



## Finding God in Daily Life: An Informal Talk by Sri Daya Mata

*Sri Daya Mata*

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One of a series of informal talks on the teachings of Paramahansa Yogananda, author of *Autobiography of a Yogi*. These informal talks offer inspiring and practical guidance for living our lives in a spiritually harmonious way with grace and simplicity, with an inner equanimity in the face of life's seeming contradictions, and above all with joy, secure in the knowledge that we are at every moment in the embrace of a loving divine power. In this talk, Sri Daya Mata, one of Paramahansa Yogananda's earliest and closest disciples, answers questions and offers guidance on : Raising children \* Dealing with strong wills in the home \* Communication among family members \* How to attune our will with God's will \* Developing intuition \* Practical ways to cultivate devotion \* The importance of positive thinking - to body, mind, and soul



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