

International Metaphysical Academy

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Partial References relating to the 10 most Important Spiritual Practices

By Anneli Driessen PHD, PHD, MCC – October 26, 2014

Free books on-line:

Chico Xavier: *The Astral City*

https://drive.google.com/file/d/0B-Sql_JAGRZDaXBWZVhuakN2ZE0/edit?pli=1

Peter Richelieu: *A Soul's Journey*

http://galactic.no/rune/PeterRichelieu_A_SoulsJourney_Afterlife.pdf

Allan Kardec: *The Spirits' Book*

<http://www.spiritwritings.com/kardecspiritstoc.html>

Dr. Stafford Betty: *The Afterlife Unveiled*

<https://www.goodreads.com/book/show/11544046-the-afterlife-unveiled>

About Prayer or Meditation

<https://www.lift.do/meditation>

On Gratitude

www.Gratefulness.org

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www.UniversityofSedona.com and www.UniversityofMetaphysics.com

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The Greater Good Science Center

<http://newscenter.berkeley.edu/tag/greater-good-science-center/>

Good free monthly newsletter

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Dr. Anneli Driessen – Tel. 250-472-0909 – anneli@MetaphysicalAcademy.com