

CHILDREN, MEDITATION & CLIMATE EMERGENCY

It seems to me, more and more, that meditation is not an optional extra for children facing the kind of world that we are giving them. It is an absolutely necessary life skill.

Laurence Freeman OSB

Children are very aware of the terrible effects of global warming. Meditation will support them - and they enjoy it. Through regular practice they begin to experience their connection with the earth and with each other and see they can all do their part to help.

Meditating in school or at home children and teenagers are given the opportunity to be with God in silence.

Meditation takes our minds off ourselves, we begin to see the bigger picture and our place in it. We see that every living thing on our planet has value and purpose and this leads to us respecting it.

Regular practice changes the meditator, reduces anxiety and gives us something that we know will help us so we can respond more calmly and thoughtfully in challenging situations.



HOW TO MEDITATE

The teacher can begin by reading an appropriate passage or poem or playing some quiet music to signal that the class is now in a different space.



Sit down. Sit still and upright. Close your eyes lightly. Sit relaxed but alert. Silently, interiorly, begin to say a single word. We recommend the word 'Maranatha'. Recite it as four equally-stressed syllables. Say it from beginning to end. Listen to it as you say it. Let go of your thoughts. Whenever a thought arises, return your attention to your word.



For young children you can begin by meditating for just one minute every day for a week and then develop this very gradually. It is suggested that five year olds will meditate for five minutes each day by the end of the school year, six year olds, six minutes, and so on. Regularity is important. Children also often choose to meditate at home.



FROM A STUDENT: "DAD, THIS (THE TEACHING OF MEDITATION) WAS ONE OF THE GREATEST GIFTS YOU HAVE EVER GIVEN ME."

For more information about meditation with children and caring for the earth contact:

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www.wccm.org/outreach-areas/children-and-meditation