

CELEBRATING THE 96TH BIRTHDAY OF SHRI MATAJI NIRMALA DEVI



Today, the 21st of March, we celebrate the 96th Birthday of Shri Mataji Nirmala Devi, the founder of Sahaja Yoga Meditation. Shri Mataji is honoured globally for dedicating her entire life to the spiritual ascent of humankind.

Her meditation - enjoyed by millions

Shri Mataji introduced her unique meditation in 1970 and people in over 100 countries practise and enjoy it free of charge. Her foundation practises and teaches a meditation beginning with Self Realisation which awakens our inner spiritual aspect. As a result, we experience thoughtless awareness in our meditation which promotes mental, emotional, physical and spiritual wellbeing.



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