

Download Meditating With Children.

Our Story We're the leader in pre-emptive mindfulness based programs and our beginning started with two passionate Australians. Back in 2012, our Melbourne co-founders, Jane Martino and James Tutton, sat down to explore a mutual passion for mindfulness and meditation and a need to teach their own children these skills, in a practical and modern ...Christian meditation “engages thought, imagination, emotion, and desire” in prayer. (Catechism of the Catholic Church, 2708) It is also known as mental prayer. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. It was this questioning that led Dr. Williams to find the answer he was looking for. After much trial -and- error, he discovered and created easy- to- learn techniques that any Christian can use to accurately memorize scripture.