



Only Love: Living the Spiritual Life in a Changing World

Sri Daya Mata

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To read the words of Sri Daya Mata is to become acquainted with one who is in love with God. Hers is a love that reaches out and embraces all - a sublime expression of the soul's yearning and of its joyous fulfillment in Spirit. In this volume of informal talks, she gives us a glimpse into the realm of spiritual consciousness wherein the soul experiences the love of the Divine. Daya Mata shares with the reader the guidance and inspiration she received as a close disciple of Paramahansa Yogananda, one of the preeminent spiritual figures of our time and author of the widely acclaimed *Autobiography of a Yogi*.

This anthology conveys the in-depth guidance she absorbed during her more than twenty years of day-to-day association with the great teacher: the practices and principles that lead to realization of the infinite love and joy that are hidden within every human being, just waiting to be discovered.

Topics include: The role of meditation - Creating a personal relationship with God - Health and Healing - Making prayer effective - Spiritual aspects of raising children - Foundations of world unity - Understanding yourself and others.

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