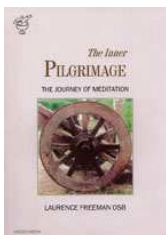


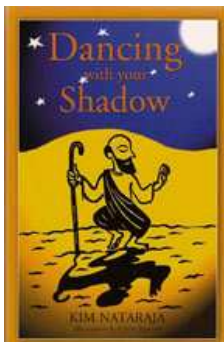
## BOOKS



**The Inner Pilgrimage** The journey of meditation  
LAURENCE FREEMAN OSB

#6292  
Pocket book – 58 pages  
**\$6.00**

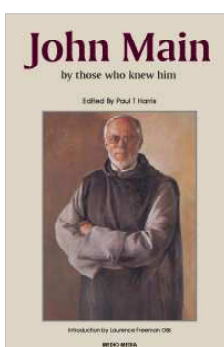
This book offers a clear, comprehensive introduction to meditation for the newcomer and a deeper understanding of the meaning and purpose of the practice for those on the journey. It is essentially the script of the DVD and the CD *The Journey of Meditation* and can be used in conjunction with them,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



**Dancing with Your Shadow**  
KIM NATARAJA

#6189  
Book 205 pages  
**\$15.00**

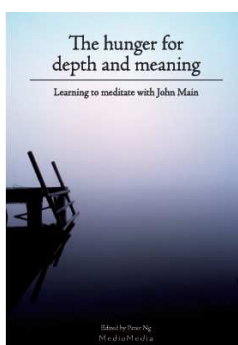
This book is about integrating the ego and the true self on the spiritual path. It deals with the journey of meditation and what helps and what hinders us in practising the discipline. Kim Nataraja offers practical ways to deal with our chaotic thoughts so that we learn to dance with them rather than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



**John Main - by those who knew him**  
ed PAUL T HARRIS

#6013  
Book 312 pages  
**\$13.00**

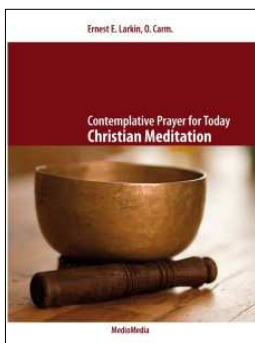
John Main's family, friends and colleagues share personal memories of him, often funny, sometimes touching, always illuminating. Through their stories we meet the man who recovered an ancient form of contemplative prayer and we see how his life authenticates the teaching.



**The Hunger for Depth and Meaning**  
Learning to meditate with John Main  
ed PETER NG

#6324  
Book 204 pages  
**\$14.00**

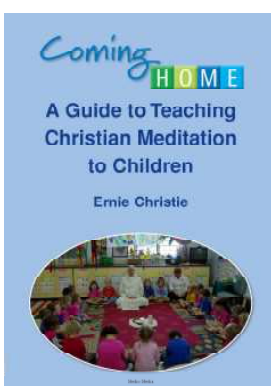
These talks are thematically arranged to give a broad but deep understanding of Fr John's teaching. They address the spiritual anguish of people in all walks of life. The book can be profitably used in conjunction with the corresponding set of 10 CDs, at meditation group meetings or for private study.



#6192  
Book 152 pages  
\$15.00

**Contemplative Prayer for Today** Christian Meditation  
ERNEST E LARKIN O CARM

Fr Larkin has been described as ‘a modern pioneer in Carmelite spirituality’. This book, the conclusion and fruit of years of personal search, relates his own journey into Christian Meditation. He dialogues the spiritual heritage of Mount Carmel with other contemporary ‘wisdoms of the Desert’.

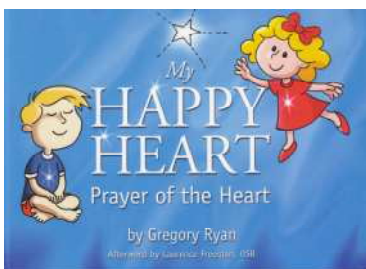


#7058  
Book & DVD set  
\$18.00



**Coming Home**  
A Guide to Teaching Christian Meditation to Children  
ERNIE CHRISTIE

A ground-breaking book opening new approaches to the religious and spiritual education of children. Based on a project in Townsville Diocese, Australia, it gives practical and detailed accounts of introducing children to meditation in the classroom and in daily life. The book comes with a companion DVD.



**My Happy Heart**  
GREGORY RYAN

#7037  
Book & CD set  
\$17.00

This delightful book introduces children to Christian Meditation as a simple way of love and joy. The companion CD *My Happy Heart Sings* charms children with its simple and easy song. Author Gregory Ryan is a teacher of over 30 years and a meditator of over 25 years. (For ages 2-7)

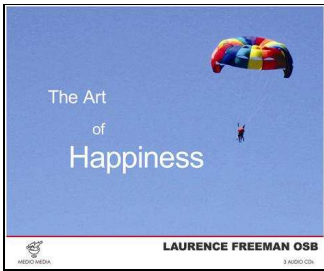


#6000  
Book 56 pages  
\$8.00

**The Gethsemani Talks**  
A Simple Teaching on Meditation in the Christian Tradition...  
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.

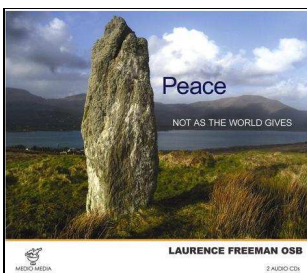
## CDs & DVDs



**The Art of Happiness**  
LAURENCE FREEMAN OSB

#8038  
CD set x 3  
**\$22.00**

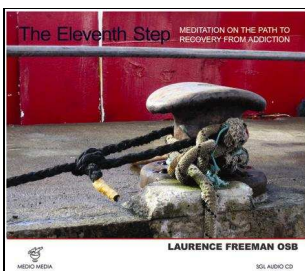
“We are designed to be happy”, says Fr Laurence. Yet we are unhappy. How can we be happy? Pointing to the Beatitudes as a blueprint for happiness, he shows how the practice of meditation helps us develop the wisdom that will enable us to face adverse situations in life.



**Peace – not as the world gives**  
LAURENCE FREEMAN OSB

#8037  
CD set x 2  
**\$16.00**

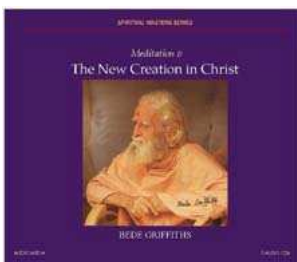
In a world that breeds competition, anxiety and conflict, how can we find true and enduring peace? It is found in the deep order and harmony of the human heart, Fr Laurence says. He explains how meditation is the lifelong, daily inner discovery of the meaning and the nature of that peace.



**The Eleventh Step**  
**Meditation on the path to recovery from addiction**  
LAURENCE FREEMAN OSB

#8036  
CD x 1  
**\$12.00**

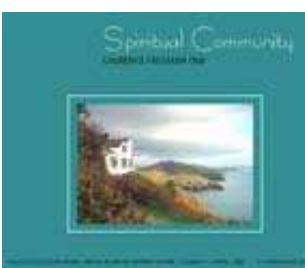
Fr Laurence presents a deep understanding of the origin and the process of addiction, and shows how the practice of meditation offers a way to break the vicious cycle of addictive desire.



**Meditation & The New Creation in Christ**  
BEDE GRIFFITHS OSB

#8140  
CD set x 3  
**\$24.00**

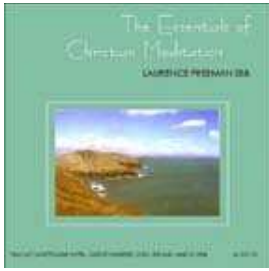
Referring to the search for God, Fr Bede says people today are looking beyond doctrine and ritual for direct experience. He explains how Christian Meditation opens a way to this experience: to a passing beyond the ego to openness to our capacity for God – to a new creation in Christ.



**Spiritual Community**  
LAURENCE FREEMAN OSB

#8127  
CD set x 5  
**\$45.50**

Drawing on Christian and Buddhist teaching, Fr Laurence explores the nature and challenges of friendship and community in spiritual life. He explains how the work of attention in meditation creates community and enhances relationships through our thoughts, words and actions.



**The Essentials of Christian Meditation**  
LAURENCE FREEMAN OSB

#8128  
CD x 1  
**\$16.00**

Simple instructions focusing on the essential elements of meditation that will be especially helpful for the newcomer. Fr Laurence explains meditation as the “hidden treasure” at the heart of spiritual practice, which when discovered will bear fruit in joyful living and loving relationships.



**The Journey of Meditation**  
LAURENCE FREEMAN OSB

#8017  
CD x 1      \$12.00  
also as DVD    \$20.00

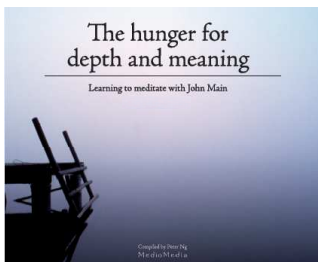
A lucid presentation of the essential teaching on Christian Meditation. Fr Laurence explains the significance of meditation to the prayer life of the Christian, and describes the stages and fruits of the contemplative journey.



**TimePeace** For your time of meditation

#9125  
CD set x 4  
**\$12.00**

These CDs are designed to help meditators in their daily practice. A simple teaching, an opening prayer by Fr John Main, followed by soothing music and gentle chimes lead you into silence. The same chimes and quiet music then lead you out of meditation after a timed period of silence. You have a choice of 20, 25 and 30 minutes of timed silence.



**The Hunger for Depth & Meaning**  
Learning to Meditate with John Main  
JOHN MAIN OSB, ed PETER NG

#8144  
CD set x 10  
**\$30.00**

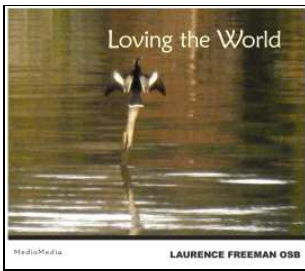
Sixty-nine talks arranged thematically to offer a clear, comprehensive overview of John Main’s teaching on Christian prayer. The talks retain the authority, simplicity and humour with which Fr John taught. They are arranged to correspond with the book for convenient reference.



**Lessons for the Living from the Dying**  
COPING WITH TERMINAL ILLNESS FROM THREE ASPECTS

#8147  
CD set x 3  
**\$20.00**

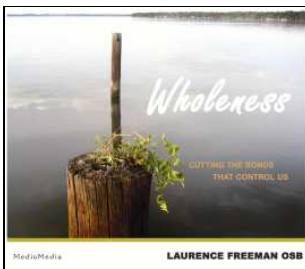
Fr Laurence suggests ways to approach the spiritual meaning of death and accompany others into this meaning. Patricia Ng, as a patient, shares her journey from panic to peace. Dr B Mount reflects on the path towards healing from his experience as oncologist and authority on palliative care.



**Loving the World**  
LAURENCE FREEMAN OSB

#8155  
CD set x 2  
**\$15.00**

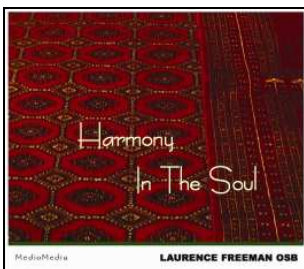
Fr Laurence challenges us: We are responsible for today's environmental crisis and so we can change it. He explains how meditation helps us do this. It puts our ego back in place and we come to see that we are all one and that our actions are mutually beneficial or mutually harmful.



**Wholeness Cutting the bonds that control us**  
LAURENCE FREEMAN OSB  
*Silent Retreat at Monte Olivetto Italy - Sept 2006*

#8154  
CD set x 3  
**\$20.00**

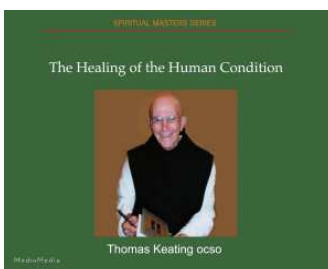
Wholeness is deeper and broader than personal healing. Fr Laurence says we have a collective sense of losing a primal wholeness and innocence as we awake to the sense of individual identity. So we seek restoration. He shows how meditation is a spiritual path towards this re-integration.



**Harmony in the Soul**  
LAURENCE FREEMAN OSB  
*John Main Seminar 2006 Retreat - Malaysia*

#8135  
CD set x 6  
**\$38.00**

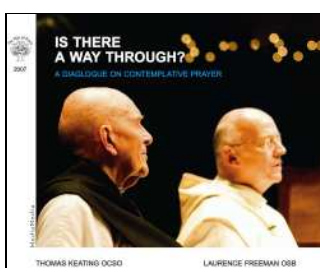
Fr Laurence explains that harmony in the soul is found not in fighting our dark side but in re-integrating it with our true self. This is the work of meditation, he says, explaining how meditation changes our negative thought-patterns and frees us from fear of our shadow side.



**The Healing of the Human Condition**  
THOMAS KEATING ocsso

#8157  
CD set x 5  
**\$33.00**

In these talks, Fr Thomas Keating explains how contemplative prayer helps in the healing of the human condition, bringing us out of our false self systems and connecting us with our true self. The talks are taken from a retreat that Fr Keating gave in Singapore during Holy Week 2001.



**Is There a Way Through?**  
**A Dialogue on Contemplative Prayer**  
THOMAS KEATING ocsso & LAURENCE FREEMAN OSB  
*Way of Peace Conference 2007*

#8160  
CD set x 6  
**\$45.00**

Two spiritual leaders suggest a way through today's crisis of conflict and violence: the development of contemplative consciousness through the wisdom of meditation. This leads to inner harmony and empowers us to work in the world. A contemplative renewal of religions can drive the way society is evolving.

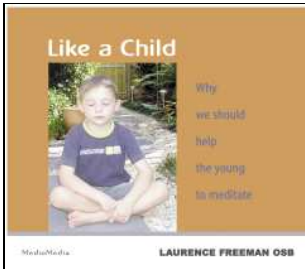


## Losing and Finding

LAURENCE FREEMAN OSB  
*Silent Retreat at Monte Olivetto, Italy - July 2007*

#8161  
 CD set x 6  
**\$45.00**

A profound understanding of losing and finding that points us to the gospel way of seeing things. All spiritual teaching calls us to voluntary renunciation, Fr Laurence explains, and Jesus' life is the full human expression of this call. We must lose in order to find. To find we must seek. The mantra, he says, opens the way to this ultimate growth, the poverty of spirit that Jesus teaches.

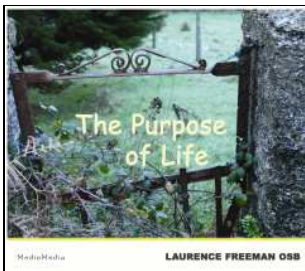


## Like a Child

**Why we should help the young to meditate**  
 LAURENCE FREEMAN OSB

#8163  
 CD set x 2  
**\$15.00**

A child has a natural capacity to experience God as boundless and unconditional love but the experiences of life may teach it to fear and doubt. Meditation as a way of prayer will enable children to stay in touch with their early experience of God, which is a direct experience unmediated by language or thought.

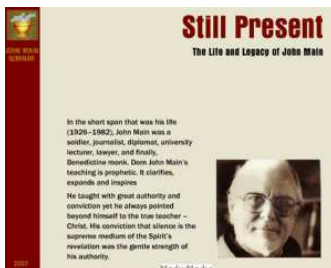


## The Purpose of Life

LAURENCE FREEMAN OSB

#8162  
 CD set x 2  
**\$15.00**

An insightful exploration of the nature of meaning, love, and healing, that makes us look at our life's priorities. Is it success or meaning; is it quest or nest? The best context to evaluate meaning, Fr Laurence says, is death, against which ultimate horizon our experience of meaning is inextricably connected with love. He explains how meditation can lead to a greater sense of meaning.

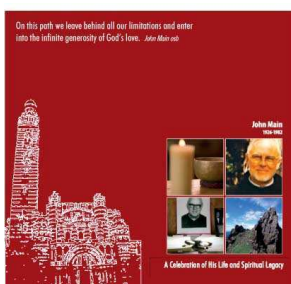


## Still Present

**The Life & Legacy of John Main**  
*John Main Seminar 2007*

#8164  
 CD set x 6  
**\$45.00**

This seminar marked the 25<sup>th</sup> anniversary of John Main's death. 6 speakers from various fields addressed contemporary issues speaking from their personal experience of the way of prayer that John Main taught. Speakers: CHARLES TAYLOR – SARAH BACHELARD – YVON THEROUX - BALFOUR MOUNT – PETER NG – LAURENCE FREEMAN.

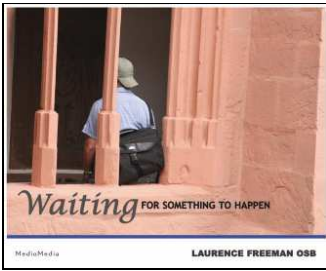


## John Main (1926 – 1982)

**A Celebration of his Life and Spiritual Legacy**  
*Memorial Eucharist, London - 29 Dec 2007*

#8165  
 CD set x 2  
**\$15.00**

To listen to this recording of the 25th Anniversary Memorial Eucharist at Westminster Cathedral, London. is to feel time converge and sense that one is present there, caught up in the beauty of the liturgy, and the mystery of the Risen Christ. Celebrant: Laurence Freeman. Music: Margaret Rizza with the Gaudete Singers and Instrumentalists.



**Waiting** For Something to Happen  
LAURENCE FREEMAN OSB

#6194  
CD set x 6  
**\$45.00**

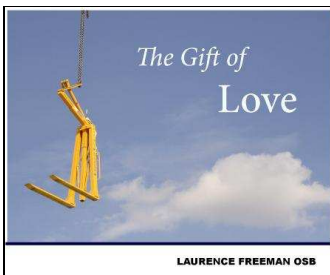
We are all waiting for something. To wait fruitfully means to be open, alert, attentive: to love. It is an un-selfcentred gaze at the other, and openness to their gaze towards us. The ego's reflexes of fear and desire can block our capacity for waiting with love. But Fr Laurence says this pattern can be broken as the faithful listening to the mantra reveals truth.



**Transparency** Meditation and Learning to See  
LAURENCE FREEMAN OSB

#6196  
CD set x 4  
**\$30.00**

The speed and anxieties of modern-day life, and the fears and desires of the ego obscure our ability to see reality. Father Laurence says meditation clarifies and purifies our seeing. We see through illusions and addictions and find reality: simplicity and truth reflected in the gifts of forgiveness, love and the peace that passes understanding.



**The Gift of Love**  
LAURENCE FREEMAN OSB

#6200  
CD set x 3  
**\$20.00**

**March 09**

Fr Laurence teaches how love of self and of neighbour both arise from our experience of the love of God. We sense our being as a gift that can be fully understood in the divine gift of self revealed in Jesus. To receive this gift, we need poverty of spirit which then empowers us to make the gift of our self to others. Meditation is entering into that poverty of spirit.



**The Contemplative Executive**  
PETER NG KOK SONG

#6201  
CD x 2  
**\$12.00**

**March 09**

"The first challenge for the executive is to take a step away from the busyness of the business world." Peter says he found this step in the simple practicality of John Main's teaching on meditation. In this practice, the executive attends to the "business of businesses", which is to allow the work of God to be done in us. Priorities then fall into place.

**Canadian Purchase and Ordering Information**

By mail: Meditatio – CCMC  
P.O. Box 52, Station NDG  
Montreal, QC  
H4A 3P4

By phone: Leave a message at:  
514-485-7928  
By email: christianmeditation@bellnet.ca  
Website: www.meditatio.ca

Prices include taxes.  
Payment by cheque or money order made payable to: Meditatio - CCMC.  
Payment may be sent with mailed order, or an invoice will be included with shipment.  
Add 10% for Postage.

In-person purchases at: The Meditation Centre, 5964 NDG Ave. Suite 208. Montreal, Quebec. H4A 1N1  
Please call the number above and leave a message. The Centre is only open certain hours