

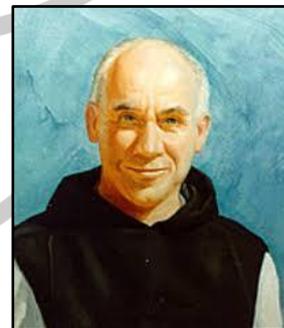
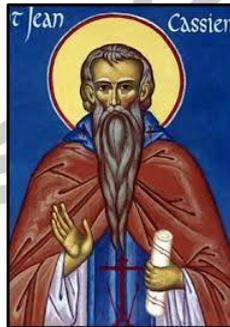
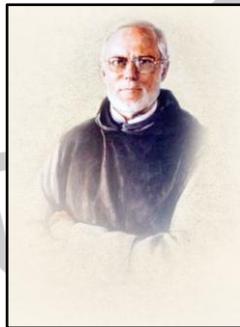


# Meditation in the Christian Tradition

A six-week's course for school or parish-based practitioners

By distance education

With a face-to-face 2-hour introductory session



Learn about the origins and history of Christian meditation

Meet key figures in the Christian spiritual tradition

Be introduced to key texts in the literature of Christian spirituality

Learn how to meditate in this tradition

Learn how to run a meditation group

Gather ideas for teaching meditation to children

**A RESOURCE FOR BUILDING PEACEFUL CATHOLIC SCHOOLS**

This course will be useful to anyone interested in deepening their understanding of meditation in the Christian tradition and in sharing the practice with others, whether adults or young people of school-going age.

The course over six weeks begins with a face-to-face 2-hour introductory session. Otherwise, participation relies on home activity and communication via email.

## STRUCTURE

Each week of the course comprises three components:

- A. Guided Reading and Reflection (2 hours)**
- B. Meditation Practice (1½ hours: 10-15 Minutes daily)**
- C. Journalling on Guided Reading and Practice (1½ hours: 10-15 minutes daily)**

The course will require a commitment of FIVE hours per week – 30 hours in total – as indicated.

## CONTENT

WEEK	THEME	FIGURE	TEXT
1	Beginning the Journey	John Main	<i>Moment of Christ</i>
2	Meditation in the Christian Tradition	John Cassian	<i>The Cloud of Unknowing*</i>
3	The Way of the Mantra	Julian of Norwich	<i>Revelations of Divine Love</i>
4	The Fruits of Meditation	Teresa of Avila	<i>Interior Castle</i>
5	The Journey of Meditation	Evelyn Underhill	<i>Practical Mysticism</i>
6	Teaching Others to Meditate	Thomas Merton	<i>New Seeds of Contemplation</i>

Each week participants will be introduced to a major figure as well as a significant text in the Christian spiritual tradition.

\*The author of *The Cloud of Unknowing* is anonymous. In all other instances the text is written by the key figure featured in that particular week.

## **COURSE TEXT**

*Christian Meditation: Your Daily Practice* (Laurence Freeman. 2008. Medio Media, Singapore) (Included in course fee). This will be supplemented each week of the course by further readings from various sources distributed via email.

## **COURSE FEE**

R300 per participant to cover travel and accommodation of the presenter for the introductory session and for course materials

## **DATES & VENUES**

The starting date and venue for the introductory session will be decided by the regional CIE or Catholic Schools Office.

## **REGISTRATION**

Registration takes place at the introductory session.

## **COURSE LEADER**

Paul Faller  
Catholic Institute of Education  
[paulf@cie.org.za](mailto:paulf@cie.org.za)  
083 326 4568

Catholic  
Institute of  
Education



66 Nelson Road, Booyens, Johannesburg  
Tel: 011 433 1888, Fax: 011 680 9628  
[www.cie.org.za](http://www.cie.org.za)

# DIRECTIONS FOR HOME EXERCISES

## ***A GUIDED READING*** (2 hours)

The material for each week comes in three parts.

**ON MEDITATION** This reading will help the participant deepen their understanding of the practice and its theological and spiritual foundations.

**KEY FIGURE** Participants will be introduced through this reading to a key figure in the history of Christian meditation

**CLASSICAL TEXT** This reading will give an outline of an important text in the literature of Christian spirituality in the hope that the participant will be encouraged to explore the text further.

## ***B MEDITATION PRACTICE*** (1½ hours - six 15-minute sessions)

Instructions for the practice will be given at the introductory session.

## ***C JOURNALLING*** (1½ hours – 15 minutes daily)

Participants are required to spend some time reflecting on the readings, and recording their significant learning as well as any questions that arise. These questions will receive a response from the course leader.

A second aspect of the journalling exercise is to briefly describe their experience of the meditation sessions and again to record any questions they'd like clarified.

The journalling exercise is an essential part of the course and is required to qualify for CPTD points. It is to be forwarded by email to the course leader at the end of each week with the participant's name and week number clearly indicated.