

# Fulfilling the Soul's Deepest Needs

## A Seeker's Path to Inner Peace



Based on the wisdom of Sri Daya Mata, a talk given on the 50th Anniversary of *Autobiography of a Yogi*.

# Every Seeker's Journey Begins with a Unique Need

Sri Daya Mata acknowledges that each person comes to the spiritual path with a distinct and personal motivation.

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“ *Each one of you who came here tonight, came, each one of you, with a **different need**, with a **particular need**. You know what that need is; you know what brought you here. And if we think of that, then we have here at least 37-odd hundred needs gathered together in this audience.*



# The Modern World is Designed for Distraction

Our minds are constantly pulled outward. Technologies that promise to save time often end up encroaching upon our lives, leaving little room for quiet contemplation.

*“We’re no longer couch potatoes at the TV set, we’re couch potatoes at the Internet.”*

All of these things, while we think they are saving us time, they’re taking our time away from us. They’re not allowing us time for God.



# A Guide for the Path: The Story of a Timeless Book

On the 50th anniversary of its printing, Sri Daya Mata recalled her unique role in the creation of *Autobiography of a Yogi*, typing the manuscript in its earliest days.

*I found, in the desk in his study, one chapter... which is now in the 'Autobiography of a Yogi.'*  
*Do you know what it was? 'The Tiger Swami.' I remember thinking, 'who could that be?'*

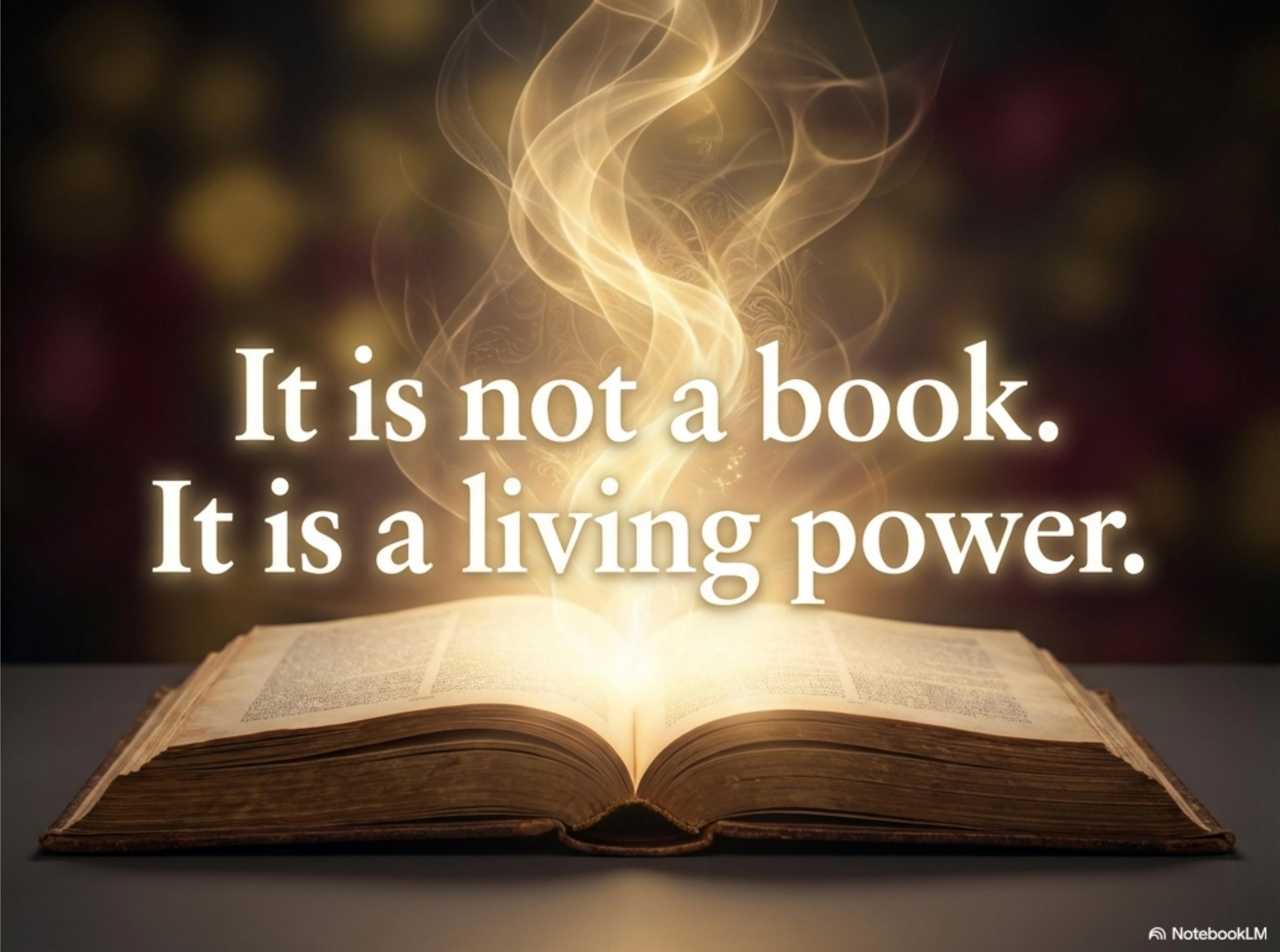
**The story contains a profound truth: one learns by strong mind, by fearlessness, by faith in God, we can conquer any tiger that threatens us in this world.**



Typing the manuscript, she was thrilled by its revelations, which untied the 'knots of confusion which enter into most religions' and presented immortal truths in simple language.

*I wrote in my diary at that time, 'This book will reach millions.'*

**A devotee perfectly summarised its effect: 'It is not a book. It is a living power.' This is the map that has inspired countless seekers.**

A photograph of an open antique book with aged, yellowed pages. A powerful, glowing golden energy or light emanates from the center of the book, creating intricate, swirling patterns that radiate outwards against a dark, moody background.

**It is not a book.  
It is a living power.**

# The Common Denominator of All Life's Needs

Sri Daya Mata's nature was to simplify complex ideas to their core essence. Through her life on the path, she discovered the single answer to every question and the fulfillment of every desire.

**“For me, the common denominator of all life’s needs, all life’s experiences, all life’s desires is one: God alone.”**



# First, the Kingdom of God

**Scriptural Anchor:** I always remembered throughout my life... words uttered in the Christian scripture, 'Seek ye the kingdom of God first, and all these things will be added unto you.'

**Personal Testimony:** To my own complete satisfaction, it has been a great blessing that I have found that all those needs... all those little desires that I might have had... I have found that fulfillment in God.

**A Question for Self-Reflection:** *How often when I go to meditate in the evening... I like to be true to myself: 'Is there anything in this universe you want?' What can I say? Nothing.*





# The Balanced Middle Path

*“I am a follower of the ‘Bhagavad Gita,’ which points out the path for this modern age...” – Paramahansa Yogananda*

**The Gita’s purpose is to teach us how to be in the world and not of it.**

This is a balanced path between two extremes. Some leave the world entirely to seek God, while others become so worldly they forget Him. The Gita teaches us to fulfill our duties without becoming enmeshed in the world.

**How it Works:** Carry on your responsibilities, yes. But keep your mind a little bit withdrawn... when you learn to include God in your daily life. He becomes your sustainer.

# Practical Wisdom for a Centred Life



## Think one thought at a time.

*We have a tendency to rush in and think so many thoughts that we end up being extremely nervous. What helps me with that is the Hong-Sau Technique.*



## Be a good listener.

*Don't interrupt while others are talking. Learn to be a good listener in this world.*



## Read what inspires you.

*Learn to read good books. Don't read trash... Read books that require your concentration, that inspire you, that uplift you.*

## Keep your mind at the spiritual eye.

*Just keep your mind here all the time... This is the center of concentration. It is wonderful to live that way... you find you're always focused.*

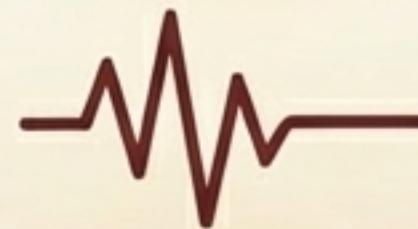
# Nurturing the Body and the Soul



**Eat your food slowly.**



**Exercise regularly and strive to keep your weight down.**



*Don't rush about or get bogged down in little things... I do that throughout the day; just let go, relax.*



**Find time for seclusion.**

*Set aside time for seclusion when you can just be alone with God... Everyone needs what they say today, their own 'space'.*



**Value yourself.**

*Sometimes devotees will say, 'I have no self-esteem.' Why? You're a child of God; He loves you. You have value. You must learn to value yourselves.*

# Transformation is Proven Through Practice



“Just be sincere.”

I was extremely shy... Master was driving down in the car with us he says, ‘Faye, I want you to speak tonight.’ I never opened my mouth before anybody in my life!... I was shaking, really shaking.

I never forgot those words. Don’t be anything more than you are, just be sincere. People will feel that. And that is a great, great truth to remember.

# Your True Nature is Cheerful

## Debunking the Myth

When I first came I thought one should be, well, you should be around, very solemn... hold your hands in front of you like this, and keep your head bowed... — not sincere.

## The Guru's Insight

Paramahansa Yogananda's guru said to him, "Seeking God is the funeral of all sorrow."

## A Personal Revelation

He wrote something to Sri Daya Mata that she never forgot: "*You should always be cheerful, for that is your nature.*"

## The Result

"With those words, I knew exactly what I should be doing: Get rid of this shyness. Get rid of this unnatural. Be yourself."



# Our Role in This World

## Core Virtues

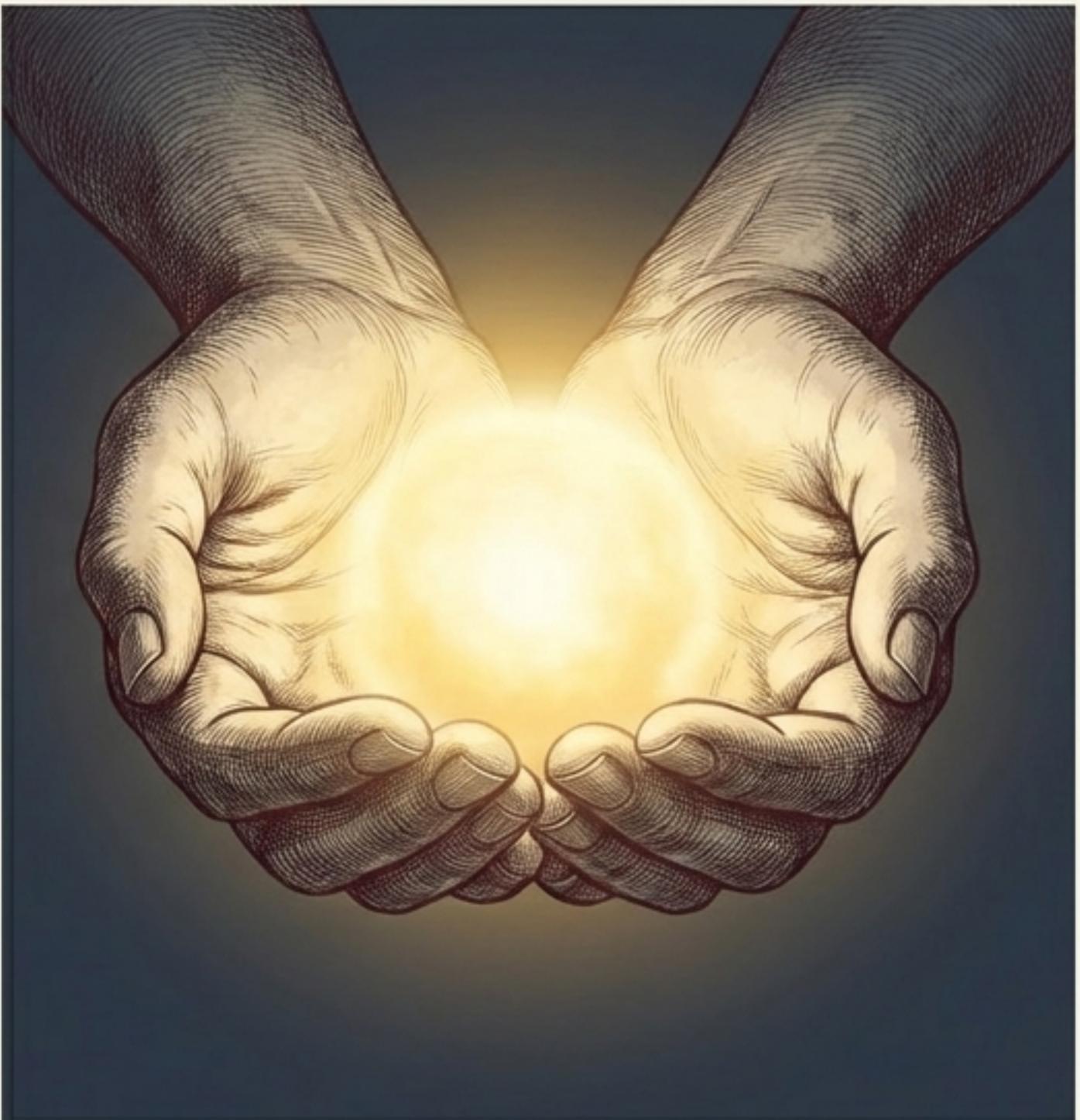
- Be sincere.
- Be kind.
- Be loving and just.
- Be understanding and compassionate.
- Want nothing.

## On Upholding Truth

Let us always be fearless when we must uphold truth... fearless, in the sense that we believe in the power of God.

## On Responding to Hurt

*Even when someone hurts us, pray for them. We cannot expect that the world will love us... But we have much that we must expect of ourselves: love, forgiveness, understanding, compassion. That's our role.*



# Unite in Spirit, Transform Through Action

Proxima Nova

## A Call for Unity

“Let’s get over these notions of color, creed, and nationality. It’s nonsense. It has nothing to do with seeking God.”

## The Power of Example

We serve God not so much through words, “but through our example, through how we behave in this world.”

## The Key to Change

“You must use it. Make it part of, we must make it part of our lives. Then we change. Then we gradually develop that Self-realization.”

## A Daily Practice

*“Every day... I pick up [the Lessons]... and I read some thought... and then I say, ‘This is my lesson for today. This I will try to put into effect this day.’”*



# The One Wish, Fulfilled

The journey that begins with a personal need finds its ultimate fulfillment not just in God, but in the divine friendship that this shared path creates.

*I was born with one wish... I told that to Master many years ago.  
‘Master, I haven’t any desires. If there’s one, it’s real friends.’*

**Look. Look, nothing more to want.**

God bless you all... Be happy, be cheerful. Jai Guru.