

MEDITATION &  
EDUCATION:  
*The Gift of Simplicity*

by Charles & Patricia Posnett

CONTENTS

- 2 SPIRIT-LED
- 4 AWE AND WONDER
- 6 THE SIMPLICITY OF A CHILD
- 8 PRACTICALITIES
- 11 FROM PLAY TO PRAYER
- 13 EDUCATION AND LEARNING TO *Be*
- 15 LEARNING TO BE STILL
- 17 LEARNING TO BE ALL THAT WE CAN BE
- 19 LEARNING TO BE FRIENDS
- 21 FRUITS AND BENEFITS
- 22 WHAT THE CHILDREN SAY
  
- 24 *How to Meditate*
- 25 *Resources*