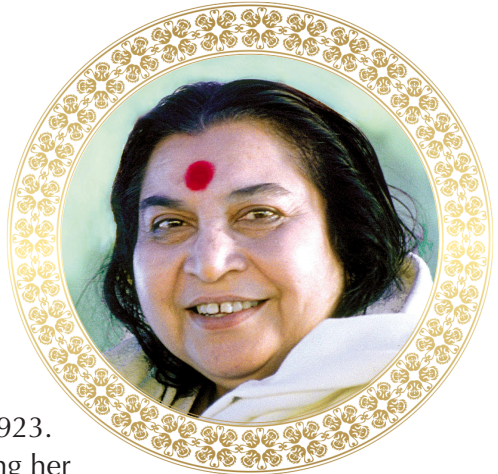


Friday 21<sup>st</sup> of March 2025

Commemorating  
the 102<sup>nd</sup> Birthday of  
**SHRI MATAJI  
NIRMALA DEVI**



Founder of Sahaja Yoga Meditation,  
Shri Mataji was born on 21<sup>st</sup> March 1923.  
She is honoured globally for dedicating her  
entire life to the spiritual ascent of humankind.

*"You cannot know the meaning of your life until you are connected to  
the Power that created you." Shri Mataji*

## HER MEDITATION - ENJOYED BY MILLIONS

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



## JOIN THE ONLINE BIRTHDAY CELEBRATIONS

MEDITATION & MUSIC ONLINE FESTIVAL

"LET'S MEDITATE FOR 21 DAYS" ONLINE COURSE

24/7 YOUTUBE MEDITATION CHANNEL

*See the website for details.*

**[freemeditation.com.au/birthday2025](https://freemeditation.com.au/birthday2025)**

- Classes in Australia and Worldwide • Presented by Sahaja Yoga Meditation • All Classes and Events are Always Free



Scan for website