MAIL & PHONE ORDER
RESOURCE SERVICE**

**Canadian Christian
Meditation Community
PO BOX 52
Station NDG, Montreal QC
H4A 3P4
christianmeditation@bellnet.ca
514-485-7928**

BOOKS

9481



\$19.00

A CHILD'S WAY: How to Teach and Practice Christian Meditation with Children

By Jeannie Battigan

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.

8185



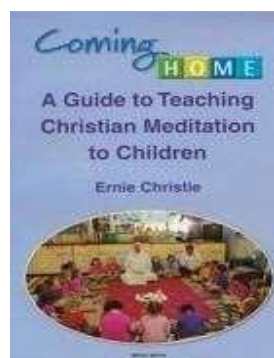
\$18.00

THE MEDITATIO JOURNAL 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

7058



\$19.00

COMING HOME: A guide to teaching Christian Meditation to Children

By 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 program 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

6177



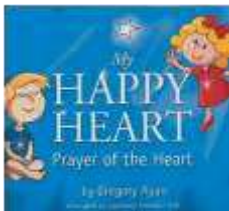
\$8.00

BORN CONTEMPLATIVE

By 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.

6252



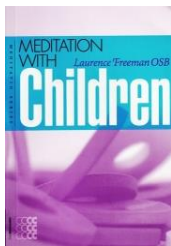
\$14.00

MY HAPPY HEART Book/CD

By Gregory Ryan

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.

6108



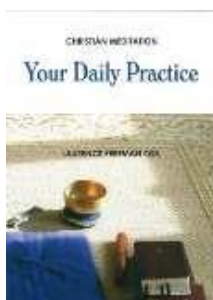
\$12.00

MEDITATION WITH CHILDREN

By Laurence Freeman OSB

This book focuses on teaching meditation to children, who can be naturally and totally present in the moment and are thus capable of pure prayer, prayer of the heart. Meditation can be a powerful way to allow their spirit the deepest possible contact with the Life Source and the space within which to expand.

6027



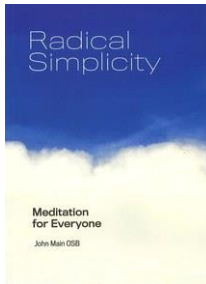
\$8.00

YOUR DAILY PRACTICE

By 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?

3001A



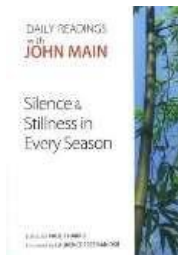
\$15.00

RADICAL SIMPLICITY Book/CD

By John Main OSB

Radical Simplicity - Meditation for Everyone John Main had the spiritual genius of simplicity. And so, his teaching on meditation, born from his Christian tradition, is universal.

6103



\$17.50

SILENCE AND STILLNESS IN EVERY SEASON:

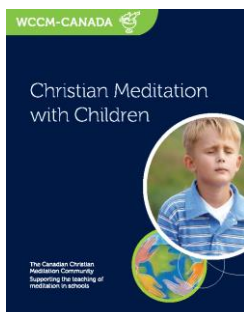
Daily Readings with John Main OSB

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.

BOOKLETS

5120



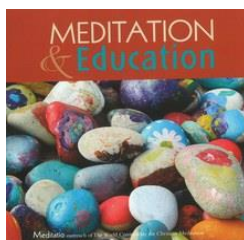
\$5.00

CHRISTIAN MEDITATION WITH CHILDREN

This "how to" 12 page booklet is a resource for teachers and parents. It explains what Christian Meditation is, its history and benefits. It is a compressed practical guide for introducing children to meditation in a classroom or in a home.

Discounts for bulk orders available on request.

1007

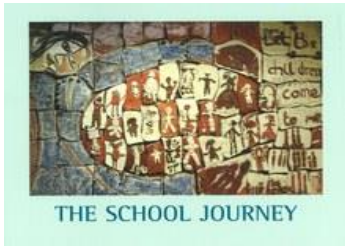


\$4.00

MEDITATION AND EDUCATION

This booklet is a guide for those who want to introduce primary school children to a daily meditation practice

3012



\$10.00

9260

CHIME

\$15.00

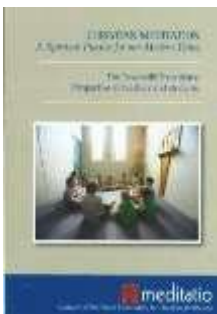
DVDs

6364



\$15.00

6363



\$20.00

THE SCHOOL JOURNEY PHOTOBOOK

A photo book expressing the simplicity and beauty of Christian Meditation with Children. Photos & quotes from teachers and the children themselves are included.

CHIME

Bar mounted on wood.

CHRISTIAN MEDITATION WITH CHILDREN: AN INTRODUCTION DVD

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 is also available in the NTSC Format which is suitable for USA, Canada and other countries. To order your NTSC Format please contact www.contemplative-life.org

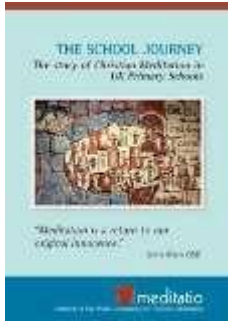
THIS DVD IS ALSO AVAILABLE WITH SUBTITLES IN DUTCH, INDONESIAN, ITALIAN, POLISH, PORTUGUESE & SPANISH

CHRISTIAN MEDITATION: A SPIRITUAL PRACTICE FOR OUR MODERN TIMES: The Townsville Experience- Australia DVD

Christian Meditation has been introduced in all the 31 schools in the Catholic diocese of Townsville, Australia. This world- first Christian Meditation program has been created and implemented under the leadership of Dr. Cathy Day, Director and Ernie Christie, Deputy Director of Townsville Catholic Education

This DVD is also available in the NTSC Format which is suitable for USA, Canada and other countries.

6089



**THE SCHOOL JOURNEY: The Story of Christian Meditation in UK Primary Schools
DVD**

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.

This DVD is also available in NTSC format which is suitable for USA, Canada and other countries. To order your NTSC Format please contact www.contemplative-life.org

\$16.00

It is also available with subtitles in Spanish and Portuguese.

CDs

5119

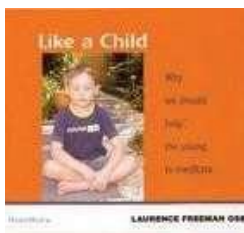


MEDITATION WITH CHILDREN

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.

\$8.50

8163



LIKE A CHILD

By Laurence Freeman

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 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.

\$15.00

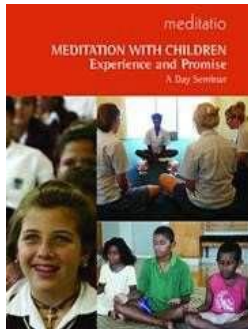
9143



\$14.50

TIME FOR PRAYER MP3 CD

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.



MEDITATION WITH CHILDREN: EXPERIENCE AND PROMISE VIDEO DOWNLOAD

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 www.wccm.org

FURTHER RESOURCES ARE AVAILABLE ON THE FOLLOWING LINKS:

A Guide for teachers and parents: www.cominghome.org.au

Information about The World Community for Christian Meditation www.wccm.org

The School of Meditation, sharing the gift of Meditation with others.

Canadian website, www.wccm-canada.ca

Christian Meditation with Children Canadian website, video and resources online.

Something Is Growing teachers, students and parents share their experience of Christian Meditation in a 12 minute video.

WCCM-Canada Educator's Blog A forum for educators to share their meditation experiences.

Canadian Christian Meditation Community

P.O. Box 52, Station

NDG Montreal, QC.

H4A 3P4

514-485-7928 christianmeditation@bellnet.ca