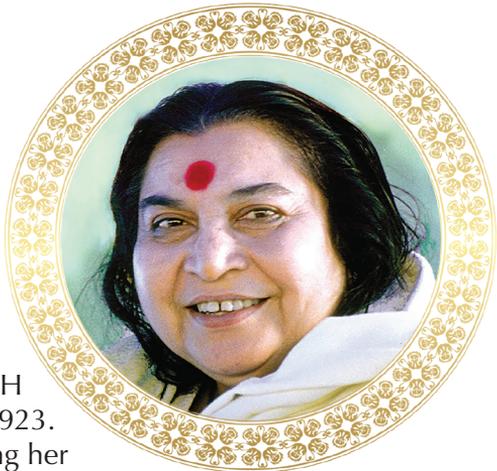


Saturday 21st March 2026

Commemorating 103rd Birthday

HH SHRI MATAJI NIRMALA DEVI



Founder of Sahaja Yoga Meditation, HH Shri Mataji was born on 21st 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.” HH Shri Mataji

HER MEDITATION - ENJOYED BY MILLIONS

HH 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 IN-PERSON & ONLINE MEDITATIONS

LIVE & RECORDED COURSES

IN OVER 10 LANGUAGES

24/7 YOUTUBE MEDITATION CHANNEL

See the website for details.

freemeditation.com.au/birthday2026

Classes in Australia and Worldwide
All Classes and Events are Always Free

Presented by Sahaja Yoga Meditation Australia

SCAN FOR WEBSITE

