Meditation in context
Christian perspectives
Meditation practice
Classroom applications

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Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgementally to things as they are. (Jon Kabat-Zinn)

Each person as he or she is at rest is worthwhile – they don’t become worthwhile by all they do when not at rest. It’s from that point that God will move in them, create afresh, change. (Rowan Williams)
Thinking deeply; regarding steadily
Awareness, mindfulness

Wellbeing
Poetic
Spiritual

…it starts not from thinking and self-awareness but from being. (Thomas Merton)
Numerous Studies show that a regular practice of mindfulness:

- Improves resilience, mood, blood pressure
- Improves empathic response and reduces carer fatigue
- Application in treating mental health, pain
- Improving brain function - sport, academic, relationships

http://greatergood.berkeley.edu/article/item/research_round_up_school_based_mindfulness_programs

https://goamra.org/ – American mindfulness research association
READIN’, WRITIN’, MEDITATION

A MELBOURNE high school has taken new-age learning to another level — opening a $135,000 meditation centre. Bentleigh Secondary College’s innovation has room for 30 students to relax on Pilates mats, plus an urban forest and wetland. Head of sustainable practice Bill Thomas said the school had been using “mindfulness meditation” for years but never had a dedicated space until now. “It’s a way of getting kids to slow down, focus and concentrate better,” Mr Thomas said. “It improves outcomes in their day-to-day lives, but also improves academic outcomes as well.” The centre, which is up for six timber industry awards tomorrow and is a finalist in the upcoming Premier’s Sustainability Awards, is also available for community use.
Creating wellbeing – in our mental life, in our close relationships, and even in our bodies – is a learnable skill… 

…wellbeing emerges when we create connections in our lives – when we learn to use Mindsight to help the brain achieve and maintain integration, a process by which separate elements are linked together into a working whole. (xii – xiii)
Meditation is the discovery of our own inner freedom (Kallistos Ware)
You’re actually inside the surfboard...you’re inside the landscape around you and the ocean as it’s surging, you get totally inside the moment and it’s so intense that time disappears, you disappear (Nick Carroll)
Silence is letting what there is, be what it is . . .
when we experience moments where there is nothing we can say or do that would not intrude on the integrity and beauty of what is before us . . .

Rowan Williams
Prayer is the laying aside of thoughts.  
(Desert Tradition)

Pray not in many words but in a one simple word. Fix this word fast to your heart so that it is always there come what may.  
(The Cloud of Unknowing)

...in the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.  
(Mk 1)
Guided/Reflective Meditation: using the imagination; reflection; thinking deeply; relaxation/movement of the body

Silent Meditation: silence; simplicity; stillness; attentiveness; being non-judgemental
Practice: Being present in Silence

Be comfortable - *sitting upright and closing eyes lightly.*

Choose a practice and continue it throughout the meditation.

- Noticing your breath lightly and/or
- Repeating a word or phrase silently with no rush or force.
- Centring yourself
Whenever you notice a movement away from a sense of being present, (through excessive thinking or drowsiness), return to your practice with no rush or force. This can seem like beginning over and over again.

A stronger sense of awareness/presence/silence may develop, and there may be no need to continue repeating the practice. If you notice that you are reflecting on the experience – return to the practice.
Possible Words or Phrases:

Peace; Calm; Centre; Silence; Awareness; Stillness; Simplicity; Presence; Listen; Be; Being; Let it be; Be still;

- or a word/phrase of your choice

Faith; Jesus; Mercy; Peace; Peace be with you; Be Still and Know that I am God; Maranatha; Lord Jesus have mercy on me; Amen
1. Well

2. Meeting

3. Discovery – ‘I am’

4. Growth – ‘they believed her’
Meditation allows an area, a space of liberty, of silence, in which possibilities are allowed to surface and new choices – beyond the routine become possible. (Thomas Merton)

What we take in by contemplation we must pour out in love. (Meister Eckhart)
Youtube - Search for:

“Time for the sacred: Catholic Education Melbourne”

https://www.youtube.com/watch?v=qoen5Zqq4iM&feature=youtu.be&list=PLJeVdVq7JF0sBOMoTYiniS6fg6PKNTf_m