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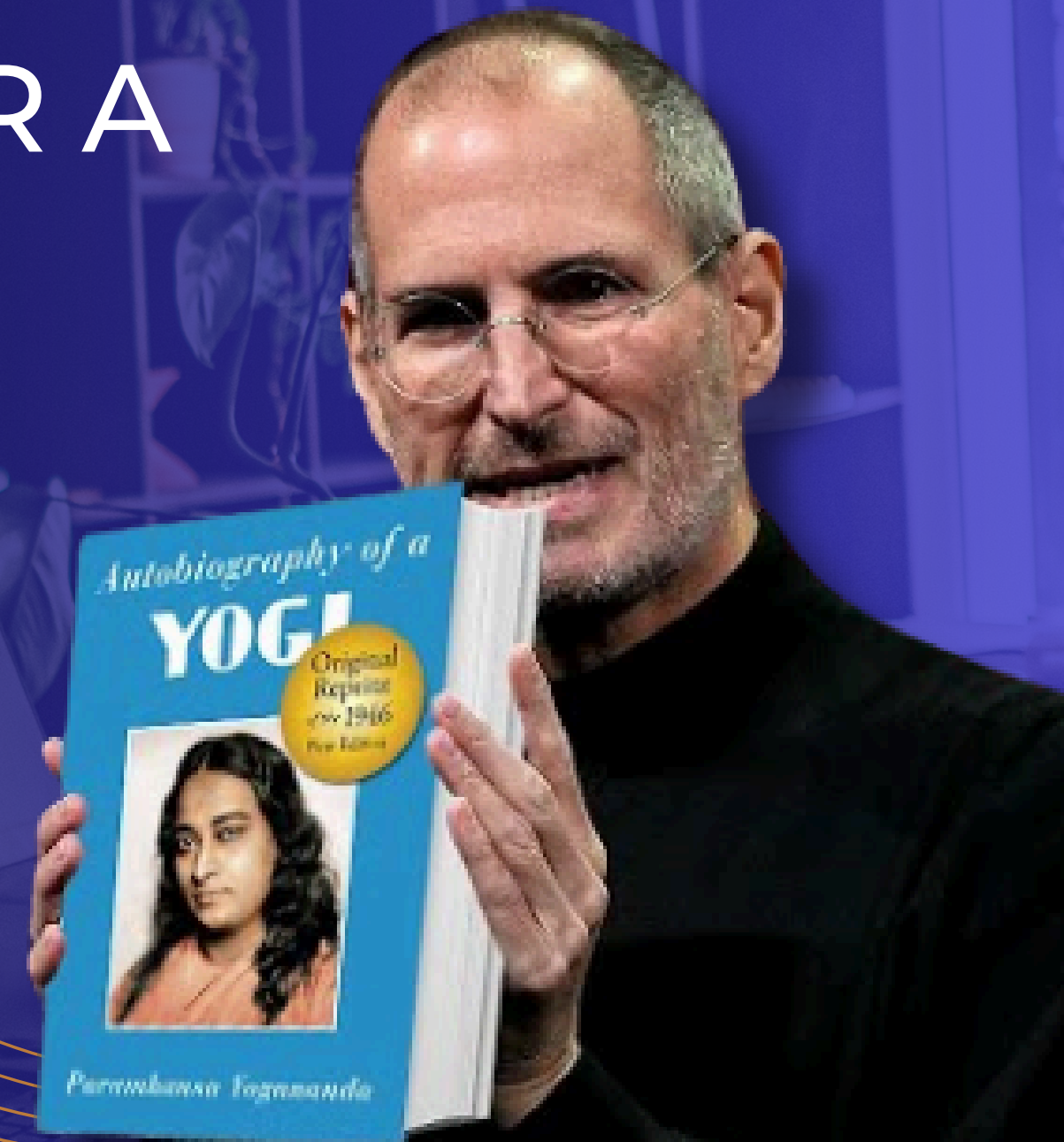
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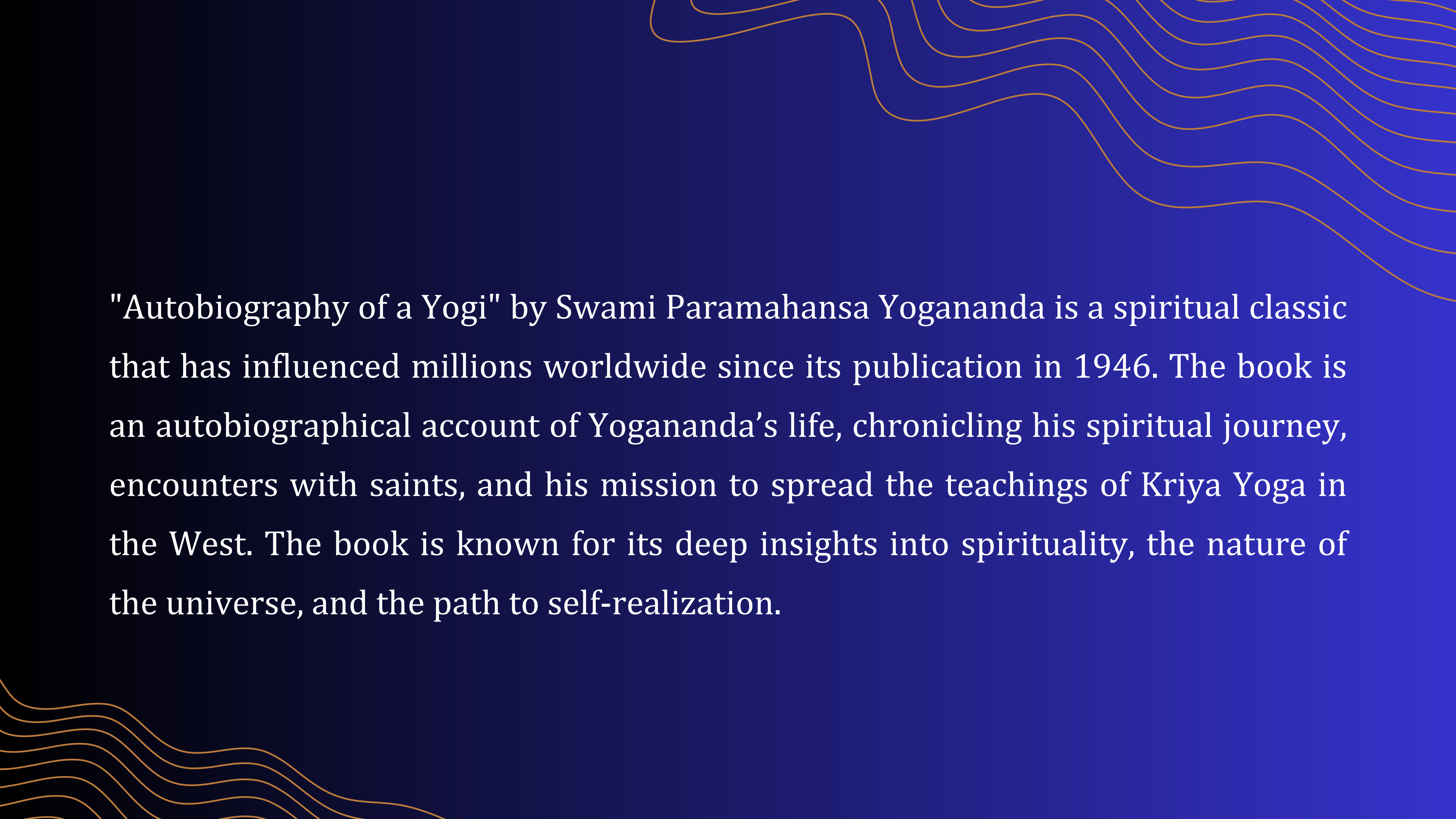
HOW

'AUTOBIOGRAPHY OF A YOGI'

SHAPED STEVE JOBS' VISION FOR A

\$1 TRILLION EMPIRE!





"Autobiography of a Yogi" by Swami Paramahansa Yogananda is a spiritual classic that has influenced millions worldwide since its publication in 1946. The book is an autobiographical account of Yogananda's life, chronicling his spiritual journey, encounters with saints, and his mission to spread the teachings of Kriya Yoga in the West. The book is known for its deep insights into spirituality, the nature of the universe, and the path to self-realization.

SUMMARY OF "AUTOBIOGRAPHY OF A YOGI":

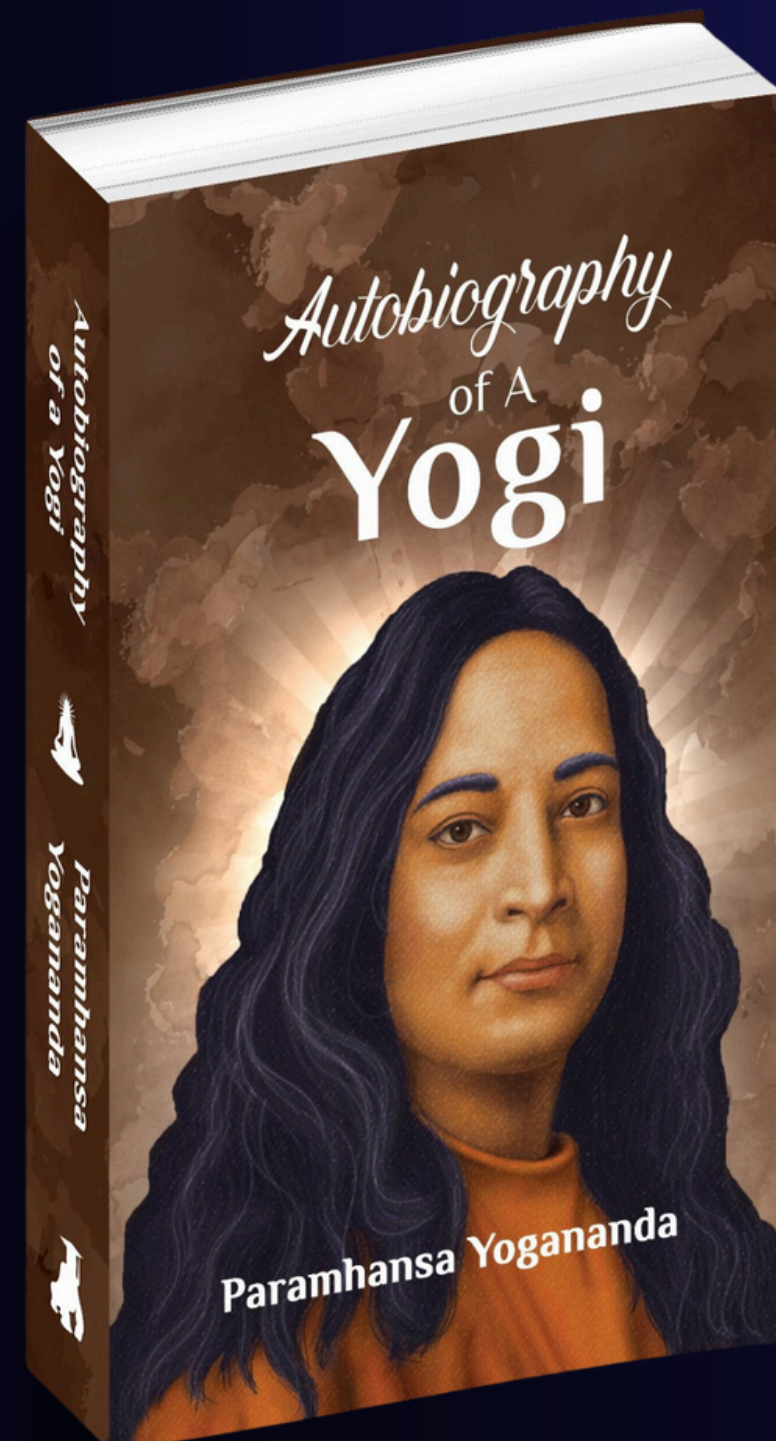
The book begins with Yogananda's early life in India, where he was born as Mukunda Lal Ghosh in 1893. From a young age, he was drawn to spiritual practices and had profound experiences that hinted at his future role as a spiritual teacher. The narrative takes readers through his search for a guru, which eventually led him to his spiritual master, Swami Sri Yukteswar. Under Yukteswar's guidance, Yogananda mastered the ancient science of Kriya Yoga, a powerful meditation technique that accelerates spiritual growth.

The book is filled with accounts of Yogananda's experiences with remarkable spiritual figures, both in India and abroad. It also delves into the mystical aspects of life, discussing topics like the laws of karma, the afterlife, and the science of yoga. Yogananda's journey eventually leads him to the United States, where he establishes the Self-Realization Fellowship to share the teachings of Kriya Yoga and promote universal spiritual understanding.

"Autobiography of a Yogi" is more than just a spiritual autobiography; it is a guide to understanding the deeper realities of life and the power of the human soul. It emphasizes that true success comes from inner growth and spiritual realization, rather than mere material achievement.



5. IMPORTANT LESSONS FROM "AUTOBIOGRAPHY OF A YOGI" TO ACHIEVE SUCCESS:



1. Self-Realization and Inner Growth
2. The Power of Meditation
3. Persistence and Discipline
4. Faith in a Higher Power
5. Service to Others

1. SELF-REALIZATION AND INNER GROWTH:

The core message of the book is that true success stems from self-realization—understanding one's true nature and purpose. By focusing on inner growth and spiritual practices, individuals can achieve a state of peace and fulfillment, which naturally leads to success in all aspects of life.



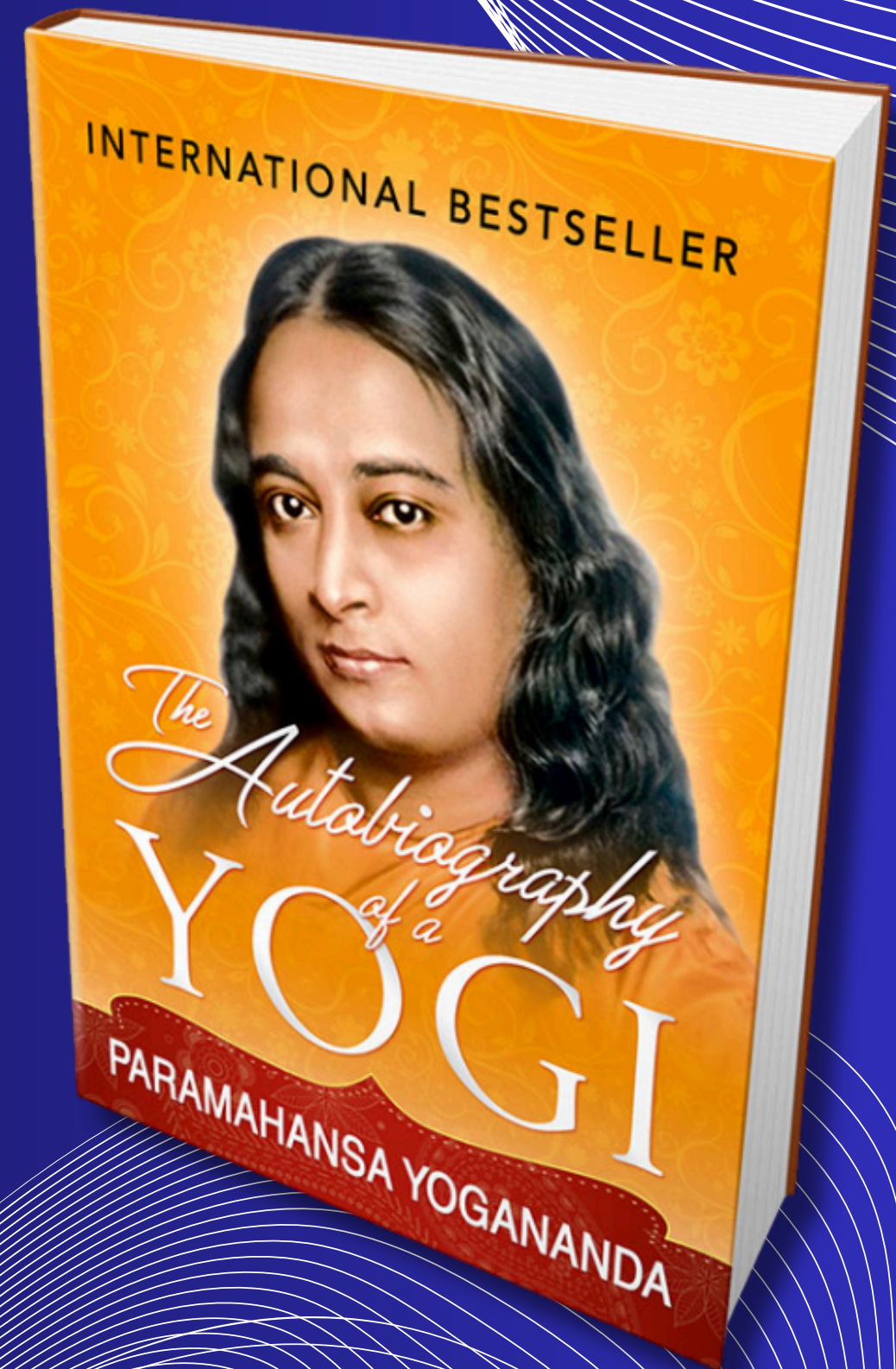
2. THE POWER OF MEDITATION:

Yogananda emphasizes the importance of meditation, particularly Kriya Yoga, as a tool for achieving clarity, focus, and inner calm. Regular meditation helps in harnessing mental and spiritual energies, leading to greater creativity, intuition, and decision-making abilities.



3. PERSISTENCE AND DISCIPLINE:

Throughout his journey, Yogananda faced numerous challenges and obstacles. His persistence and unwavering discipline in his spiritual practices are a testament to the importance of these qualities in achieving any form of success, whether spiritual or material.



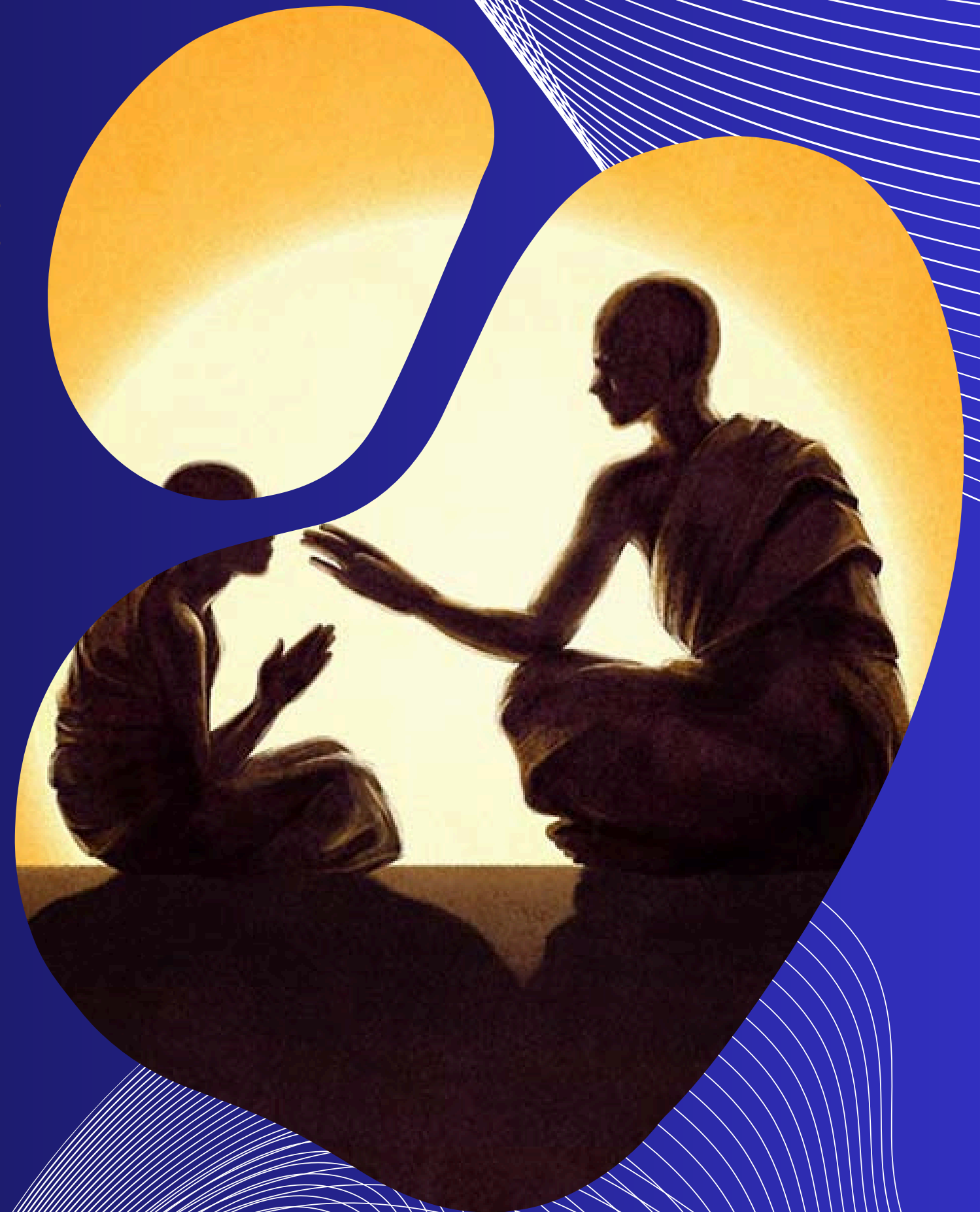


4. FAITH IN A HIGHER POWER:

The book highlights the importance of having faith in a higher power or divine guidance. Yogananda's life is filled with instances where his trust in the divine led him through difficult times. This faith can provide the strength and resilience needed to overcome life's challenges.

5. SERVICE TO OTHERS:

Yogananda's mission was not just about his own spiritual journey but also about serving humanity. The book teaches that success is not just about personal achievement but also about contributing to the well-being of others. By aligning one's work with a higher purpose, success becomes more meaningful and fulfilling.



CONCLUSION:

"Autobiography of a Yogi" is a profound spiritual guide that offers timeless wisdom for those seeking success not only in the material world but also in the inner realms of life. The principles of self-realization, meditation, persistence, faith, and service highlighted in the book can serve as powerful tools for anyone looking to achieve lasting success and fulfillment.

This book's influence on Steve Jobs, a visionary who built a \$1 trillion empire, underscores the timeless relevance of Yogananda's teachings in achieving greatness in both personal and professional life.



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