

## What happens in Christian Meditation

Meditation is not about getting into altered states of consciousness or seeing and experiencing anything out of the ordinary. It is about entering more fully into the ordinary and discovering thereby the absolute wonder of it, the presence of God: that the ordinary is shot through with the extraordinary.

Meditation brings about change in the people who do it. The change can best be described in what St Paul called the "Harvest of the Spirit" (Galations 5:22).

Love, joy, peace, patience, kindness, goodness, fidelity, gentleness and self-control.



Christian Meditation will be taught as part of the prayer section from the Religious Education Guidelines.

Christian Meditation will be taught sequentially from Kindergarten to Year 6.

Christian Meditation will be taught by teachers who have been trained in the process of teaching Christian Meditation.

Christian Meditation is a form of prayer and will be practised twice weekly by each class.

Please contact the classroom teacher with any questions.



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## Teaching Christian Meditation to Children Information for Parents

"We are not human beings on a spiritual journey, we are spiritual beings on a human journey" (Stephen Covey)



# Teaching Christian Meditation to Children

## Introduction

Children and young adults are born contemplative but in our busy world we are bombarded from an early age with noises, stimulus and a message to keep busy. The aim of this teaching programme is to teach children the essence of Christian Meditation which is to find God in stillness, silence and simplicity. Or as the Old Testament says: "Be still and know that I am God."

## Purpose of Christian Meditation

The purpose of this programme of Religious Education is to impart knowledge about God and to provide first-hand experience of God's love through the experiential process of "doing" meditation. Sister Madeleine Simon explains "Our set purpose must be to help the children build a loving relationship with Jesus in the flesh and bring them to this same Jesus, present with us now—in the spirit."



## What is Christian Meditation

By allowing children to experience Christian Meditation for themselves John Main believed they would discover their "true selves in their real participation in the reality of God."

The Meditation experiences found in this programme are designed to help children enter into the mystery of the sacred, the heart of true Faith.



## The Fruits of Meditation

Christian Meditation is proven:

- To make children calmer and more relaxed;
- To help create a sense of wonder in children;
- To help create a sense of God in those who meditate;
- To help create a sense of community;
- To allow children to experience God in the silence;
- To allow children a chance to enter into the present moment.

