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## Meditation with Children

By Laurence Freeman

Convivium Press. Paperback. Book Condition: new. BRAND NEW, Meditation with Children, Laurence Freeman, This book focuses on teaching meditation to children, who can be naturally and totally present in the moment and are thus capable of pure prayer, prayer of the heart. Meditation can be a powerful way to allow their spirit the deepest possible contact with the Life Source and the space within which to expand. Meditating in a spiritual tradition can help re-balance the whole human system as it offers children as well as adults an experiential opportunity to become aware that there is another way of relating with themselves and others, through a support system, a community, and a context of spiritual friendship which are vital to the experience of being human and of growing in one's humanity.



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