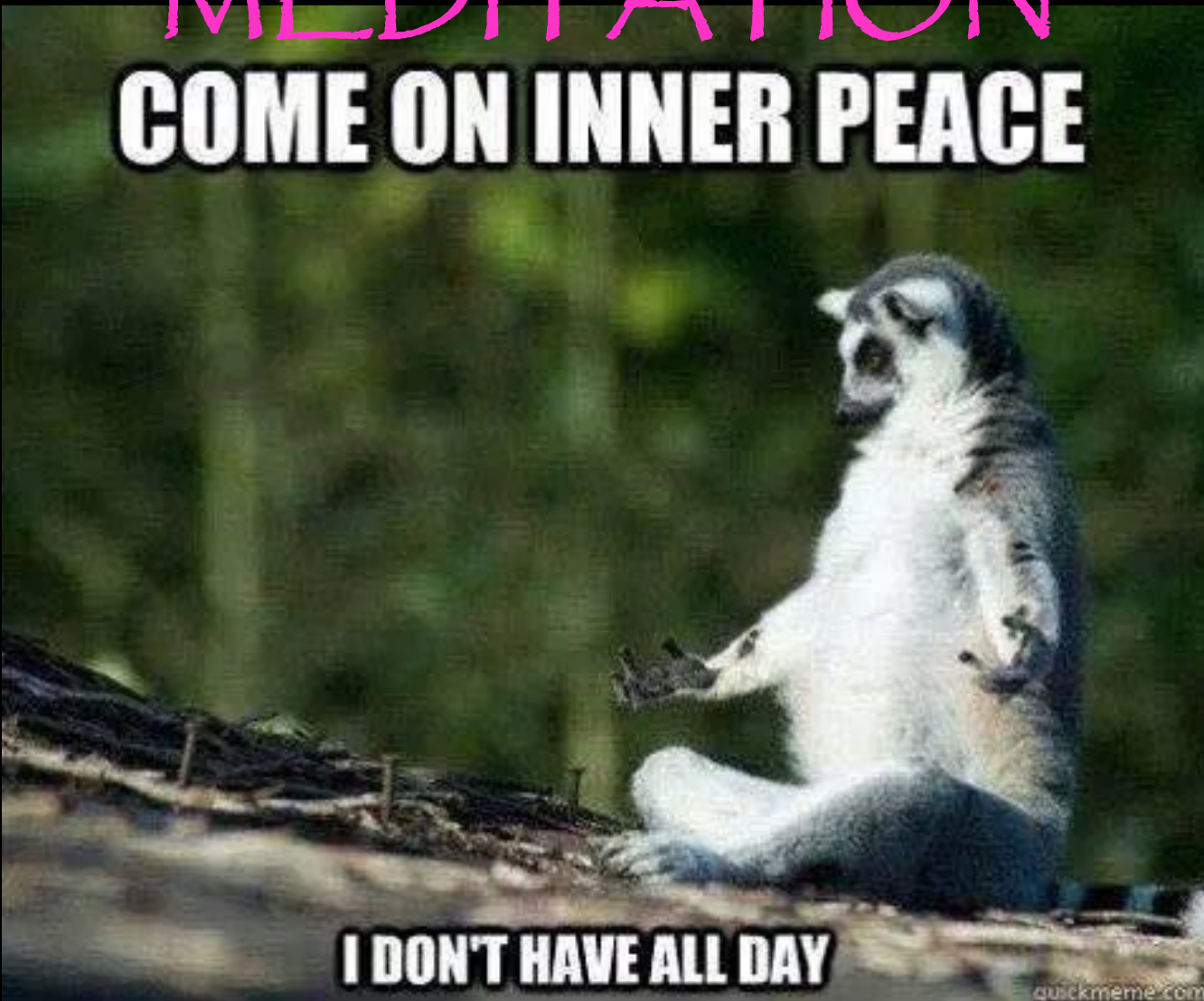


**CHRISTIAN
MEDITATION
COME ON INNER PEACE**



I DON'T HAVE ALL DAY

PRAYER FOR TEACHERS

God of children,

I dedicate this day to you

I offer up to you:

the joy of teaching my students,

the joy of seeing them learn,

the joy of knowing that they are growing
in your love.

I offer up to you:
the hours of frustration and
disappointment,
the times when I know things are not
going right,
the times that I am failing.

I ask you to watch over me and guide me.

I ask you to give me the strength to do my
job the best way I know how.

Create in me

a calm nature

a still heart

a peaceful serenity.

Teach me to know the difference
between the strength of leadership and
the dictates of power.

Help me in my teaching:

the time is mine

the day is theirs

the day is ours.

Amen.

A WANDER THROUGH OUR SESSION

- Why meditation?
- Is meditation Christian?
- Why take up precious learning time with Christian meditation?
- How do you do Christian meditation?
- What am I going to do with my learning/experiences from today?



CHRISTIAN
MEDITATION
CALMS
THE
MONKEY
MIND

Meditation is not relaxation,
although it may lead to a sense of
peace and calm.

Meditation is about praying with
our whole being.

INCREASED NEED FOR SILENCE/STILLNESS IN OUR LIVES

“Without a doubt, a Christian needs certain periods of retreat into solitude to be recollected, and in God’s presence, rediscover his path.”

~ Pope Benedict in a Letter to the Bishops
of the Catholic Church



JESUS WAS A TEACHER OF CONTEMPLATION

*‘But when you pray,
go away by yourself,
shut the door behind
you, and pray to your
Father in private.’*

(St Matthew)

INTERIORITY/ STILLNESS



Interiority and stillness are essential to contemplative prayer.

As the Psalmist says, *“Be still, and know that I am God.”*


(Ps 46:10)

SILENCE

Silence isn't the absence of sound...



...rather the attentiveness of a particular set of sounds at a particular time.

A vibrant green leaf with several water droplets is positioned in the upper half of the frame. The background is a soft, light green gradient. In the lower half, there is a reflection of the leaf and the text on a rippling water surface. The text is centered and reads:

The fruit of Silence is Prayer
The fruit of Prayer is Faith
The fruit of Faith is Love
The fruit of Love is Service
The fruit of Service is Peace
Mother Teresa

MEDITATION IS LEARNING TO PAY ATTENTION / LISTENING

In order to pay attention, we must live in the present moment. *“Learning to pray is learning to live as fully as possible in the present moment.”* (John Main, *Word into Silence*, p34) Père de Caussade called this attitude the *“sacrament of the present moment”*, Rabbi Abraham Heschel called it *“the eternal now.”* When we live in the present moment we no longer worry about tomorrow. As Jesus said in his Sermon on the Mount, *“Do not worry about tomorrow; tomorrow will take care of itself.”* (Mt 6:34) We cast aside all worries in the experience of God’s love for us. (cf. 1 Peter 5:7) We live, now in God’s presence. That is why St

MEDITATION IN THE CHRISTIAN CONTEXT

CCC 2707

Christians owe it to themselves to develop the desire to meditate regularly, lest they come to resemble the three first kinds of soil in the parable of the sower. But a method is only a guide: the important thing is to advance, with the Holy Spirit, along the one way of prayer: Jesus Christ.

CCC 2708

Meditation engages thought, imagination, emotion and desire. This mobilization of faculties is necessary in order to deepen our convictions of faith, prompt the conversion of our heart, and strengthen our will to follow Christ...Christian prayer should go further: to the knowledge of the love of the Lord Jesus, to union with him.

MEDITATING IN THE CHRISTIAN TRADITION



The Nature of Education: Canon 795

Education must pay regard to the formation of the whole person, so that all may attain their eternal destiny and at the same time promote the common good of society. Children and young persons are therefore to be cared for in such a way that their physical, moral, and intellectual talents may develop in a harmonious manner, so that they may attain a greater sense of responsibility and a right use of freedom, and be formed to take an active part in social life.

Pope Francis

A school's mission is to develop the sense of the true, the sense of the good and the sense of the beautiful. [...] These three dimensions are never separated but rather are interwoven. If something is true, it is good and it is beautiful. [...] True education makes us love life, and it opens us to the fullness of life.

I also want to encourage you, educators, to seek new, unconventional forms of education so as to comply with the needs of places, times and people.always go a step "further" and never be satisfied with conventional things.



*Pope Francis to Italian students
10 May 2015*

Why is Meditation important for children?

- It raises consciousness to a new level
- It promotes harmony and health in the body and mind
- It builds the capacity for empathy and compassion for self and others

Why is Meditation important for children?

- It develops a state of being in the child that is flexible, open, loving, non-judgemental, coherent, energetic and stable
- It creates moral, loving people who can then participate in the creation of a moral, loving world



Benefits of Meditation

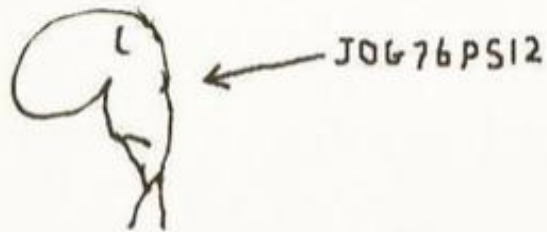


St Paul names the fruits of prayer in his letter to the Galatians (5:22):

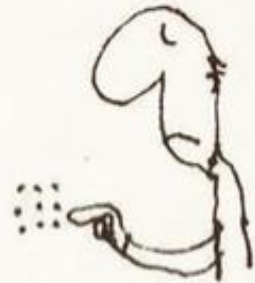


Spiritual Fruits of Meditation

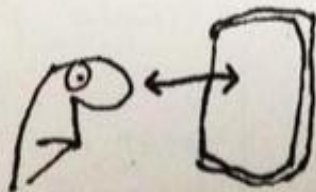
The part of the mind that once held poems is now used for storing passwords.



The part of the mind that once remembered songs is now used for storing PIN numbers



The part of the mind that once helped us to hold each other is now used for processing media content.



The part of the mind that once had no apparent function: it's still as mysterious as ever. It's our greatest hope.



CHRISTIAN MEDITATION IS THE MOST INCLUSIVE FORM OF PRAYER

True prayer leads to social
action, loving relationships, and
more involvement in the world



CHRISTIAN MEDITATION IS LEARNING TO BE

God's unconditional love for us

Christian Meditation helps us open ourselves to God's love. "In union we experience ourselves as known, loved, cherished, cared for." (John Main, *Moment of Christ*, p140) We not only realise that God loves us unconditionally, we also realise that we have meaning for God. As John Main explained from his own experience, "The Spirit dwells in us as absolute gift, unconditionally. It dwells in us in our ordinary humanity, a humanity that is weak, vain or silly, that knows failure, mistakes and false starts. Yet it persists within us with the complete commitment of love."

(*The Present Christ*, p247)

CHRISTIAN MEDITATION IS LEARNING TO GIVE YOURSELF AWAY

Prayer leads to an unselfish way of life. As Jesus taught us: *"Your kingdom come, your will be done on earth as in heaven."* (Mt 6:10)

In prayer we leave self behind. We focus fully on God. *"The prayer of faith consists not only in saying 'Lord, Lord,' but in disposing the heart to do the will of the Father."* (CCC #2611)

In Christian

Meditation, *"we learn to empty our heart of everything that is not God."* (John Main, *The Heart of Creation*, p107)

CHRISTIAN MEDITATION IS A SPIRITUAL



RECOMMENDATION

One minute of meditation per year of life.

K ~ 4 mins

Yr 1 ~ 6 mins

Yr 4 ~ 9 mins

Yr 7 ~ 12 mins

Yr 10 ~ 15 mins

CHRISTIAN MEDITATION

POSTURE

BREATH

SACRED WORD

BLESSING

POSTURE

- On the floor or on a chair
- Hands on lap
- Closed eyes
- Let go of stress
- Sit straight
- Feet on floor
- Head level



BREATH

- The Hebrew word for breath and Spirit is “ruach”.
- Rom 6:26-27 says:
“...the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit...”
- Consciousness of your breathing helps you become more centred and still, more deeply aware of the Spirit within.

SACRED WORD

The reciting of a word or phrase is an expression of love and faith in God's presence.

-MAR-

-A-

-NATH-

-A-

“Come Lord” in Aramaic



- Stay with the same word during the period of meditation.
- If you find that you are distracted by other thoughts, come back gently to your word or phrase again.

BLESSING

- Meditation is a gift, a grace.
- The person meditating becomes a blessing to others, as though they were a candle flame placed on a table and filling the room with light.
- Meditation is not a selfish and solitary act. It is of benefit to the whole world.

A simple summary of Christian Meditation practice:



1 Sit down. Sit still with your back straight.



2 Close your eyes lightly.



3 Then interiorly, silently begin to recite a single word – a prayer word or mantra. We recommend the ancient Christian prayer-word "Maranatha". Say it as four equal syllables.



4 Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and above all - simply.



7 Don't fight your distractions but let them go by saying your word faithfully, gently and attentively and returning to it immediately that you realise you have stopped saying it or when your attention is wandering.



6 Let go of all thoughts (even good thoughts), images and other words.



5 The essence of meditation is simplicity. Stay with the same word during the whole meditation and from day to day. Don't visualise but listen to the word as you say it.





MEDITATING IN THE PRIMARY CLASSROOM



MEDITATION IN THE CLASSROOM

- When beginning, commit to practicing consistently (at least once a week) for a short amount of time (a few minutes).
- As students become more comfortable, increase the time.
- Dim the lights, light a candle, sit students in a circle either on the floor or in chairs – create a focal point and a ritual.
- Guide students through posture, relaxation, consciousness of breathing.

TIPS FOR STUDENTS HAVING DIFFICULTY

- Give those students having difficulty sitting still/concentrating a stress ball or something similar to hold as they meditate.
- If a student has an uncomfortable experience in meditation, ask them to talk to you about it. Suggest that if it happens to open their eyes and stop the practice.
- If students find meditating challenging, persevere, but if you allow students not to participate, have something not disruptive for them to do, such as reading a book.

GETTING STARTED



ICT AND MEDITATION

www.cominghome.org.au

www.theschoolofmeditation.org

www.wccm.org

<http://www.resourcemelb.catholic.edu.au/object.cfm?o=181>

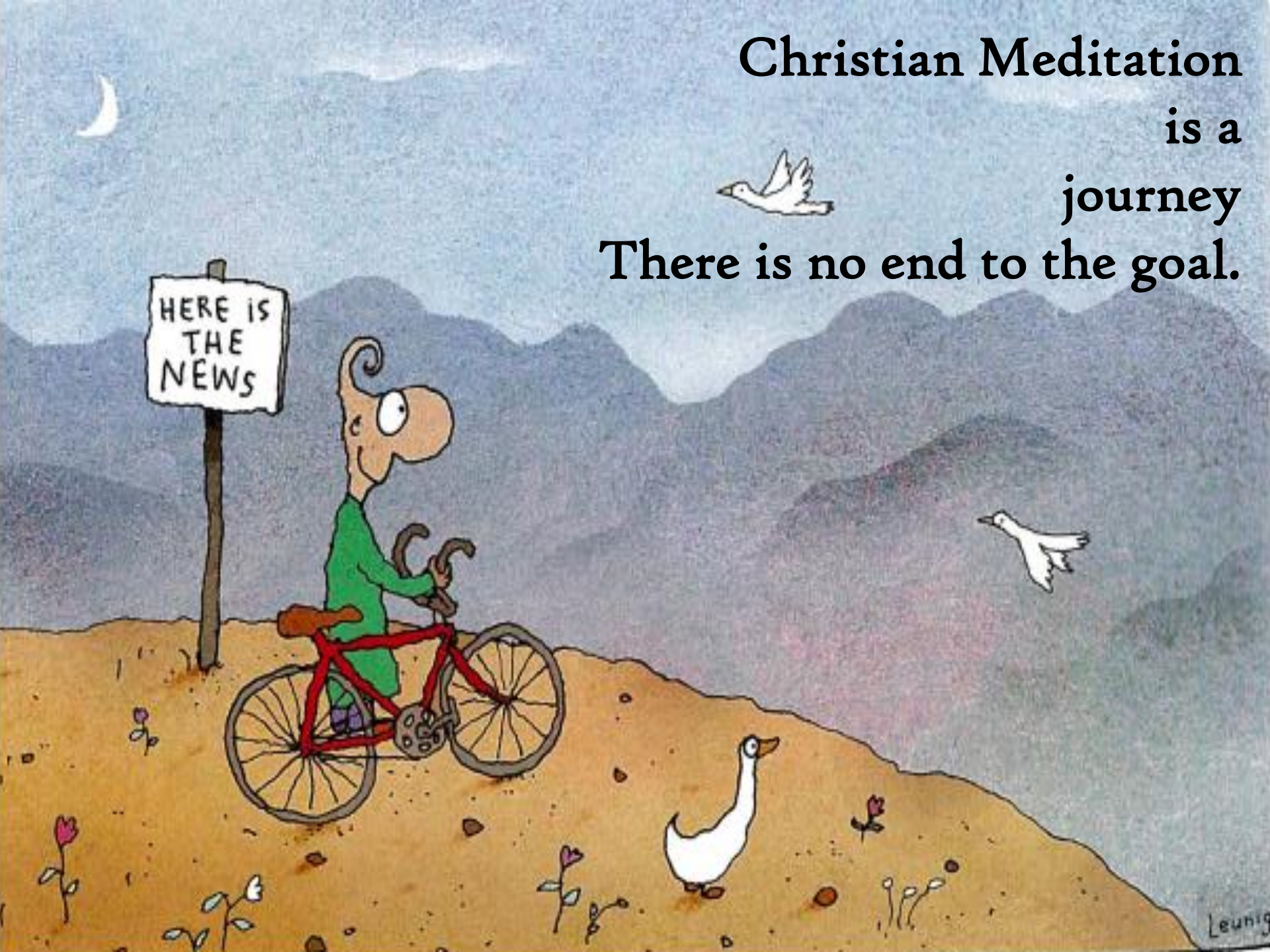
WCCM app

Christian Meditation

is a

journey

There is no end to the goal.



WHERE TO
FROM HERE?