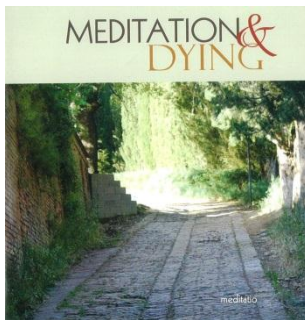


NEW TITLE



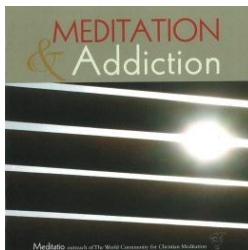
MEDITATION AND DYING. A PERSONAL REFLECTION

ANNE MCDONNELL

With deep, moving insight Anne speaks from personal experience of terminal illness and her discoveries about the meaning and fullness of life that have come through it. **£3.00**

Available on Kindle

ADDICTION

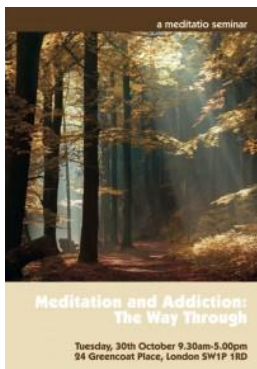


MEDITATION & ADDICTION

JIM GREEN

This booklet is a guide for those who are interested in the role that meditation can have in helping people to recover from all kinds of addictions. It provides information and encouragement for those who want to reclaim their freedom through the daily exercise of this practical spiritual discipline. **£3.00**

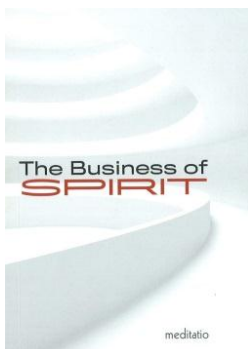
Available on Kindle



MEDITATION & ADDICTION: THE WAY THROUGH

The talks at the Meditatio Seminar held in London 2012 can be downloaded from our online shop www.meditatiostore.com. Addiction is often the response of a self that has been deeply wounded. Can we see a role for the practice of meditation in our response to such patterns of behaviour and lead us to a holistic understanding of ourselves and help us to find a way through our addictions?

BUSINESS



THE BUSINESS OF SPIRIT

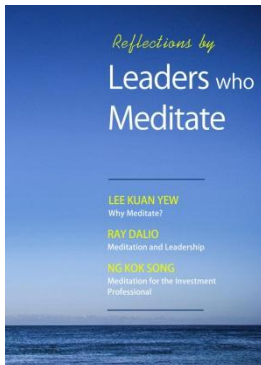
In these presentations, organisational leaders operating at a level of global responsibility talk from personal experience about the practice of meditation and its place in their working lives. They bear witness to the need for a truly enlightened approach to business in which spirituality informs leadership and where contemplation is inseparable from action. Presentations by Laurence Freeman OSB, Sean Hagan, Peter Ng and Ray Dalio. **£3.50**

Available on Kindle



LEADING FROM THE CENTER

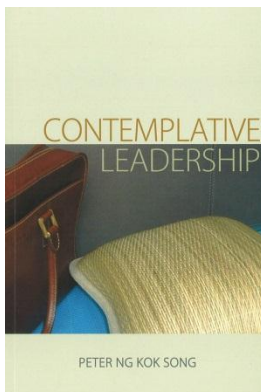
A Meditatio Forum hosted by the McDonough School of Business, Georgetown USA. Representing the fields of finance, global economics and spirituality the speakers address the burning issue of how inspirational and enlightened leadership can give new clarity and direction to our current crisis. Speakers Ray Dalio, Sean Hagan and Laurence Freeman OSB. This can be downloaded from our online shop at www.meditatiostore.com and a DVD will be available soon.



REFLECTIONS BY LEADERS WHO MEDITATE DVD LEE KUAN YEW, RAY DALIO & NG KOK SONG

In separately recorded conversations, three leaders reflect on the practice of meditation in relation to leadership. **£15.00**

This DVD is available from Medio Media
<http://www.mediomedia.com/>



CONTEMPLATIVE LEADERSHIP PETER NG KOK SONG

Meditation is the work of attention. In the practice of meditation, we transcend our ego. This 'self-management' is the key to enlightened leadership.

This book comprises four presentations to business executives and others proposing meditation as a way of cultivating this enlightened leadership. **£6.50**

Available on Kindle

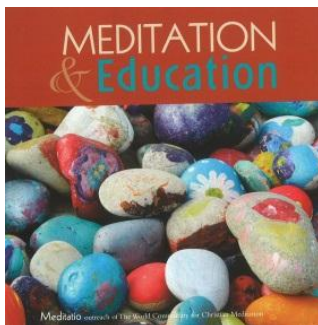
EDUCATION



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 focused on the full development of the child's humanity. **£7.00**

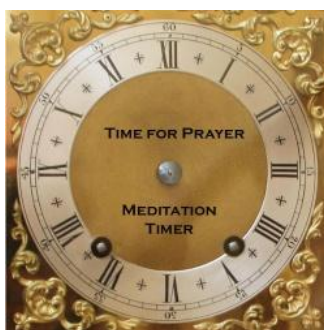
Available on Kindle



**MEDITATION & EDUCATION
CHARLES & PATTY POSNETT**

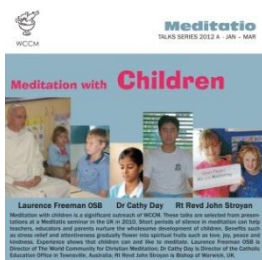
This booklet is a guide for those-especially teachers- who want to introduce primary school children to a daily meditation practice. It offers a practical way to follow the teaching of Jesus who knew how much we can learn with children: for it is to such as these that the kingdom of heaven belongs. **£3.00**

Available on Kindle



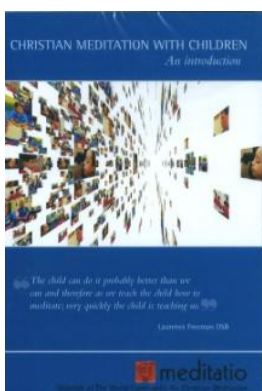
**MEDITATION TIMER FOR CHILDREN
MP3 CD**

This CD enables primary school teachers to run Christian Meditation sessions lasting different lengths of time suitable for various age groups. Sheet music and lyrics for the songs are also included in PDF format. This CD is produced in MP3 format and the tracks must be played on a CD player, phone or computer capable of reading MP3 files. **£9.60**



**MEDITATING WITH CHILDREN
CD**

This CD contains selections from talks by Fr Laurence Freeman, Dr Cathy Day and Rt Revd John Stroyan at the Meditatio Seminar on Meditation with Children, UK 2010. **£6.00**

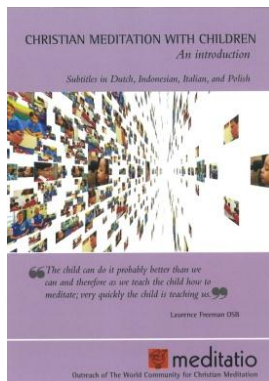


**CHRISTIAN MEDITATION WITH CHILDREN: AN
INTRODUCTION**

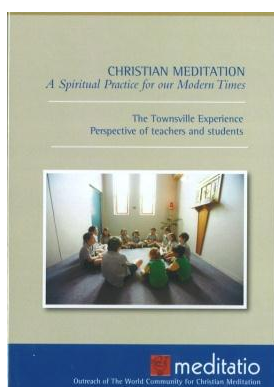
DVD

Individuals who have been involved in teaching Christian Meditation in schools for many years share their views and practical experience. This DVD tells us what Christian Meditation is and how to do it; why we should teach Christian Meditation in schools and what the fruits and benefits are. It also includes research findings on the subject and a case study in the UK. **£9.99**

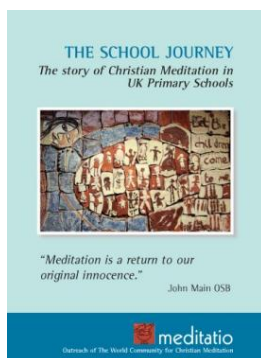
This DVD is also available in the NTSC Format which is suitable for USA, Canada and other countries



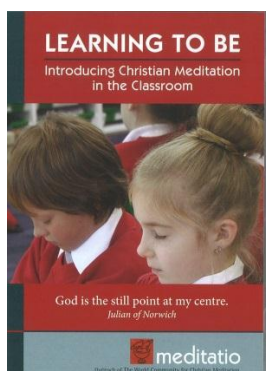
DVD in PAL Format with Dutch, Italian, Polish and Indonesian subtitles



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



This DVD is also available in the NTSC Format which is suitable for USA, Canada and other countries and with Spanish/Portuguese subtitles



CHRISTIAN MEDITATION WITH CHILDREN: AN INTRODUCTION

DVD

Individuals who have been involved in teaching Christian Meditation in schools for many years share their views and practical experience. This DVD tells us what Christian Meditation is and how to do it; why we should teach Christian Meditation in schools and what the fruits and benefits are. It also includes research findings on the subject and a case study in the UK. **£9.99**

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

DVD

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

THE SCHOOL JOURNEY

DVD

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**

LEARNING TO BE Introducing Christian Meditation in the Classroom

DVD

This DVD 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 3-11 years of age. **£9.99**

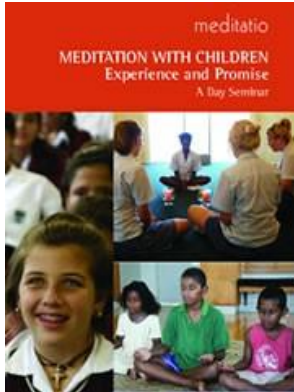
PAL format



THE SCHOOL JOURNEY

THE SCHOOL JOURNEY PHOTO BOOK

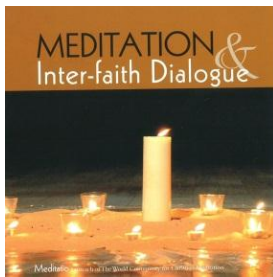
A photo book expressing the simplicity and beauty of Christian Meditation with Children. Photos & quotes from teachers and the children themselves are included. **£6.00**



The Meditatio Seminar on Meditation with Children was held in London in December 2010. Talks from the Seminar can be downloaded from our online shop www.meditatiostore.com

Talks are by Fr Laurence Freeman, Dr Cathy Day, Ernie Christie and Bishop John Stroyan of Warwick.

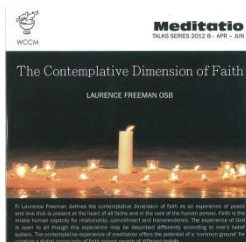
INTERFAITH



MEDITATION & INTERFAITH DIALOGUE LAURENCE FREEMAN

This introductory booklet describes a contemporary way forward for those committed to friendship between religious traditions: a new kind of dialogue nourished equally by silence and by words. **£3.00**

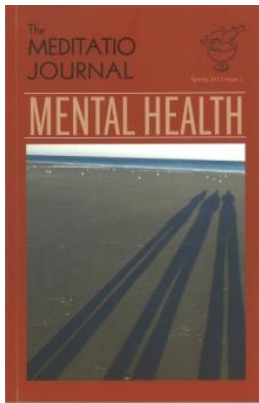
Available on Kindle



THE CONTEMPLATIVE DIMENSION OF FAITH CD

This CD is compiled of talks from the Meditatio Seminar 'Common Ground: The Contemplative Dimension of Faith' held in Singapore in 2012. **£6.00**

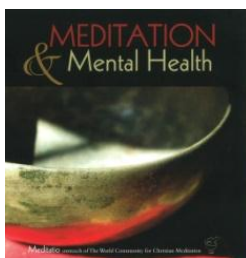
MENTAL HEALTH



THE MEDITATIO JOURNAL ON MENTAL HEALTH Issue 2

The presentations represented in this journal range from accounts of the most recent research linking meditation and wellbeing, to descriptions of the ways in which our mental health services need to be (and, in some cases, are being) reconfigured in the light of what we are continuing to discover about the role of meditation in supporting mental and physical health. **£10.00**

Available on Kindle



MEDITATION & MENTAL HEALTH JIM GREEN

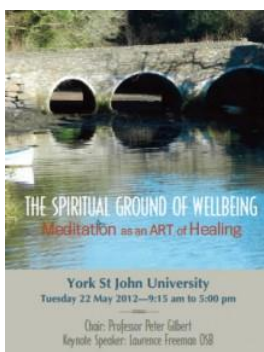
This booklet is a guide for those who are interested in the spiritual dimension of mental health, wellbeing and meditation. It provides information and encouragement for people experiencing mental and emotional distress as well as for those who have the opportunity to offer friendship and support. **£3.00**

Available on Kindle



MEDITATION AND MENTAL HEALTH

The talks at the Meditatio Seminar held in London 2011 can be downloaded from our online shop www.meditatiostore.com. Variety of speakers from different faith traditions look at the role of spirituality and meditation in mental health.



THE SPIRITUAL GROUND OF WELLBEING Meditation as an Art of Healing

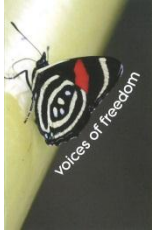
The talks from the Meditatio Seminar held in York, UK in 2012 can be downloaded from our online shop www.meditatiostore.com. A variety of speakers from different faith traditions speak about how meditation can heal and increase our wellbeing.

SOCIAL JUSTICE



JUSTICE

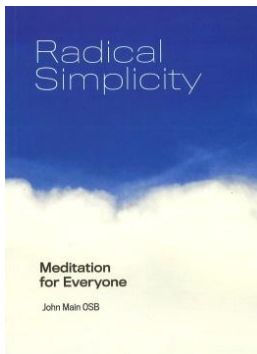
The talks at the Meditatio Seminar held in London in July 2013 can be downloaded from our online shop www.meditatiostore.com. A variety of speakers from the world of penal reform and the prison system talk about the spirituality of Justice. Speakers include Sean Hagan, Baroness Helena Kennedy, James Bishop, Lord Andrew Philips, Richard Cogswell QC, Lord Paul Myners, Sam Settle & Alison Waterhouse



VOICES OF FREEDOM

A small booklet of inspirational quotes on the theme of Justice. **£1.00**

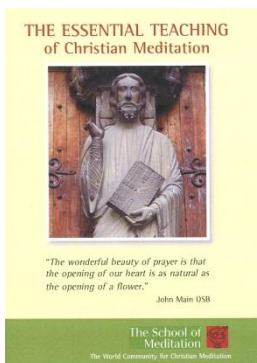
TEACHING ON CHRISTIAN MEDITATION



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 which can also be bought together. Also available on Kindle



THE ESSENTIAL TEACHING OF CHRISTIAN MEDITATION

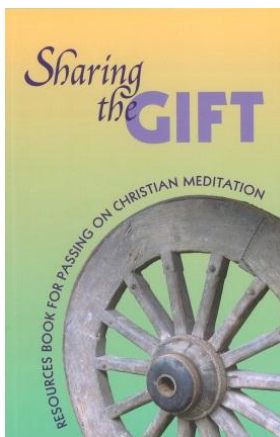
DVD

Three talks that form the core teaching of our tradition presented in a contemporary way.

The Essential Teaching by Fr Laurence Freeman
History of the Tradition by Liz Watson
Stages of the Journey by Kim Nataraja **£10.00**

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

This DVD could be used for Essential Teaching weekends and other community events and retreats.

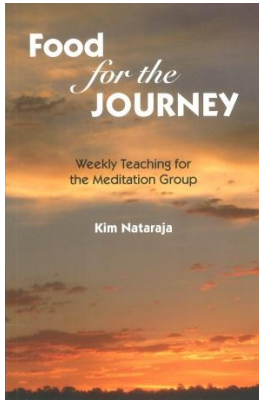


SHARING THE GIFT

ED. KIM NATARAJA

This resources book contains a wealth of articles to support you in the gift of Christian Meditation with others at all levels. The range of contributions allows you a great choice and covers all the aspects of the Essential Teaching of the tradition as taught by The World Community for Christian Meditation. These resources could be used for deepening your own knowledge, nurturing a group you are leading, or as inspiration for giving a talk or organising a meditation event. **£15.00**

Available on Kindle



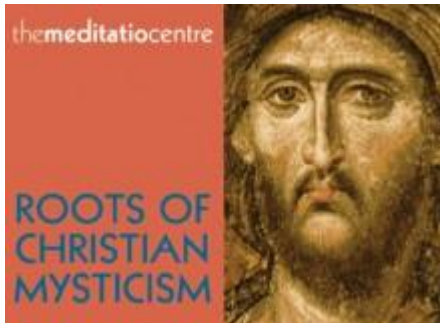
FOOD FOR THE JOURNEY

KIM NATARAJA

This book is composed of three yearly cycles of the Weekly Teachings. As Fr Laurence OSB says, "The Weekly Teachings form an ongoing series that builds up into a solid foundation of the tradition in which we meditate." The book can be used as the teaching element in a weekly group or form part of the discussion after the meditation

£15.00

Available on Kindle



ROOTS OF CHRISTIAN MYSTICISM

These talks held at The Meditatio Centre in London span 2000 years of the Christian mystical tradition.

Each talk can be downloaded from our online shop www.meditatiostore.com.

**All the Meditatio resources are available through the
online shop**

www.meditatiostore.com

or

contact Meditatio

Tel: +44 (0) 20 7278 2070 Email: meditatio@wccm.org

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ordered from Meditatio. Cost £5.00**



Outreach of **meditatio**
The World Community for Christian Meditation