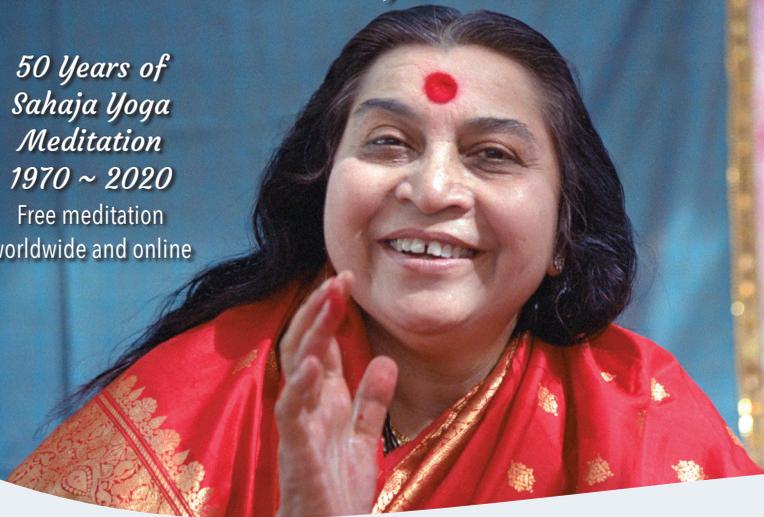


# CELEBRATING THE 97<sup>TH</sup> BIRTHDAY OF SHRI MATAJI NIRMALA DEVI

*50 Years of  
Sahaja Yoga  
Meditation  
1970 ~ 2020*

Free meditation  
worldwide and online



Today, the 21<sup>ST</sup> of March, we celebrate the 97<sup>TH</sup> 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.



Scan with  
mobile for  
website

Live Meditation event on YouTube  
Sunday 22nd March 2020 at 7pm (Sydney time)  
Go to [www.freemeditation.com.au/birthday](http://www.freemeditation.com.au/birthday)  
Sahaja Yoga Meditation Australia PH: 1300 724 252

