

Contents

<i>Acknowledgements</i>	v
<i>Foreword</i>	i
Laurence Freeman OSB	
<i>Introduction: Meditation, Monks and Marriage</i>	6
Liz Watson	
<i>Be Still and Know That I Am Here</i>	18
Sandee Bengochea	
<i>“To Meditate Is to Be a Student of Love”</i>	24
Liz Watson	
<i>The Miracle of Healing Each Other</i>	31
Giovanni Felicioni	
<i>Two Gifts, Two Commitments</i>	37
Jane Hole	
<i>Christian Meditation Has Been a Big Blessing in Our Lives</i>	44
Gene and Jan Bebeau	
<i>It Made Real “Becoming One Body” in a More Profound Sense</i>	53
Enrique Lavin	
<i>Meditating for Two</i>	60
Frédérique Saillard	
<i>Together We Explored the Wisdom of the East</i>	63
Kim Nataraja	
<i>Keepin’ on Keepin’ on</i>	69
Pat Prescott	
<i>We Cannot NOT Meditate</i>	74
Liz and Albert King	
<i>Sacraments Are Made for Human Beings</i>	83
Laurence Freeman OSB	

<i>We Are Very Different People</i>	87
Anne Rolfsen and Hilmar Fredriksen	
<i>Flourishing in the Face of Challenges</i>	90
Judi and Paul Taylor	
<i>Our Principal Way of Being Christian Together</i>	96
Carol Hince	
<i>Caring for a Spouse Is the Most Important Thing I've Ever Done</i>	101
Sylvia Cline	
<i>The Pause Revolutionised the Way We Related</i>	102
Michele Ayoung-Chee	
<i>Twice a Day, Every Day</i>	106
Gilly Withers and Charles Posnett	
<i>It's a Work of a Lifetime</i>	112
A Meditator	
<i>Sharing Meditation With Others Encourages and Motivates Us</i>	121
James Loh	
<i>Meditating Together Is Unifying</i>	125
Nick and Linda Polaschek	
<i>It Has Definitely Enriched Our Relationship</i>	130
Andrew Cresswell	
<i>Meditation Provides Meaning and Purpose to the Journey of Marriage</i>	133
Davide Rossi	
<i>Harmony or Dissent?</i>	135
Rosemary Allan-Willcox	
<i>Meditation and Marriage Both Teach Us That Love Is Who We Are</i>	139
Noel Keating	
<i>Meditation Transcended Our Fears and Made Us Look Beyond Ourselves</i>	148
Dominic and Bernadette Heng	
<i>Meditation While Going Through Divorce</i>	154
Jeannie Battagin	
<i>We Are Always Learning a New Alphabet</i>	156
Paul and Teresa Tratnyek	
<i>How to Meditate</i>	165
<i>The World Community for Christian Meditation</i>	166
<i>Bonnevaux: Centre for Peace</i>	168