

South Central Region Teen Ministry

Meditation Resources

This handout will serve as a list of helpful books in facilitating meditations.

If you have any questions, please contact:

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Teaching Meditation:

Spinning Inward: Using Guided Imagery with Children for Learning, Creativity & Relaxation

by Maureen Murdock

Shambhala

ISBN: 0-87773-422-4

Inner Space: The Art of Inner Learning: Meditations for Students of Life

by Maureen Garth

Harpercollins

ISBN: 1-86371-591-6

Meditation with Children (Revised)

by Deborah Rozman, Ph. D.

Planetary Publications

ISBN: 1-879052-24-5

Meditation for Children

by Deborah Rozman, Ph. D.

Celestial Arts

ISBN: 0-89087-150-7

Teaching Visualization:

Creative Visualization

by Shakti Gawain

New World Library

ISBN: 1-57731-229-5

The Creative Visualization Workbook

by Shakti Gawain

New World Library

ISBN: 1-880032-75-9

Unity:

A Practical Guide to Meditation & Prayer

by J. Douglas Bottorff

Unity House

ISBN: 0-87159-036-0