



The World  
Community  
for Christian  
Meditation

# Catalogue of Resources

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JULY 2016

Meditation is the process in which we  
take time to allow ourselves to become  
aware of our infinite potential.

JOHN MAIN



*To communicate and nurture meditation as passed on through the teaching of John Main in the Christian tradition in the spirit of serving the unity of all.*

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# THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION

[www.wccm.org](http://www.wccm.org)

John Main founded the first Christian Meditation Centre in London in 1975. The World Community for Christian Meditation (WCCM) took form in 1991 after the seed planted then had begun to grow into a far-flung contemplative family. It now continues John Main's vision of restoring the contemplation dimension to the common life of the Church and engages in dialogue in the common ground shared with the secular world and other religions.

The present director of the Community is Laurence Freeman, a student of John Main and a Benedictine monk of the Monastery of Christ our Saviour, Turvey, UK, a monastery of the Congregation of Monte Oliveto. The International Centre of the World Community is based in London with centres in many other parts of the world. The Community is a 'monastery without walls' spread in over a hundred countries.

The Community sponsors events that bring meditators together in dialogue with other traditions and global movements. It also sponsors retreats, and schools for the training of teachers of meditation, seminars, lectures, and other programmes. A quarterly spiritual letter with news of the Community is mailed and also available online. Weekly readings are available by email and a growing number of online resources are being developed to help the spiritual journey.

Medio Media is the publishing arm of the Community producing a wide range of books and audio-visual titles to support the practice of meditation.

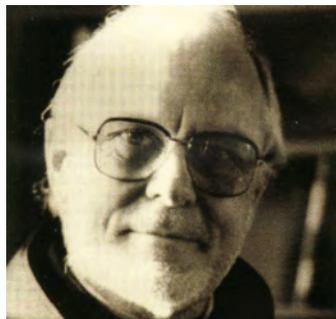
Meditatio is the outreach of the World Community. Coordinated from the Meditatio Centre in London a programme of seminars brings a spiritual approach to key social issues of our time such as education, mental health, peace and justice, business, care for those in recovery and the dying. Meditatio is developing the use of technology in the work of spiritual renewal. It also helps with the formation of a younger generation of meditators who will serve later as leaders of the Community.

The World Community for Christian Meditation  
[www.wccm.org](http://www.wccm.org) ■

# JOHN MAIN

(1926–1982)

John Main OSB was born in London of Irish parents. He joined the army in the last year of the war and worked in the intelligence unit. His job was to pinpoint the exact location of enemy radio signals. He later used this as an analogy for the mantra. The mantra, he said, similarly helped one to stop drifting in prayer and tune in with precision to the wavelength of Jesus, the Word or sound of God that vibrates in us and in all creation.

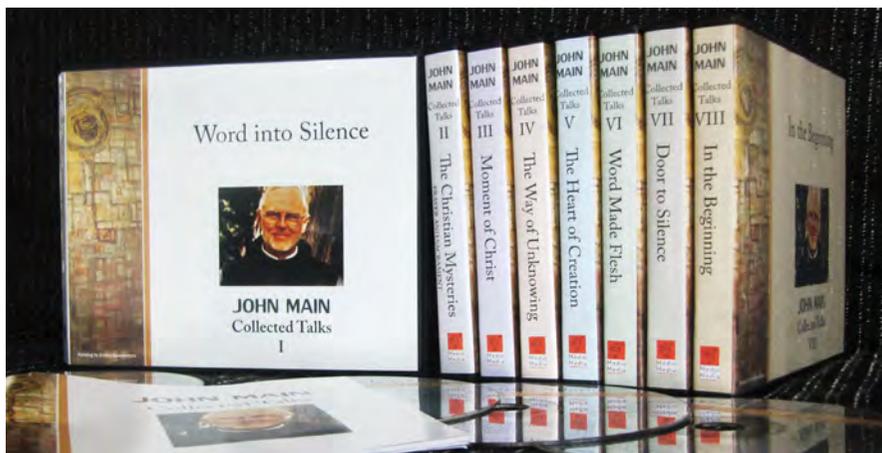


After the war he studied law at Trinity College Dublin, then joined the British Diplomatic Service, and was sent to Malaya. On his return, he became Professor of International Law at Trinity College. In 1958 he became a Benedictine monk at Ealing Abbey in London.

His reading of the Desert Fathers led him to rediscover the ancient Christian tradition of prayer using a 'formula' – a mantra as we now know it. Cassian's *Conferences* on prayer recommended revolving the 'formula' ceaselessly in the heart so that all the riches of thought and imagination can be let go of, and we come 'with ready ease to that first of the Beatitudes: Blessed are the poor in spirit'.

Realising that this prayer of the heart could help many modern people searching for spiritual depth, John Main made it his life's work to teach meditation to lay people. In 1975 he opened the first Christian Meditation Centre at Ealing Abbey in London. This was the seed from which sprang The World Community for Christian Meditation. ■

# WORKS BY AND ABOUT JOHN MAIN



## JOHN MAIN: COLLECTED TALKS VOLUME I-VIII

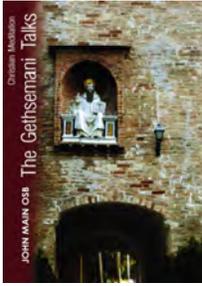
### Sets of CDs

- I WORD INTO SILENCE
- II THE CHRISTIAN MYSTERIES: PRAYER AND SACRAMENT
- III MOMENT OF CHRIST
- IV THE WAY OF UNKNOWING
- V THE HEART OF CREATION
- VI WORD MADE FLESH
- VII DOOR TO SILENCE
- VIII IN THE BEGINNING

### Corresponding Books

- WORD INTO SILENCE
- SACRAMENT: THE CHRISTIAN MYSTERIES
- MOMENT OF CHRIST
- THE WAY OF UNKNOWING
- THE HEART OF CREATION
- WORD MADE FLESH
- DOOR TO SILENCE
- FULLY ALIVE

The Collected Talks of John Main, published on CD and as books, make available to people today the unique and transforming power of his teaching. These talks, first given to the weekly meditation groups John Main taught in Montreal, retain the authority, clarity and humour of his original teaching. They carry the spirit of the gospel directly into the heart. For descriptions, see the following pages.



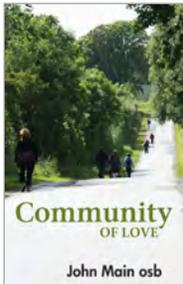
## CHRISTIAN MEDITATION: THE GETHSEMANI TALKS

JOHN MAIN OSB

John Main describes his own spiritual journey on the path of meditation and then shows with depth and clarity how it is a path open to all who wish to 'open themselves fully to the wonder of God, to the enduring present'. These talks, given at Gethsemani Abbey, Kentucky, USA are an excellent introduction to Christian Meditation.

BOOK 145 x 210 mm 54 pages

Published by: Medio Media



## COMMUNITY OF LOVE

JOHN MAIN OSB

This book brings together John Main's insights into prayer, community, monasticism, the spiritual relevance of Mary, and death and dying. His approach to modern dilemmas combines authority with respect for individual freedom, which makes his teaching relevant and helpful for people facing the challenges of our time.

BOOK 135 x 215 mm 112 pages

Published by: Medio Media



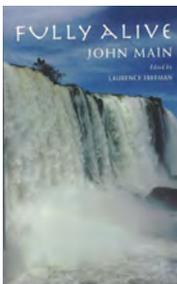
## DOOR TO SILENCE *An anthology for meditation*

JOHN MAIN OSB ed. Laurence Freeman OSB

A collection of short quotes drawn from John Main's writings. The themes relate to the practice of Christian meditation: Peace, Purity of heart, Contacting the centre, Truth, Expectations, Distractions, Union with God, Hope. This is a treasury for meditation and for anyone looking for spiritual inspiration.

BOOK 135 x 215 mm 112 pages  
CD set of 4

Published by: Canterbury Press  
Published by: Medio Media



## FULLY ALIVE *The transforming power of prayer*

JOHN MAIN OSB

This is a prayer companion for every stage of the spiritual journey. John Main invites us to practise meditation as a spiritual discipline and experience the healing and transformative power of being silent before God. The newcomer to meditation will find his practical teaching especially helpful.

BOOK 135 x 215 mm 108 pages  
CD set of 8 Title: *In the Beginning*

Published by Canterbury Press  
Published by Medio Media



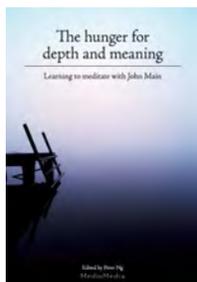
## **HEART OF CREATION, THE** *A way of setting God free in the world*

JOHN MAIN OSB

In this simple, practical guide to 'pure prayer', John Main teaches that we only need to stop looking for words and images, for God to be set free in our hearts. And we begin to pray with 'the mind of Christ', as St Paul says.

BOOK 135 x 215 mm 218 pages  
CD set of 7

Published by Canterbury Press  
Published by Medio Media



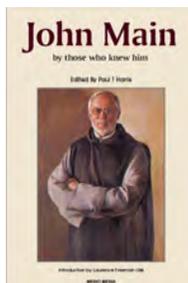
## **HUNGER FOR DEPTH & MEANING, THE** *Learning to meditate with John Main*

ed. PETER NG

These talks, arranged thematically, give a clear and comprehensive overview of John Main's teaching on Christian prayer and meditation. The talks retain the authority, simplicity and humour with which Fr John taught. They are available in book and CD format.

BOOK 145 x 215 mm CD set of 10

Published by Medio Media



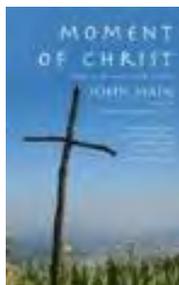
## **JOHN MAIN BY THOSE WHO KNEW HIM**

ed. PAUL T HARRIS

John Main's family, friends and colleagues share personal memories of him, often funny, sometimes touching, always illuminating. Through their stories we meet the man who recovered an ancient form of contemplative prayer and we see how his life authenticates the teaching. Paul Harris has written also a shorter biography titled *John Main: A Biography*.

BOOK 135 x 215 mm 312 pages  
145 x 210 mm 82 pages

Published by Medio Media  
Published by Medio Media



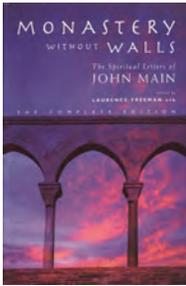
## **MOMENT OF CHRIST** *Prayer as the way to God's fullness*

JOHN MAIN OSB

John Main turns to the source and focus of all his teaching on prayer – the presence of Christ in our heart. If we enter into the prayer of Christ, the stream of love that flows between Jesus and his Father, we can find fullness of life. The way is silence, stillness and, he emphasises, simplicity.

BOOK 135 x 215 mm 128 pages  
CD set of 8

Published by Canterbury Press  
Published by Medio Media

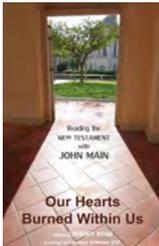


**MONASTERY WITHOUT WALLS** *The spiritual letters of John Main*

ed. LAURENCE FREEMAN OSB

This is a complete collection of John Main's letters of spiritual direction to the meditation community. The letters offer spiritual wisdom and insight that is as fresh and relevant for today as when they were first written.

BOOK 154 x 232 mm 263 pages Published by Canterbury Press

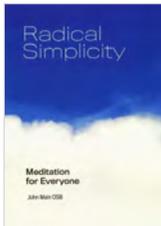


**OUR HEARTS BURNED WITHIN US** *Reading the New Testament with John Main*

ed. GREG RYAN

This is a selection of John Main's writings on scripture passages that nourished his insight into the Christian understanding of meditation. His insight will help us see why we meditate in Christian faith. Practical guidance on how to meditate is included for people wishing to start meditating.

BOOK 125 x 200 mm 128 pages Published by Medio Media

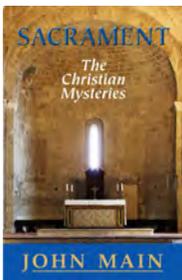


**RADICAL SIMPLICITY** *Meditation for everyone*

JOHN MAIN OSB

John Main was deeply rooted in his Christian tradition yet, with the spiritual genius of simplicity, he was able to present his teaching on meditation in a way that could be universally understood. This compilation of his basic teaching will appeal to a secular readership. The talks are available also on CD.

BOOK 125 x 185 mm 40 pages CD x 1 Published by Meditatio

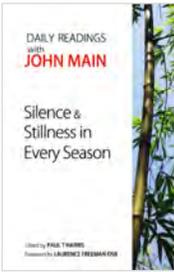


**SACRAMENT: THE CHRISTIAN MYSTERIES**

JOHN MAIN OSB

John Main helps us rediscover the sacraments in our modern age. He offers a new way of describing these ancient truths and seeing them as healing, enlightening mysteries of the mystical dimension. His reflections show how appreciation of our faith first springs not from the head but from the heart.

BOOK 135 x 210 mm 72 pages CD set of 2 Title: *The Christian mysteries: prayer and sacrament*  
Published by Medio Media



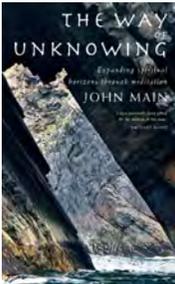
**SILENCE & STILLNESS IN EVERY SEASON** *Daily Readings with John Main*

ed. PAUL THARRIS

While these daily readings offer gentle encouragement and wise inspiration for our times of meditation, they are helpful inspiration for our spiritual journey at any time. John Main goes to the roots of spirituality, teaching us to move beyond words and images to arrive at 'purity of heart'.

BOOK 130 x 200 mm 216 pages

Published by Medio Media



**WAY OF UNKNOWING, THE** *Expanding spiritual horizons through meditation*

JOHN MAIN OSB

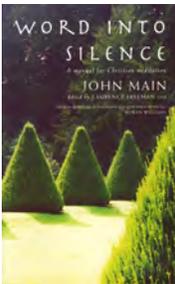
John Main understood that the remedy for the malaise that affects people is the love of Christ. In the short chapters of this book, he shows how we can find the way to this love and root ourselves in it. It is the way of dispossession, and unknowing.

BOOK 135 x 215 mm 144 pages

Published by Canterbury Press

CD set of 9

Published by Medio Media



**WORD INTO SILENCE** *A manual for Christian meditation*

JOHN MAIN

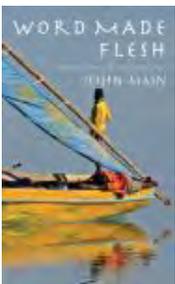
This book offers a practical twelve-step programme that teaches how to be at peace with ourselves so that we might let the presence of Christ flood our lives. It makes clear the meaning and purpose of meditating so that we may embark on the journey with deeper understanding and commitment.

BOOK 135 x 215 mm 103 pages

Published by Canterbury Press

CD set of 4

Published by Medio Media



**WORD MADE FLESH** *Becoming fully alive through prayer*

JOHN MAIN OSB

John Main opens up deeper insights into the prayer of silence, stillness and simplicity. He explains how it enables us to bring the whole of our being to God so that the power released into the world by the life, death and resurrection of Jesus can flow through our hearts and into the world.

BOOK 135 x 215 mm 78 pages

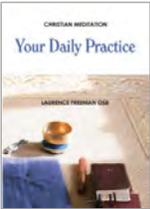
Published by Canterbury Press

CD set of 5

Published by Medio Media



## Learning to Meditate



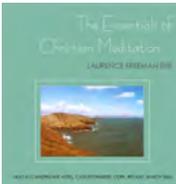
### **CHRISTIAN MEDITATION: YOUR DAILY PRACTICE**

LAURENCE FREEMAN OSB

This book gives a basic introduction to Christian meditation as a way to depth and meaning in one's life. Laurence Freeman deals clearly and usefully with the simple but sometimes puzzling questions such as: What is prayer? How do we pray? How do we look at progress on this journey?

BOOK 105 x 150 mm 64 pages

Published by Medio Media



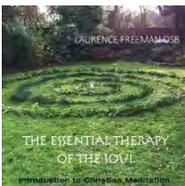
### **ESSENTIALS OF CHRISTIAN MEDITATION**

LAURENCE FREEMAN OSB

These talks present simple instructions focusing on the essential elements of meditation. Laurence Freeman explains meditation as the "hidden treasure" at the heart of spiritual practice, which when discovered will bear fruit in joyful living and loving relationships. This CD is especially helpful for the newcomer to meditation.

CD x 1

Published by Medio Media



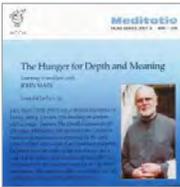
### **ESSENTIAL THERAPY OF THE SOUL, THE *Introduction to Christian meditation***

LAURENCE FREEMAN OSB

Fr Laurence introduces meditation as a spiritual discipline and a way of healing and wholeness. Meditation, he says, is a journey from the mind to the heart, where we meet Christ and experience his transforming love. It is the essential therapy of the soul. His lucid teaching and responses to questions will inspire and encourage you to begin the journey.

CD x 1

Published by Medio Media



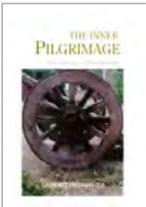
## **HUNGER FOR DEPTH AND MEANING, THE**

JOHN MAIN OSB

These extracts from the complete set of 10 CDs by the same title focus on the essence, the purpose and the way of Christian meditation by the first teacher of this way of prayer. They give a good basic understanding of and introduction to the practice of meditation.

CD x 1 (Meditatio Talks Series 2007-B)

Published by WCCM



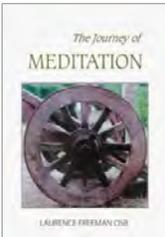
## **INNER PILGRIMAGE, THE** *The journey of meditation*

LAURENCE FREEMAN OSB

This little book offers a clear, comprehensive introduction to meditation for the newcomer and a deeper understanding of the meaning and purpose of the practice for those on the journey. It is essentially the script of the DVD and the CD *The Journey of Meditation* and can be used in conjunction with them, or read on its own.

BOOK 105 x 150 mm 64 pages

Published by Medio Media



## **JOURNEY OF MEDITATION, THE**

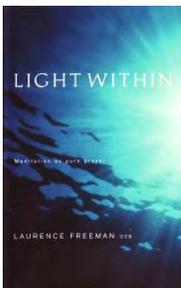
LAURENCE FREEMAN OSB

These talks, in CD and DVD format, give a simple, clear understanding of the meaning and purpose of Christian meditation as a way of prayer. They correspond with the book *The Inner Pilgrimage* and can be beneficially used in conjunction with the book or taken on their own.

DVD x 1 with subtitles in English, Mandarin and Indonesian (NTSC)

CD x 1

Published by Medio Media



## **LIGHT WITHIN** *Meditation as pure prayer*

LAURENCE FREEMAN OSB

This book provides spiritual wisdom and a theological foundation for the practice of meditation. For those who have a head belief in it yet experience a block to practising it, the book offers encouragement to begin. For those on the way, it offers a deeper understanding of the journey and encouragement to persevere.

BOOK 125 x 195 128 pages

Published by Canterbury Press



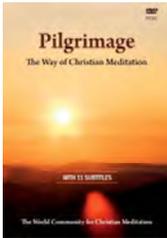
### **LORD TEACH US TO PRAY** *Introduction to Christian meditation*

LAURENCE FREEMAN OSB

Fr Laurence draws on the Sermon on the Mount to identify seven essential elements of Jesus' teaching on prayer. He shows how meditation responds to these teachings, and takes us beyond the ego to a place of deep trust, in the silence of God's presence.

CD x 1

Published by Medio Media



### **PILGRIMAGE** *The way of Christian meditation*

LAURENCE FREEMAN OSB

This video introduces the practice and the context of meditation in Christian tradition. It also gives an overview of how meditation builds community and expresses itself in work for peace, social justice and compassion.

DVD x1 (NTSC with subtitles in 11 languages) Published by Medio Media



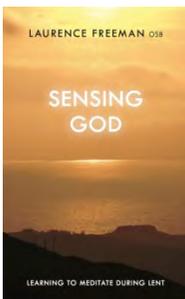
### **QUESTIONS ON MEDITATION**

JOHN MAIN OSB & LAURENCE FREEMAN OSB

These questions and responses deal with the challenges that the demanding discipline of meditation presents especially to new meditators. John Main's and Laurence Freeman's wisdom and understanding will encourage anyone struggling with their practice of meditation.

CD x 1 (Meditatio Talks Series 2012-D)

Published by WCCM



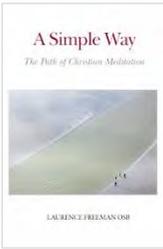
### **SENSING GOD** *Learning to meditate during Lent*

LAURENCE FREEMAN OSB

Fr Laurence teaches meditation as a way to enter the desert experience. The daily reflections highlight particular Gospel themes and their continued relevance for today. While Fr Laurence suggests Lent as a good time to begin meditating, the book can be used to enter into the desert experience through the three liturgical years and in any liturgical season.

BOOK 130 x 200 mm 128 pages

Published by SPCK Publishing



### **SIMPLE WAY, A** *The path of Christian meditation*

LAURENCE FREEMAN OSB

This book touches the basic theology of Christian meditation that, at the core of our being, in our heart, is the mind of Christ. Fr Laurence shows us a simple way of reaching that centre, a path through all the noise, distraction and agitation of the mind to the silent, still centre of the heart where we experience the transforming love of God.

BOOK 125 x 185 mm 64 pages

Published by Medio Media

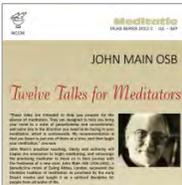


### **TIMEPEACE** *For your time of meditation*

These CDs are designed to help meditators in their daily practice. A simple teaching, an opening prayer by John Main, followed by contemplative music and quiet chimes lead you into a timed period of silence. Chimes and music then lead gently you out of meditation. The timed silence is available in periods of 20, 25 and 30 minutes.

CD x 4

Published by Medio Media



### **TWELVE TALKS FOR MEDITATORS**

JOHN MAIN OSB

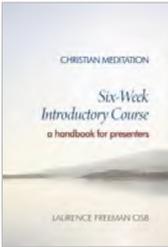
These talks are an excellent introduction to meditation. They help you prepare for meditation. John Main brings your mind to a state of peacefulness and concentration and points you in the direction you should be facing in meditation, which is centrewards.

CD x 1 (Meditatio Talks Series 2012-C)

Published by WCCM

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# The Teaching of Christian Meditation



## **CHRISTIAN MEDITATION: SIX-WEEK INTRODUCTORY COURSE**

*A handbook for presenters*

LAURENCE FREEMAN OSB

This handbook is a step-by-step guide for presenting an introductory course on Christian meditation over six sessions. It offers all the necessary materials for running the course, including links to online recordings, so that meditators can be confident to speak on the teaching.

BOOK 135 x 200 80 pages

Published by Medio Media



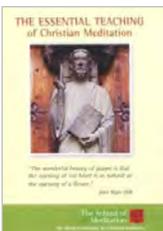
## **ESSENTIAL TEACHING , THE**

LAURENCE FREEMAN OSB

These talks focus on meditation as a way to balance in a stressful and confusing world. Laurence Freeman sees meditation as a necessity in every human life; it brings together mind and heart and restores harmony within the individual. The talks were given at retreat for priests in Malaysia 2010.

CD x 1 (Meditatio Talks Series 2011-B)

Published by WCCM



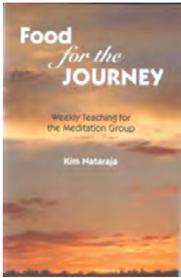
## **ESSENTIAL TEACHING OF CHRISTIAN MEDITATION, THE**

LAURENCE FREEMAN OSB, LIZ WATSON, KIM NATARAJA

The core teaching of our tradition of meditation is presented here in a contemporary way in three talks: 'The Essential Teaching' by Laurence Freeman OSB; 'The History of the Tradition' by Liz Watson; 'Stages of the Journey' by Kim Nataraja. This DVD deepens our understanding of meditation and is useful at retreats and training programmes.

DVD x 1 (NTSC and PAL)

Published by Meditatio



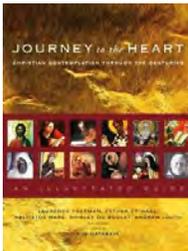
### **FOOD FOR THE JOURNEY** *Weekly teaching for the meditation group*

KIM NATARAJA

This book is composed of three yearly cycles of weekly teachings by Kim Nataraja. These weekly teachings form a series that builds up into a solid foundation of the tradition in which we meditate. The articles can be used as the teaching element at a weekly meditation meeting, or form part of the discussion after the meditation.

BOOK 165 x 255 mm 168 pages

Published by Meditatio



### **JOURNEY TO THE HEART** *Christian contemplation through the centuries – an illustrated guide*

ed. KIM NATARAJA

This book is an in-depth and richly illustrated exploration of Christian contemplative spirituality from New Testament times to the present day. It reveals the life and teachings of the greatest Christian mystics through the centuries from Jesus to modern day mystics such as Merton and John Main.

BOOK 165 x 225 mm 448 pages

Published by Canterbury Press



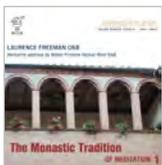
### **MEDITATING AS A CHRISTIAN**

LAURENCE FREEMAN OSB

Christians, who would like to meditate and to do so in the context of their own Christian faith, will be encouraged and inspired by these talks. Laurence Freeman gives a deep understanding of meditation as a way of prayer with roots in the early Christian church.

CD x 1 (Meditatio Talks Series 2013-C)

Published by WCCM



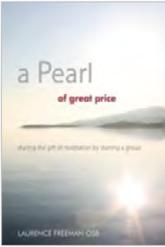
### **MONASTIC TRADITION OF MEDITATION, THE (Vol 1 & 2)**

LAURENCE FREEMAN OSB

These talks show how we can 'pray without ceasing' as St Paul instructs. Meditation, based on the imageless prayer of the early desert monks, integrates our two centres of intelligence, the head and the heart, so that work and prayer are not separate but flow one into the other. This, Laurence Freeman says, is the state of continuous prayer.

CD x 2 singles (Meditatio Talks Series 2016-A & -B)

Published by WCCM



## **PEARL OF GREAT PRICE, A** *Sharing the gift of meditation by starting a group*

LAURENCE FREEMAN OSB

Laurence Freeman encourages meditators to start a meditation group. In so doing they will deepen their own practice by sharing and being of service to others. In this handbook, he offers simple suggestions and practical ideas on how to start a group, sustain it and nurture it along the way.

88 pages 135 x 200 mm 88 pages

Published by Medio Media



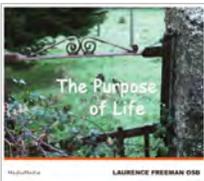
## **PRAYER THAT JESUS TAUGHT, THE (Vol 1 – 4)**

GERRY PIERSE CSsR

Gerry Pierson teaches Christian meditation as a way to savour God's unconditional love which is pure gift – not something we can earn, nor something we can lose. Experiencing this love in meditation, he says, will change our attitude to success, possessions, power, and will set us free to love God, neighbour, and self.

CD x 4 singles (Meditatio Talks Series 2006 A-D)

Published by WCCM



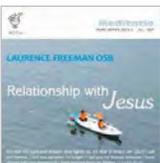
## **PURPOSE OF LIFE, THE**

LAURENCE FREEMAN OSB

This insightful exploration of the nature of meaning, love, and healing makes us look at our life's priorities. A regular practice of meditation, Laurence Freeman says, opens us to the love of God within ourselves. This brings us to harmony and integration with ourselves and we see love as the ultimate meaning of life.

CD x 2

Published by Medio Media



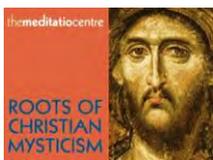
## **RELATIONSHIP WITH JESUS**

LAURENCE FREEMAN OSB

These talks help us understand meditation as a way of deepening our relationship with Jesus. Repeating the mantra moves us out of habitual self-fixation and focuses our attention on the presence of Jesus in our heart. A mutual recognition develops and we move into relationship with him leading to a union of lives.

CD x 1 (Meditatio Talks Series 2015-C)

Published by Medio Media

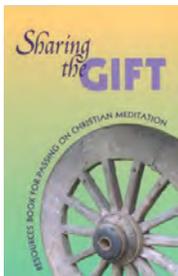


## ROOTS OF CHRISTIAN MYSTICISM

These talks held at The Meditatio Centre in London span 2000 years of the Christian mystical tradition. They give a broad and deep appreciation of the tradition in which we meditate. The talks are available online and can be downloaded individually.

ONLINE VIDEO

Published by Meditatio



## SHARING THE GIFT

ed. KIM NATARAJA

The range of contributions in this book covers all the aspects of the essential teaching of Christian meditation. This resource could be used for deepening your own understanding, nurturing a group, or as inspiration for giving a talk.

BOOK 165 x 255 mm 160 pages

Published by Meditatio



## SPIRIT IN THE DESERT, THE

ROWAN WILLIAMS

The early Desert Fathers and Mothers had much to teach us about dealing with the anxieties, uncertainties, and sense of isolation. Rowan Williams draws on their wisdom to reflect on questions that deeply touch our modern lives and encourages us to enter into the challenges and simplicity of the desert to find healing for our fragmented condition.

CD x 1 (Meditatio Talks Series 2015-B)

Published by WCCM

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# Spirituality



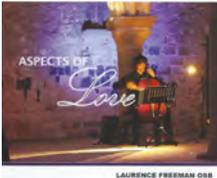
## **ART OF HAPPINESS, THE**

LAURENCE FREEMAN OSB

Fr Laurence shows how the practice of meditation leads to true happiness. Pointing to the Beatitudes as a universal blueprint for happiness – ‘happy are the poor in spirit’ – he says that repeating the mantra simply and faithfully is a direct entry into the poverty of spirit that enables us to face adverse situations with the wisdom that enriches all. This is the test of our art of happiness.

CD x 3

Published by Medio Media



## **ASPECTS OF LOVE**

LAURENCE FREEMAN OSB

These talks dwell on three aspects of love: love of self, love of others, love of God. Learning to love ourselves goes hand in hand with learning to love others, and God. It teaches us who God is, because it is only by loving that we discover who God is. The regular practice of meditation, Fr Laurence says, teaches us to love by gradually leading us beyond self-centredness to other-centredness.

CD x 3

Published by Medio Media



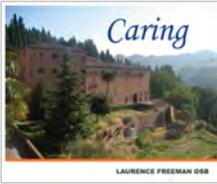
## **BEAUTY'S FIELD** *Finding God in unexpected places*

LAURENCE FREEMAN OSB

This book explores how God's transforming presence can be found in the most unlikely places, not only in the world's beauty but even in its tragedy. Memorable stories movingly reveal how the sacred strains to find expression in every life, every place, every day.

BOOK 136 x 217 mm 128 pages

Published by Canterbury Press



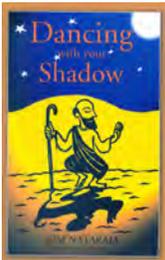
## CARING

LAURENCE FREEMAN OSB

Laurence Freeman explores how we can learn to care better for each other and to realise that we are ultimately cared for. Meditation is caring for oneself; the discipline frees us from the tendency to slip into fantasy and opens us to divine love. This helps us cope better with the daily cares of life and enables us care for others.

CD x 6

Published by Medio Media



## DANCING WITH YOUR SHADOW

KIM NATARAJA

This book is about integrating the ego and the true self on the spiritual path. It deals with what helps and what hinders us in practising the discipline of meditation. Kim Nataraja offers practical ways to deal with our chaotic thoughts so that we learn to dance with them rather than flee from them.

BOOK 140 x 216 mm 224 pages

Published by Medio Media



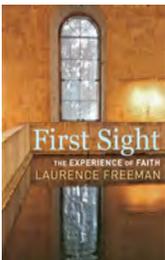
## EIGHT BIG PROBLEMS OF LIFE, THE

LAURENCE FREEMAN OSB

The seven deadly sins were first formulated by the Desert Fathers as the eight principal faults. Drawing on their wisdom Fr Laurence sees these inner struggles as stemming from the human quest for God, and they can be overcome through the asceticism and discipline of meditation as a deep spiritual practice.

CD x 3

Published by Medio Media



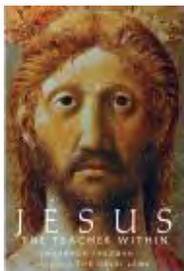
## FIRST SIGHT *The experience of faith*

LAURENCE FREEMAN OSB

Fr Laurence redefines faith for our modern age. Faith, he says, is more than belief: it is a contemplative vision that changes us from within. He shows how meditation gives us a new sense of the spiritual dimension that can transform the way we approach life and our view of ourselves in society. His fresh vision is richly illustrated from his life experience.

BOOK 137 x 215 mm 166 pages

Published by Bloomsbury



## **JESUS THE TEACHER WITHIN**

LAURENCE FREEMAN OSB

Laurence Freeman explores Jesus' question 'Who do you say I am?' in the light of some of the big issues of religious understanding: the historical reality of Jesus, experiential reading of Scripture, personal conversion. The book takes us on a journey of rediscovery that will elicit a powerful response.

BOOK 155 x 228 mm 272 pages

Published by Canterbury Press



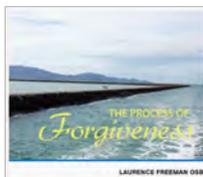
## **MILESTONES** *Stages of life in the light of meditation*

LAURENCE FREEMAN OSB

Fr Laurence explains how meditation can help us to experience the milestones of our life, from childhood to death, as stages of maturing in Christian faith. Meditation allows the ego to develop naturally, moving us in stages beyond the ego into our true self in Christ. These talks offer deep insights into the meaning of life's journey and inspire us to review our direction.

CD X 2

Published by Medio Media



## **PROCESS OF FORGIVENESS, THE**

LAURENCE FREEMAN OSB

Forgiveness, Fr Laurence says, is a process of letting go of the bitterness that hurt creates. And letting go is part of a deeper process of prayer, a response to Jesus' call to leave self behind. Meditation is a way of prayer that takes us beyond the ego to our heart where God's love can touch us. Vengeance then is no longer an issue and forgiveness happens.

CD X 2

Published by Medio Media



## **SELFLESS SELF, THE** *Meditation and the opening of the heart*

LAURENCE FREEMAN OSB

Laurence Freeman teaches a way of silent prayer that can liberate us from the present-day addiction to materialism and bring us to the depth of compassion. Being in God's presence in silence opens us to the mystery of life, to seeing from God's perspective, to the power of a faith that heals and transforms us.

BOOK 135 x 215 176 pages

Published by Canterbury Press

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# OUTREACH

## Leadership, Business and Finance



### **BUSINESS OF SPIRIT, THE** *A conversation on leadership*

LAURENCE FREEMAN OSB, SEAN HAGAN, PETER NG, RAY DALIO

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.

BOOK 110 x 150 mm 48 pages

Published by Meditatio



### **CONTEMPLATIVE EXECUTIVE, THE** *Talks on meditation for the business executive*

PETER NG KOK SONG

Peter Ng speaks from personal experience: 'The first challenge for the executive is to take a step away from the busyness of the business world.' He found this step in the simple practice of meditation, which is a work of coming to single-minded attention. This practice clarifies our perception and enables us to set priorities.

CD x 2

Published by Medio Media



### **CONTEMPLATIVE LEADERSHIP**

PETER NG KOK SONG

The key to enlightened leadership, Peter Ng says, is 'self-management', learning to shift our focus from self to the other. Meditation is a work of 'selfless attention'. This detachment from our ego enables a clearer perception of reality that enriches work and relationships; we understand leadership as acceptance of responsibility not exercise of power. The talks are also available on the CD: Meditation & Business.

BOOK 125 x 186 mm 84 pages

Published by Meditatio



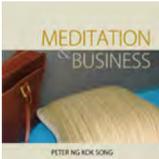
## LEADING FROM THE CENTER

RAY DALIO, SEAN HAGAN, LAURENCE FREEMAN OSB

These talks were recorded at 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 clarity and direction to our current crisis.

ONLINE VIDEO

Published by Meditatio



## MEDITATION & BUSINESS

PETER NG KOK SONG

This is an audio recording of the talks in the book *Contemplative Leadership*. Speaking from personal experience, Peter Ng recommends the discipline of meditation as a simple way to come to human wholeness, and develop one's potential for leadership.

CD x 1

Published by WCCM



## REFLECTIONS BY LEADERS WHO MEDITATE

LEE KUAN YEW, RAY DALIO, NG KOK SONG

In separately recorded conversations, three leaders of international standing in their own fields reflect on the practice of meditation in relation to leadership.

DVD x 1 (NTSC with subtitles  
in English and Mandarin)

Published by Medio Media

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# Mental Health, Addiction and Recovery



## **ELEVENTH STEP, THE:** *Meditation on the path to recovery from addiction*

LAURENCE FREEMAN OSB

Laurence Freeman explores the process by which we fall into the vicious cycle of addictive desire and relates it to the wisdom of the Twelve Steps. In particular, he shows how the simple practice of meditation offers a way to break this cycle, find freedom and regain wholeness.

CD X 1

Published by Medio Media



## **MEDITATIO JOURNAL ISSUE 2: MENTAL HEALTH**

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.

BOOK 166 x 254 mm 150 pages

Published by Meditatio



## **MEDITATION & ADDICTION**

JIM GREEN

This booklet is a guide for anyone interested in the role that meditation can have in helping people to recover from addiction of all kinds. It provides helpful information and encouragement for those who want to reclaim their personal freedom through the practice of this simple spiritual discipline.

BOOK 139 x 140 mm 26 pages

Published by Meditatio

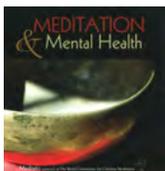


## MEDITATION & ADDICTION: THE WAY THROUGH

Addiction is often the response of a self that has been deeply wounded. These talks look at the role meditation can play in our response to such patterns of behaviour – how it can lead us to a holistic understanding of ourselves and help us find a way through our addictions. The talks, given at the Meditatio Seminar in London in 2012, can be downloaded individually from our online shop. For a complete description, visit [www.meditatiostore.com](http://www.meditatiostore.com).

ONLINE VIDEO

Published by Meditatio



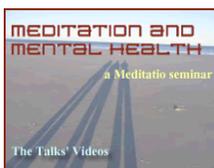
## MEDITATION & MENTAL HEALTH

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.

BOOK 139 x 140 mm 28 pages

Published by Meditatio

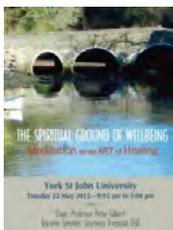


## MEDITATION AND MENTAL HEALTH

Speakers from different faith traditions look at the role of spirituality and meditation in mental health. The talks were given at the Meditatio Seminar in London in 2011. They can be downloaded individually from our online shop. For a complete description, visit [www.meditatiostore.com](http://www.meditatiostore.com).

ONLINE VIDEO

Published by Meditatio



## SPIRITUAL GROUNDING OF WELLBEING, THE

Chair: PETER GILBERT

Keynote Speaker: LAURENCE FREEMAN OSB

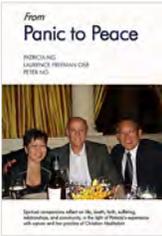
Speakers from different faith traditions talk about how meditation can heal us and increase our wellbeing. The talks were given at the Meditatio Seminar in York, UK in 2012. They can be downloaded individually from our online shop. For a complete description, visit [www.meditatiostore.com](http://www.meditatiostore.com).

ONLINE VIDEO

Published by Meditatio

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# Dying



## FROM PANIC TO PEACE

PATRICIA NG, LAURENCE FREEMAN OSB, PETER NG

Spiritual companions reflect on life, death, faith, suffering, and relationships, in the light of Patricia's experience with cancer and her practice of meditation. 'This great peace came over me after a week of panic. I think that's due to the spiritual life that I've been nurturing all these years.'

DVD X 1 (NTSC with subtitles  
in English and Mandarin)

Published by Medio Media



## LESSONS FOR THE LIVING FROM THE DYING

LAURENCE FREEMAN OSB, BALFOUR MOUNT, PATRICIA NG

Laurence Freeman suggests ways to approach the spiritual meaning of death and accompany others into this meaning. Patricia Ng, as a patient, shares her journey from panic to peace. Dr Balfour Mount reflects on healing from his experience as an oncologist and an authority on palliative care.

CD X 3

Published by Medio Media



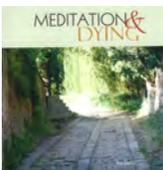
## SHORT SPAN OF DAYS, A *Meditation and care for the dying*

LAURENCE FREEMAN OSB

When confronted with the reality of death, how can we not break down but break through and transcend? Laurence Freeman shows how meditation opens the way to this breakthrough. The taste of detachment that we experience in meditation gradually frees us to see life's ultimate horizon with new vision and we find meaning and the gift of wisdom.

BOOK 137 x 210 mm 64 Pages

Published by Medio Media



## MEDITATION & DYING: A PERSONAL REFLECTION

ANNE MCDONNELL

Anne speaks from personal experience of terminal illness and her discoveries about the meaning and fullness of life that have come through it. Her insight is deeply moving and will inspire anyone confronted with a similar personal crisis.

BOOK 139 x 140 pages 28 pages

Published by Meditatio



# Children and Education



## **BORN CONTEMPLATIVE** *Introducing children to Christian meditation*

MADELEINE SIMON RSCJ ed. PENELOPE STURROCK

The book will help practising meditators looking for a way to introduce meditation to children. It will also encourage those who are new to meditation to begin in the interest of helping children. Each chapter closes with an invitation to respond not only to the content but also to the experience of sharing the prayer of silence with children.

BOOK 125 x 195 mm 156 pages

Published by Medio Media



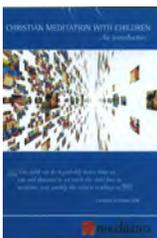
## **CHILD'S WAY, A** *How to teach and practise Christian Meditation with children*

JEANNIE BATTAGIN

This book provides inspiration, support and specific resources for creating and sustaining the practice of Christian Meditation among children from first grade through to the eighth grade. The book is useful for teachers, parents and grandparents who feel the call to teach Christian meditation to children.

BOOK 204 x 282 mm 142 pages

Published by Medio Media

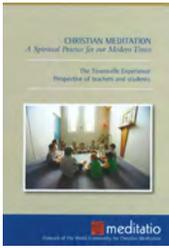


## **CHRISTIAN MEDITATION WITH CHILDREN: AN INTRODUCTION**

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

DVD x 1 (NTSC; PAL with subtitles  
in Dutch, Italian, Polish, Indonesian)

Published by Meditatio



## **CHRISTIAN MEDITATION: A SPIRITUAL PRACTICE FOR OUR MODERN TIMES** *The Townsville experience, Australia*

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

DVD x 1 (NTSC; PAL with subtitles in Dutch, Italian, Polish, Indonesian)

Published by Meditatio



## **COMING HOME** (2nd Edition)

ERNIE CHRISTIE

This book opens up new approaches to the religious and spiritual education of children growing up in our troubled 21<sup>st</sup> century. This revised edition contains new articles by Fr Laurence on the challenge of attention today; and by Ernie Christie on the need to 'stop' for progress to happen. It also provides new templates and guidelines for teachers.

BK 210 x 297 mm 104 pages

Published by Medio Media



## **LEARNING TO BE** *Introducing Christian meditation in the classroom*

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.

DVD x1 (PAL)

Published by Meditatio



## **LIKE A CHILD** *Why we should teach the young to meditate*

LAURENCE FREEMAN OSB

Religious education has the responsibility to help children stay in touch with their early experience of God as unconditional love. This, Fr Laurence says, will give them an interiorly deep faith that will help them deal with the challenges of contemporary life. Meditation offers a way as it keeps the connection between head and heart, the source of wisdom and love.

CD X 2

Published by Medio Media



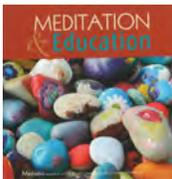
## **MEDITATIO JOURNAL ISSUE 1: EDUCATION**

ISSUE 1

This Journal includes presentations and discussions held at the Meditatio Seminar 'Meditation with Children: Experience and Promise'. It also gathers together research material, surveys the practice of teaching Christian meditation in educational settings worldwide and offers resources and pathways to further growth in this field of education focused on the full development of the child's humanity.

BOOK 166 x 254 mm 82 pages

Published by Meditatio



## **MEDITATION & EDUCATION**

CHARLES AND PATRICIA POSNETT

This booklet is a guide for people, especially teachers, who want to introduce primary school children to a daily practice of meditation. 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.

BOOK 139 x 140 mm 28 pages

Published by Meditatio



## **TIME FOR PRAYER** *Meditation timer*

This CD enables primary school teachers to run Christian meditation sessions lasting different lengths of time as suitable for the age group of children. Sheet music and lyrics for the songs are included. This CD is produced in MP3 format and must be played on a device capable of reading MP3 files.

CD X 1 (MP3 format)

Published by Meditatio



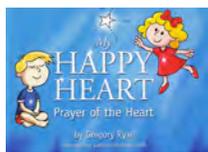
## **MEDITATION WITH CHILDREN**

LAURENCE FREEMAN OSB, DR CATHY DAY, RT REV JOHN STROYAN

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 in the UK in 2010.

CD X 1 (Meditatio Talks Series 2012-A)

Published by WCCM



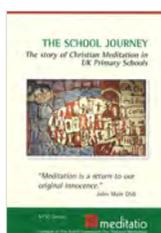
## **MY HAPPY HEART** (WITH MY HAPPY HEART SINGS CD)

GREGORY RYAN

This book introduces little children to Christian meditation as a simple way of love and joy. The book comes with a companion CD *My Happy Heart Sings*. Children will enjoy the delightful melody sung over and over by the author, a teacher and meditator of many years. Even adults will be charmed by it.

BOOK 150 x 210 mm 36 pages  
(with companion CD)

Published by Medio Media

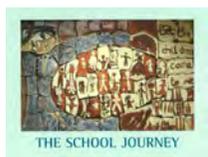


## **SCHOOL JOURNEY, THE** *The story of Christian Meditation in UK primary schools*

This DVD highlights the experience of nine primary schools that have successfully adopted the practice of Christian meditation in the whole school. The comments from head teachers, teachers, governors and the children themselves illustrate how readily children take to this simple practice and the significant benefits that accrue from it.

DVD x 1 (NTSC; PAL with subtitles in  
Dutch, Italian, Polish, Indonesian)

Published by Meditatio



## **SCHOOL JOURNEY, THE**

This is a photo book expressing the simplicity and beauty of Christian meditation with children. It includes photos and quotes from teachers and the children themselves sharing what meditation means for them.

PHOTOBOOK 140 x 185 mm 40 pages

Published by Meditatio

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# Interfaith



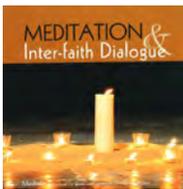
## CONTEMPLATIVE DIMENSION OF FAITH, THE

LAURENCE FREEMAN OSB

Fr Laurence defines faith as the innate human capacity for relationship, commitment and transcendence, and explains how meditation can offer the potential of a 'common ground' for a global community of faith among people of different beliefs. Selections from the Common Ground Seminar, Singapore, 2012.

CD X 1 (Meditatio Talks Series 2012-B)

Published by WCCM



## MEDITATION & INTER-FAITH DIALOGUE

LAURENCE FREEMAN OSB

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

BOOK 139 x 140 mm 24 pages

Published by Meditatio



## JESUS AND BUDDHA *A dialogue between*

*Laurence Freeman and His Holiness The Dalai Lama*

In dialogue with the Dalai Lama, Fr Laurence discusses the evolution of our relationship with Jesus and the challenges of discipleship. Speaking from personal experience he describes three levels of relationship with Jesus.

CD X 1 (Meditatio Talks Series 2013-A)

Published by WCCM

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# Social Justice



## JUSTICE

Speakers from the penal reform and prison system discuss the spirituality of justice: In a society that has become over-dependent on legislation to define its values, how do we know what is the right thing to do and handle conflict? The talks were recorded at a Meditatio Seminar in London in 2013. They can be downloaded from our online shop. For a complete description, visit [www.meditatiostore.com](http://www.meditatiostore.com).

ONLINE VIDEO

Published by Meditatio



## VOICES OF FREEDOM

This little booklet is a collection of inspirational quotations on the theme of justice.

BOOK 90 x 140 mm 48 pages

Published by Meditatio

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# ONLINE RESOURCES

## E-BOOKS

All the books listed in this catalogue are also available as e-books on Kindle.

## MEDITATIO TALKS SERIES

The Meditatio Talks Series (from 2005-A to the current issue) and the transcripts for the talks are available for listening online and for downloading from: [www.wccm.org/content/resources](http://www.wccm.org/content/resources)

## OTHER ONLINE RESOURCES

Video recordings of talks, seminars, retreats and other events organised by WCCM: [www.youtube.com/user/meditatiowccm](http://www.youtube.com/user/meditatiowccm)

Video recordings of seminars, retreats and other events organised by Meditatio in its selected fields of outreach: [www.vimeo.com/meditatio](http://www.vimeo.com/meditatio)

Audio recordings of talks, seminars, retreats and other events organised by WCCM as well as audio files of the Meditatio Talks Series and other key teaching resources for the School of Meditation: [www.soundcloud.com/wccm](http://www.soundcloud.com/wccm)

## WCCM APP

This app can be downloaded from the Apple App Store (for Apple computers and devices) and on Google Play (for Android devices). It features the key WCCM feeds (e.g. Daily Wisdom, Weekly Teachings, Weekly Readings, Meditatio Newsletter) and a meditation timer.

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# ORDERS AND ENQUIRIES

The titles described in this catalogue are produced by different publishers as indicated in the description for each title.

For more information on the titles, please visit the respective publishers' websites or [www.wccm.org/content/bookstore](http://www.wccm.org/content/bookstore)

For orders and enquiries, please see below.

## GENERAL ORDERS AND ENQUIRIES

Please contact the Resource Centre nearest to you:

UK and EUROPE: [www.goodnewsbooks.co.uk](http://www.goodnewsbooks.co.uk)

USA: [www.contemplative-life.org](http://www.contemplative-life.org)

CANADA: [christianmeditation@bellnet.ca](mailto:christianmeditation@bellnet.ca)

ASIA: [enquiries@mediomedia.com](mailto:enquiries@mediomedia.com)

NEW ZEALAND: [www.christiansupplies.co.nz](http://www.christiansupplies.co.nz)

AUSTRALIA: [jopanetta@gmail.com](mailto:jopanetta@gmail.com)

## BULK ORDERS FOR KEY WCCM EVENTS

To order resources for a key WCCM event or for any other enquiries, contact [enquiries@mediomedia.com](mailto:enquiries@mediomedia.com).

## NOTE

Placing your orders well in advance will allow for your items to be shipped using the most economical delivery service.

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The World Community for Christian Meditation  
[www.wccm.org](http://www.wccm.org)

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