

# International Metaphysical Academy

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## What is 'Practical' Philosophy?

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Practical Philosophy draws from great philosophical teachings and universal metaphysical knowledge to help us to enjoy a deeper understanding of ourselves, our World and all of mankind.

Practical Philosophy is a study that provides a novel, effective approach to answering the great questions of life, such as: What is wisdom? What is truth, freedom, love, awareness and the nature of human beings versus that of animals, for example? It addresses questions such as: Who am I? How can I be truly happy? How can I be at peace? What is the purpose of my life? How may I realise my full potential?

Practical Philosophy examines the key principles common to master philosophers and teachers of both the East and the West, illustrating how their ideas can be put to immediate, practical use. Through a combination of study, discussion, practice and observation, students discover how these principles can become an effective guide to living a truly satisfying and happy life.

### For whom is Practical Philosophy relevant?

Practical Philosophy is for everyone. No prior knowledge is needed, simply a desire to know oneself and to enjoy life more fully.

### What are the Benefits?

Students find it refreshing to join the company of other thoughtful men and women who also recognize the desire to discover the finest principles of life and to apply them for the welfare of all. The main benefits include:

- Becoming more confident and grounded
- Overcoming the effects of negative emotions
- Raising your level of awareness
- Discovering purpose and satisfaction in the world
- Being more productive and free of stress
- Appreciating the underlying unity to life
- Experiencing contentment, happiness and a connection to the world around us
- Finding a peaceful, unchanging and steady anchor within
- Better overall health
- Experiencing harmonious relationships
- Being able to quiet the mind and open the heart
- Being more compassionate towards oneself and others

The Metaphysical Academy provides many tools to help you realize these capabilities.

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