



# **Instructions for the Soul: Prayers, Affirmations and Meditations for Daily Living (as compiled from Messages to Our Family)**

*Annie Kirkwood, Byron Kirkwood*

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At the request of many people whose lives have been touched by Messages to Our Family, this shorter version has been compiled, focusing on prayer and meditation - how to pray, the reasons for praying, the power of group prayer, how to meditate, and instructions on how to discover our inner treasures.

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