

# contents

---

Foreword	4
Preface	5
Introduction	6
The Contemplative Teacher by Laurence Freeman OSB	9
Teaching Christian Meditation to Children by Ernie Christie & Dr Cathy Day	18
Origins of Christian Meditation	24
The Guiding Principle	27
The Purpose of Teaching Christian Meditation to Children	29
The Importance of Prayer	31
Components of Christian Meditation	32
Fruits of Meditation for Children	36
Getting Started	40
Prayer with a Mantra	52
Ten Helpful Hints for the Teacher	55
Frequently Asked Questions about Meditation	57
Possible Questions Children May Ask	66
<b>APPENDICES</b>	
A Useful References & Resources	68
B Praying Scripture with Children	70
C Sample Pamphlet for Parents of Children Starting out in Christian Meditation	71
D Sample PowerPoint Presentation for introducing Parents to Christian Meditation	73
E Sample Information Sheet on Christian Meditation for Parents of Year 7 Children	76
F Sample Posters and Chart on Christian Meditation	78
G Steps for Introducing Teachers to Christian Meditation	83
H Using Rublev's Icon of the Holy Trinity to Introduce Christian Meditation to Teachers	84
I Detailed Approach to Introducing Christian Meditation at a System Level	85
J Paying Attention: The Challenge to Catholic Educators	88
K Ernie Christie - Biography	101
L Laurence Freeman - Biography	102
M The World Community for Christian Meditation	103