

JUST THIS DAY: November 23rd, 2011



Since 2007, people across the world have taken part in *Just this Day*, a day for people to come together in stillness, to go beyond any difference and to find that space which is without division.

YOU ARE INVITED TO JOIN IN ON NOVEMBER 23rd 2011

The London Programme for Just this Day, November 23rd



St Martin in the Fields, Trafalgar Square, London will again open its doors for a day dedicated to discovering more about the power of Silence and Stillness in a busy world: power to bring peace to individuals and to unite people of all faiths and none in common understanding. We hope **YOU WILL COME** or create your own programme.



The Labyrinth Project

YOU can try walking a labyrinth in the courtyard behind St Martin in the Fields on **November 23rd**



Or read how to make your own chalk labyrinth on the **Just this Day** blog starting in June at www.justthisday.org

This School made one last year, modelled on the Chartres Cathedral labyrinth, they have agreed to bring their chalks to St Martin to make this year's labyrinth. This will be there to try for the whole week, 21st-25th March. Come and try it out or make your own.



These children are making their own labyrynth. It is not difficult and gives opportunities to discover what a labyrinth was designed for and what it can do. It is also a lot of fun.

Read overleaf about the daytime programme at St Martin in the Fields on November 23rd

Throughout the day 2 minutes of Silence kept on the hour.

8.00 am: Doors Open for Morning Prayer.

8.30 am: 10 minute public silence in Trafalgar Square.

9.30 am: Discantvs sings in the Church.

10.00 am: Half hour period of Silence for meditation and quiet.

11.00 am: Debate on Silence and Stillness in Schools:

Led by **Claire Foster-Gilbert**, Just this Day has invited four women will speak on their experience of silence for children in schools. Their investigations and research make a powerful case for the introduction of silent practices into schools.

The speakers are **Helen Lees**, whose forthcoming book *Silence in Schools*, will be published early in 2012. **Laura Hyde**, headmistress of St James Senior Girls School where meditation and stillness are offered to all pupils. **Kim Nataraja**, practitioner and teacher of Christian meditation to children worldwide and **Shanida Nataraja**, neuroscientist and author of the Blissful Brain whose scientific research proves that meditation has a proven benefit. www.blissfulbrain.com

Each will speak from their own experience and research into children and young people's response to meditation and silent reflection and discuss its relevance to attention, achievement, well-being and happiness in relationships which influence behaviour in children and within a school community.

Then at 6.30 pm: Doors open for a special concert, **Music for Stillness**. Details will be announced in the next NEWSLETTER.

“The world teaches children a set of values, but are there other values conducive to making a better world?”
Kim Nataraja

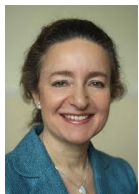


Kim Nataraja teaches and promotes meditation for children. An active member of the World Community for Christian Meditation, she has taught Christian meditation technique to adults and children worldwide for many years. On meditation with children, she says:

‘Western culture invites excitement not silence, activity not stillness. Children are therefore often over-stimulated and restless. The world suggests the solution to any feeling of restlessness lies outside of oneself in the pursuit of a bigger and more exciting life. Almost everything that children experience in the world today therefore inhibits their inward journey, to discovering a different way of being, in stillness and silence. This exclusive turning outwards may result in a loss of a sense of personal wholeness and a capacity to engage fully with the world as balanced human beings. It is vital that there is a response to such social challenges.’

‘Meditation with its emphasis on silence and stillness can address this imbalance by re-introducing children to a way of being, which was natural to them from birth till two years of age. Research has shown that children at that age operate solely from the right side of their brain, which not only keeps them in touch with their own spiritual being, but also with the quality of empathy, flowing from a sense of connectedness with everyone and everything. Our Western culture, society and education is based on left-brain thinking and because of this many of us have lost access to the other half of our being.’

‘The one pointed attention meditation teaches, switches on the right brain, builds more bridges with the left brain, thus re-balancing our entire being. Children experience this as a sense of ‘coming home’. It may seem a paradox that children can be still and silent and enjoy it. But like many adults, children yearn also for the experience of an interior world that helps buffer the hustle and bustle of a exterior world.



“It is reverence for the beauty of the human spirit as it finds its way through the journey of life that causes us to truly cherish one another.” Look out for more about how silence and stillness are essential in bringing about nurturing relationships from Laura Hyde in the **May Newsletter**

IN WHATEVER WAY YOU WISH TO TAKE PART IN JUST THIS DAY, PLEASE GET IN TOUCH THROUGH THE WEBSITE www.justthisday.org .