

## Recommended Recordings 2017 - with timings

*These are suggestions and possible options. What you choose for a particular week is up to your personal preference after presenting the theme in your own words. Number of minutes at end of line*

### What is Meditation?

John Main: 2012 Series C 'Twelve Talks for Meditators' Track 4 'Saying the Mantra 1' 5 - or Track 11 'Present Reality' - 5 mins

Laurence Freeman: 2005 Series A 'Sincere Form of Prayer' Track 3 'The Way of Meditation 2' 10

Gerry Pierse: 2006 Series A 'Prayer that Jesus taught' Track 2 'Main Points of John Main's Teaching' 8

L. Freeman: 2007 Series C 'Prayer in the 21<sup>st</sup> Century' Track 4 'What is Contemplation? How do we do it?' (*Good overall introduction – Long 14 minutes*).

John Main: 2009 Series C 'In Times of Anxiety' Track 2 'Making Contact with your own Spirit' (*Too long but could play part*). 15

Laurence Freeman: 2011 Series B 'The Essential Teaching' Track 2 "The Practice of Meditation". 8

Laurence Freeman: 2012 B 'The Contemplative Dimension of Faith' Track 2 'The Practice' 10

L. Freeman: 2009 Series B 'Spirituality in a Secular Age Track 7 'The Prayer of the Heart' 9

### 2 John Main

Laurence Freeman: 2010 Series B 'The Tradition of Meditation for a time of Crisis' Track 3 'A Tradition' 11

L. Freeman: 2011 Series B 'The Essential Teaching' Track 8 'Christian Tradition of meditation' 12

John Main: 2012 Series C 'Twelve Talks for Meditators' Track 3 'Tradition of the Mantra 2' 4

Laurence Freeman: 2012 B 'The Contemplative Dimension of Faith' Track 3 'The Christian Tradition of Meditation' (*Also usable for week 4 'The Wheel of Prayer'*)14

### 3 The Roots of our Tradition

Laurence Freeman: 2005 A 'A Sincere Form of Prayer' Track 7 'The teaching of Jesus on Contemplation' 11.

Laurence Freeman: 2011 Series B 'The Essential Teaching' Track 8 'The Christian Tradition of Meditation' 12 and Track 7 'Jesus teaching on prayer' (*Matthew ch. 6*) 9

Laurence Freeman: 2005 Series B 'The Goal of Life' Track 5 'Recovering the Contemplative Dimension' (*Cassian*) 13

John Main: 2007 Series B 'The Hunger for Depth and Meaning' Track 4 'The Grand Poverty of the Mantra' (short) 7

#### **4 The Wheel of Prayer or What is Prayer?**

Laurence Freeman: 2005 D 'Why are we here?' (Gethsemane) Track 3 'The Wakefulness of Prayer' 10

Laurence Freeman: 2011 B 'The Essential Teaching' Track 5 'The Two Halves of the Soul' 11

John Main: 2012 Series C 'Twelve Talks for Meditators' Track 2 'Tradition of the Mantra 1' - 5 mins

Gerry Pierson: 2006 Series A 'The Prayer that Jesus taught' Track 4 'Ways of Prayer' 6 or Track 6 'Beyond Words' 8 or Track 5 'Models of Prayer' (kataphatic and apophatic) 8

L. Freeman: 2007 Series C 'Prayer in the 21<sup>st</sup> Century' Track 3 'Prayer and the Forces of Change' 10

L. Freeman: 2009 Series B 'Spirituality in a Secular Age' Track 4 'The One Thing Necessary' 8 or Track 3 'Meditation in Inter-Religious Dialogue' 12.

\*L. Freeman: 2013 Series C 'Meditating as a Christian' Tr. 3 'Wheel of Prayer' 11, or Tr. 2 'Prayer of Heart' 13

#### **5 Leaving Self Behind**

Laurence Freeman: 2005 A 'A sincere Form of Prayer' Track 5 'Freedom from the Ego' 9 or Track 4 'Meditation and Discipleship' 10

Laurence Freeman: 2007 Series C 'Prayer in the 21<sup>st</sup> Century' Track 3 'Prayer & Forces of Change' 9

Laurence Freeman: 2008 A 'The Ego on our Spiritual Journey' Tracks 1, 2, 3 and 5 - lasting 11, 13, 9, and 12 mins.

John Main: 2012 Series C 'Twelve Talks for Meditators' Track 6 'Leaving Self Behind' – 7 mins

Laurence Freeman: 2015 Series C 'Relationship with Jesus' Tr. 3 Following Jesus (first) part (Whole is 16 mins.)

#### **6 Fruits of Meditation or Meditation as a Way of Life**

Laurence Freeman: 2005 Series B 'The Goal of Life' Track 6 'The Journey of Meditation' 9

Laurence Freeman: 2005 Series C 'Meditatio Talks' Tr. 4 'Two Waves of Attention' 7 or Tr. 5 'From Failure to Fruits' 9

Gerry Pierson: 2006 Series A 'The Prayer that Jesus Taught' Track 7 'The Kingdom' 7

John Main: 2007 Series B 'Hunger for Depth and Meaning' Track 7 'Growing in Love' 10

John Main: 2009 Series C 'In Times of Anxiety' Track 6 'The Path to Truth' 14

John Main: 2012 Series C 'Twelve Talks for Meditators' Track 8 'Set your Mind on Kingdom' 5

Laurence Freeman: 2012 B 'The Contemplative Dimension of Faith' Track 6 'Spiritual Fruits' 13

\*L. Freeman: 2013 Series C 'Meditating as a Christian' Track 4 'The Fruits of Meditation' 12

List of CDs used

Gerry Pierse: 2006 Series A 'The Prayer that Jesus taught'

Laurence Freeman: 2005 Series A 'Sincere Form of Prayer'

Laurence Freeman: 2005 Series B 'The Goal of Life'

Laurence Freeman: 2005 Series C 'Meditatio Talks'

John Main: 2007 Series B 'Hunger for Depth and Meaning' Track 7 'Growing in Love'

John Main: 2009 Series C 'In Times of Anxiety'

Laurence Freeman: 2010 Series B 'The Tradition of Meditation for a time of Crisis'

Laurence Freeman: 2011 Series B 'The Essential Teaching'

Laurence Freeman: 2012 B 'The Contemplative Dimension of Faith'

John Main: 2012 Series C 'Twelve Talks for Meditators'

*A few others have been added.*