



## SHRI MATAJI NIRMALA DEVI

A Life Dedicated to Humanity

Shri Mataji Nirmala Devi quietly transformed lives. For more than forty years, she travelled internationally, offering free public lectures and the experience of self-realization to all, regardless of race, religion or circumstance. She not only enabled people to pass this valuable experience on to others, but taught them the meditation technique necessary to sustain it, known as Sahaja Yoga.



中文

Deutsch

Español

Français

Ελληνικά

हिन्दी

Italiano

日本語

मराठी

Română

Türkçe

# *Shri Mataji*

## *Nirmala Devi*

### **What is the Website about?**

- ★ This website is dedicated to the life and teachings of Her Holiness Shri Mataji Nirmala Devi.

### **When did the website project initiate?**

- ★ The project began in 2010, following Her blessing at the 40th Sahasrara Puja in Cabella to create a public website about her.

### **Who has contributed to the website?**

- ★ Hundreds of yogis from around the world have collaborated to develop this extensive public resource.

### **What has been the recent development?**

- ★ In celebration of Her centenary, a Hindi translation of ShriMataji.org was launched, and additional languages have since been made available on the website.



## About the website content [ShriMataji.org](http://ShriMataji.org)

The site provides a **comprehensive online resource in various world languages** for anyone who wants to learn more about:

- ★ Shri Mataji's Life
- ★ Her unique discovery of Sahaja Yoga
- ★ The subtle body and chakras
- ★ Her public program talks
- ★ Societal transformation created by Her infinite love and generosity
- ★ Library section - with video gallery and excerpts from Her talks and poems



The screenshot displays the website's navigation structure. At the top right, there is a dropdown menu for 'SOCIETAL TRANSFORMATION' with the following items: Importance Of Family, Cultural Integration, Enlightened Education, Holistic Health, Ecology, and Creativity. Below this, there are two main navigation columns: 'SHRI MATAJI' and 'SAHAJA YOGA'. The 'SHRI MATAJI' column includes: Early Life, Family, Public Life, Awards, and Legacy. The 'SAHAJA YOGA' column includes: Self Realization, Knowledge Of The Roots, and The Art Of Inner Growth. The main content area features a colorful abstract painting of a mountain range. Below the painting is the article 'Atma: Our Eternal Self' with a quote: 'A star is shining within us and that is our Spirit.' The article text discusses the development of the human fetus and the role of the Atma. To the right of the text is a diagram of a human figure in a meditative pose, showing the subtle body and chakras.

**The following 12  
languages are already  
available on the website:**

Chinese (中文), German (Deutsch), English (US), Spanish (Español), French (Français), Greek (Ελληνικά), Hindi (हिन्दी), Italian (Italiano), Japanese (日本語), Marathi (मराठी), Romanian (Română), Turkish (Türkçe)

**The following 10  
languages have been  
released this Sahasrara  
day (05-May-2025):**

Arabic (العربية), Bengali (বাংলা), Belarusian (Беларуская мова), Bosnian (Bosanski), Persian (فارسی), Gujarati (ગુજરાતી), Hebrew (עברית), Malayalam (മലയാളം), Punjabi (ਪੰਜਾਬੀ), Albanian (Shqip)

**The following 17  
languages are currently  
being worked upon for  
future release:**

Bulgarian (български), Czech (Čeština), Hungarian (Magyar), Kannada (ಕನ್ನಡ), Swahili (Kiswahili), Kurdish (Kurmancî), Dutch (Nederlands), Polish (Polski), Portuguese (Português), Russian (Русский), Slovak (Slovenčina), Swedish (Svenska), Tamil (தமிழ்), Telugu (తెలుగు), Thai (ไทย), Finnish (Suomi), Ukrainian (Українська)



شري ماتاجي  
نيرمالا ديفي

锡吕·玛塔吉  
涅玛拉·德维

श्री माताजी  
निर्मला देवी

シュリ マタジ  
ニルマラ デヴィ

श्री माताजी  
निर्मला देवी

*Shri Mataji*  
*Nirmala Devi*

१९६५ १९७०  
१११३ ११११११

ശ്രീ മാതാജി  
നിർമ്മല ദേവി

ਸ਼੍ਰੀ ਮਾਤਾ ਜੀ  
ਨਿਰਮਲਾ ਦੇਵੀ

شري ماتاجي  
نيرمالا ديوي

Σρι Μάτατζι  
Νίρμαλα Ντέβι






## How Sahaja Yogis Can Utilize the Website to Reach New Seekers

- ★ The website serves as a comprehensive reference for Shri Mataji's public life and teachings of Sahaja Yoga.
- ★ It fulfills the vision of enabling Self-realisation and learning Sahaja Yoga for anyone, anywhere, anytime, in any language.
- ★ Supports both online learning and local Sahaja Yoga programs with high-quality content.
- ★ Allows yogis to focus on the spiritual care of new seekers.
- ★ Functions as an informative biography site to introduce seekers to Shri Mataji our spiritual Guru the guide.
- ★ Available in multiple languages, designed aesthetically as an official introduction to our Guru.
- ★ Provides an opportunity to engage with intellectual societies and attract diverse communities of seekers.



*Shri Mataji*  
*Nirmala Devi*




[Sahaja Yoga](#) > [Self Realization](#) > [Experience Your Self-realization](#)

## Experience Your Self-realization

### You Only Need a Pure Desire

“ It is everyone’s right to achieve this state of one’s evolution and everything necessary is already inbuilt. But as I respect your freedom, you have to have the desire to achieve this state, it cannot be forced upon you. ”

Shri Mataji is the only spiritual Guru in the history of mankind who has given the experience of en-masse self-realization worldwide in thousands of her public programs. Millions have benefited from this unique experience that has become a turning point in their lives. Seekers attending the programs would experience their self-realization as complete inner silence, relaxed state of physical being and often a warm or cool breeze on the palms of the hand and sometimes over the entire body.



**How can the yogis contact the team**

via email - [translation@shrimataji.org](mailto:translation@shrimataji.org)

**or know about the volunteer work to support the translation/other tasks**

Google Volunteering Sheet - [Volunteer for ShriMataji.org](#)



A screenshot of a website article. The header features the logo 'Shri Mataji Nirmala Devi' and a navigation menu icon. The main image shows a woman in white sitting on a platform, possibly in a meditative or teaching pose. Below the image is a breadcrumb trail: 'Shri Mataji &gt; Public Life &gt; A Pivotal Moment'. The article title is 'A Pivotal Moment' in a large, bold font. Below the title is the subtitle 'An Eternal Moment of Pure Transformation'. The main text begins with 'On the 5th of May, 1970, in the seaside town of Nargol on the West coast of India near Mumbai, a singularly important event took place the opening of the Sahasrara, the energy centre of the limbic area.' To the right of the text is a small inset image of a woman looking out at the ocean. The text continues to describe the significance of this event and the author's personal experience with it, including a quote: 'I was seeking the ways and methods,' she explained, 'working it out inside myself through my own style of meditation in the sense that I would work out all the permutations and combinations. When I met one person, I would see what problems that person had and how they could overcome them. I would try to study that person internally.' The article concludes with another quote: 'I could see all the things that were going on,' she remembered. 'That was the day, somehow or other, I said I must open the last chakra.'