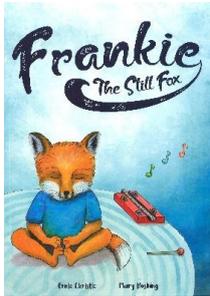


Resources for Meditation with Children and Young People



BOOKS

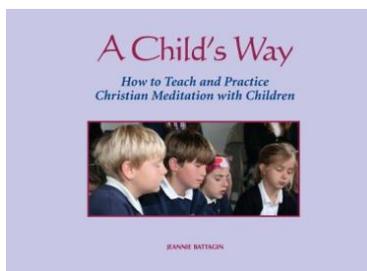


FRANKIE THE STILL FOX

By Ernie Christie and Mary Hosking

Even when the world around you is so noisy and busy and distracted, you, like Frankie, can choose another way of being and learn to be attentive. By being still, really still and being silent, really silent, you will learn to just 'BE'.

This is a beautiful book for young ones to discover meditation and make friends with Frankie along the way. **£9.99**



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

By Jeannie Battigan

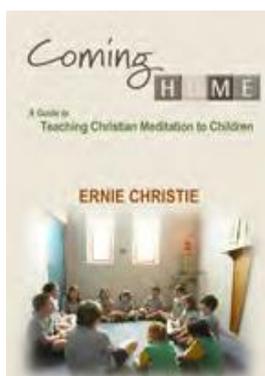
This book is a tool designed to provide inspiration, support and specific resources for creating and sustaining a practice of Christian Meditation among children from First Grade through the end of middle school Eighth grade (American Grades). It is for teachers, parents, grandparents and all those who feel the call to practice Christian Meditation with children. **£10.00**



THE MEDITATIO JOURNAL ON EDUCATION

Issue 1

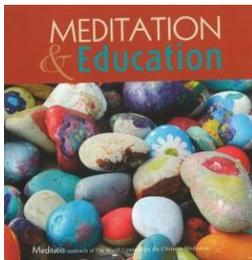
This Meditatio Journal includes the presentations and discussions held at the Meditatio Seminar: *Meditation with Children: Experience & Promise*. It also gathers together research material, surveys the practice of teaching Christian meditation in educational settings around the world and offers a range of resources and pathways to further growth in this vital field of education **£7.00**



COMING HOME: A guide to teaching Christian Meditation to Children (2nd Edition)

By Ernie Christie

This ground-breaking book and DVD opens up new approaches to the religious and spiritual education of children. 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. **£12.50**



MEDITATION & EDUCATION

By Charles and Patty Posnett

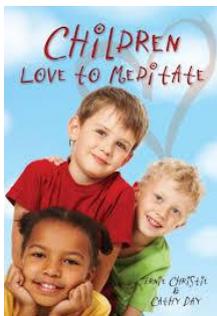
This booklet is a guide for those—especially teachers— who want to introduce primary school children to a daily meditation practice. It offers a practical way to follow the teaching of Jesus who knew how much we can learn with children: for it is to such as these that the kingdom of heaven belongs. **£5.00**



CHRISTIAN MEDITATION REFLECTIONS

By Brant Haldimand Norfolk Catholic District School Board

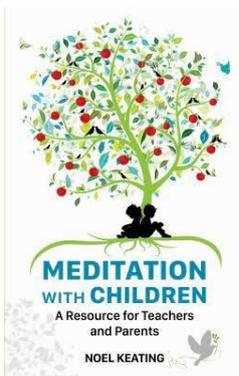
The book contains beautiful drawings and reflections from students on this ancient prayer found in our Catholic tradition. The book was put together by the Brant Haldimand Norfolk Catholic District School Board of Ontario, Canada. **£10.00**



CHILDREN LOVE TO MEDITATE

By Ernie Christie and Cathy Day

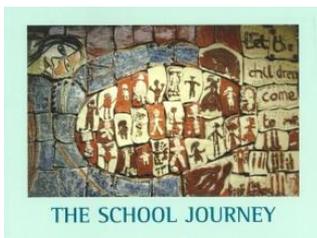
This book contains reflections on Christian meditation in Catholic schools, showcasing many examples of how simple it really is to present to children this ancient yet new way of allowing the Holy Spirit to come to us, and we to God. **£16.99**



MEDITATION WITH CHILDREN: A RESOURCE FOR TEACHERS AND PARENTS

By Noel Keating

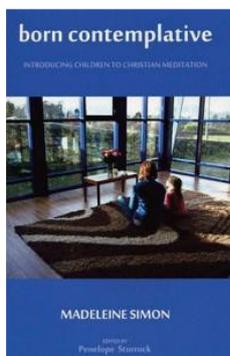
This is a helpful guide to Christian meditation for children. The book encourages adults to experience meditation for themselves and equips them with the tools to introduce the practice to children, including simple lesson plans that can be implemented at home, in the classroom or on a whole-school basis. **£12.99**



THE SCHOOL JOURNEY PHOTOBOOK

Compiled by Charles Posnett & Brijji Waterfield

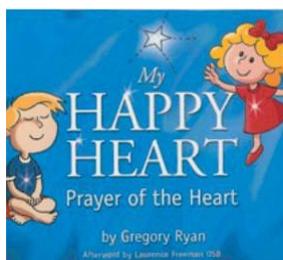
A collection of photos and quotes taken from The School Journey DVD **£6.00**



BORN CONTEMPLATIVE

By Madeline Simon RSCJ

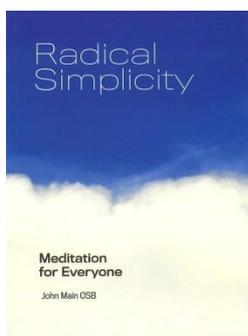
This book helps adults who care for children to share in their openness and longing for God in the silence, stillness and simplicity of Christian meditation. It will help meditators who are looking for a way to introduce meditation to children and encourage those to take up the practice in the interest of children. **£7.99**



MY HAPPY HEART

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. Includes a CD with a tune for children to sing. **£7.99**

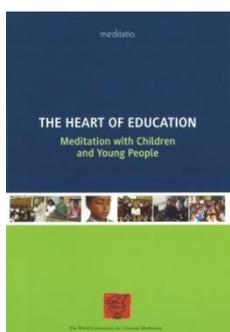


RADICAL SIMPLICITY-Meditation for Everyone

JOHN MAIN OSB

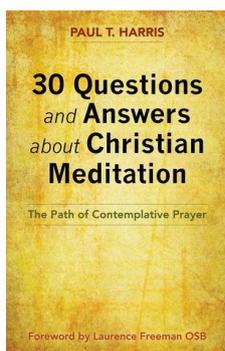
John Main had the spiritual genius of simplicity. And so, his teaching on meditation, born from his Christian tradition, is universal. This collection of his practical wisdom is specially intended for a secular readership. **£6.00 or £10.50**

This is available as a book and CD. Also available on Kindle



THE HEART OF EDUCATION. MEDITATING WITH CHILDREN AND YOUNG PEOPLE

This report celebrates what has been learned about Meditation with Children and Young People within WCCM Communities in many different countries over a remarkably short period of flourishing growth. **£5.00**



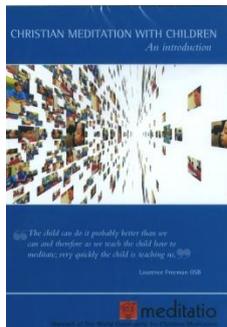
30 QUESTIONS AND ANSWERS ABOUT CHRISTIAN MEDITATION

By Paul Harris

Whether you are exploring Christian Meditation for the first time, meditate regularly, or are returning to this spiritual practice, you will find useful information and inspiration here to motivate and guide you on this journey to the heart of God.

£12.99

DVDs

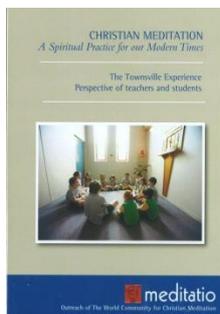


CHRISTIAN MEDITATION WITH CHILDREN: AN INTRODUCTION DVD

Individuals who have been involved in teaching meditation in schools share their views and practical experience. This DVD tells us what Christian Meditation is and how to do it; why we should teach meditation in schools and what the fruits and benefits are. **£9.99**

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

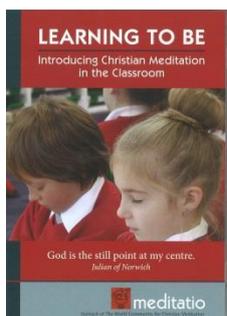
THIS DVD IS ALSO AVAILABLE WITH SUBTITLES IN DUTCH, INDONESIAN, ITALIAN, POLISH, PORTUGUESE & SPANISH **£9.99**



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

Meditation has been introduced in all the 31 schools in the Catholic diocese of Townsville, Australia. This programme has been created and implemented under the leadership of Dr Cathy Day and Ernie Christie **£9.99**

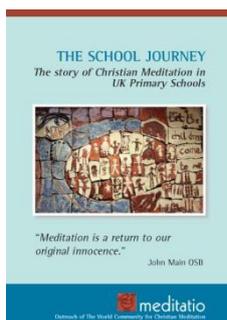
This DVD is also available in the NTSC Format which is suitable for USA, Canada and other countries. To order your NTSC Format please contact www.contemplative-life.org



LEARNING TO BE DVD

Christian Meditation has been adopted by hundreds of schools in more than thirty countries. This DVD tells the story of one of them. It was made in response to requests by teachers to demonstrate practical ways in which this simple prayer of the heart can be introduced to young children between the ages of 3 – 11. **£9.99**

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



THE SCHOOL JOURNEY: The Story of Christian Meditation in UK Primary Schools DVD (PAL)

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. **£9.99**

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

CDs



MEDITATION WITH CHILDREN Songs and Reflections

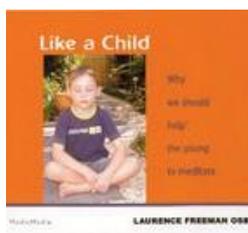
By Alana Levandoski & Noel Keating

This album features beautiful songs and chants by Alana Levandoski which illuminate how children experience the deep inner fruits of meditation **£9.99**



MEDITATION WITH CHILDREN

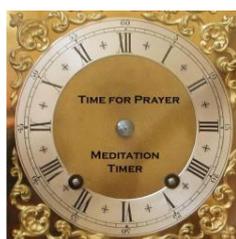
This CD contains presentations by Laurence Freeman, Dr Cathy Day and Rt Revd John Stroyan given at a Meditatio Seminar in the UK in 2010. The talks explore how short periods of silence in meditation can help teachers, educators and parents nurture the wholesome development of children. **£6.00**



LIKE A CHILD

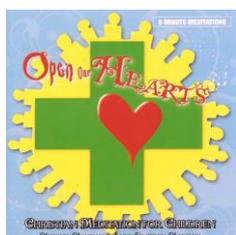
By Laurence Freeman

A child has a natural capacity to experience God as boundless and unconditional love. 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. **£10.00**



MEDITATION TIMER FOR CHILDREN 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. **£9.60 Also available as a download**

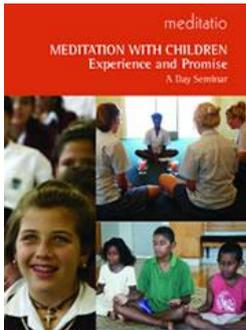


OPEN OUR HEARTS

By Michael Mangan and Anne Frawley-Mangan

A collection of four CDs intended to help teachers and parents easily teach Christian meditation to children of different ages. This CD caters for children of ages 9 to 10. Each track on the CD is designed to lead children through a period of meditation. Each CD also contains PDFs of the lyrics and sheet music for the songs. 5, 7, 9, 11 Minute meditations. **£9.99**

DOWNLOADABLE RESOURCES



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.



USA MEDITATION WITH CHILDREN – A MEDITATIO SEMINAR

By Dr Cathy Day and Ernie Christie

They give a convincing story of the power of teaching meditation to children in schools. Their eight years of experience has born great fruit in the spiritual lives of over 13,000 children ages 3 to 18. The children themselves enjoy meditation and ask for it, especially before exams and major sporting events. **This collection contains 6 videos £23.00**

Share the Gift - a six-week online course for teachers

The online course encapsulates the essential teaching in six lessons so that teachers can confidently pass on the gift of meditation to children and youth.

E. sharethegift@wccm.org

www.courses.learningtomeditate.org

To order these resources contact Medio Media

e. enquiries@mediomedia.com

www.mediomedia.com

For bulk orders contact Meditatio

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www.meditatio.co.uk



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).

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.