

*Australia celebrates  
the achievements of*

**Her Holiness Shri Mataji Nirmala Devi**  
*and Her distinguished husband,*  
**Sir C.P. Srivastava KCMG**

## Programme

**7:00pm**

Music of Joy Bhajans

**7:30pm**

Sahaja Yoga Meditation  
program and hands-on experience

**8:30pm**

Welcome and felicitation of Shri Mataji Nirmala Devi  
Welcome and felicitation of Sir C.P. Srivastava KCMG

**9:30pm**

Music of Joy Bhajans  
and Meditation Workshop



For more information visit  
**[sahajayoga.com.au](http://sahajayoga.com.au)**

A special evening welcoming and  
honouring Shri Mataji and Her  
husband, Sir C.P. Srivastava KCMG.

Please join us in acknowledging Shri Mataji's 25 years  
of selfless work and lifetime achievements in establishing  
Sahaja Yoga in Australia and throughout the world.  
Devoting her life to the ongoing process of human  
transformation through Sahaja Yoga Meditation, she has  
travelled the world ceaselessly and has now returned to  
Australia for the first time in 10 years.

Shri Mataji is a Nobel Peace Prize nominee,  
internationally recognised for her worldwide work in the  
promotion of world peace, social reform through the  
experience of universal spirituality.

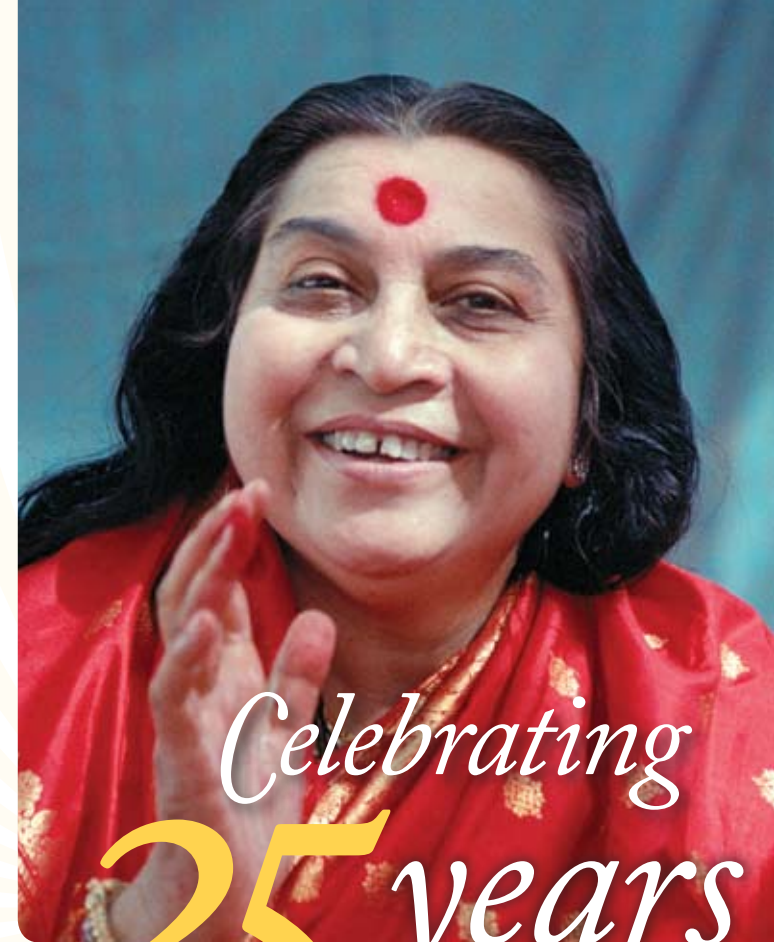


Sir C.P. Srivastava will also be  
honoured for his life of service to  
humanity's greater good through the  
United Nations, public  
administration and good governance.

The occasion will include a world music concert  
and an *Introduction to Meditation*, conducted by Sahaja  
Yoga practitioners.

**Sydney Town Hall**  
**483 George Street, Sydney**  
**Monday, 6th February**  
**7pm – 9:30pm**

Admission Free. No Booking required. Free follow-up  
meditation workshops in all locations.



*Celebrating*  
**25**  
*years*  
*of*  
**Sahaja Yoga Meditation**  
**IN AUSTRALIA**

**Sydney Town Hall**  
**483 George Street, Sydney**  
**Monday, 6th February**  
**7pm – 9:30pm**  
**Admission Free**

## In this unique evening you can

- 🙏 Experience a practical meditation session and workshop using Sahaja Yoga, developed by Shri Mataji Nirmala Devi
- 🙏 Enjoy traditional Indian folk songs, by the *Music of Joy* bhajan group
- 🙏 Hear about the amazing achievements of Shri Mataji Nirmala Devi and Her unique contribution to spirituality, the understanding of human consciousness and human transformation
- 🙏 Learn about one of the world's most distinguished diplomats, Sir C.P. Srivastava, and his exemplary commitment to ethics and truth in politics and international diplomacy

## What is Sahaja Yoga Meditation?

Yoga means *union* or *connection*. Traditionally, the aim of yoga is to connect you with your inner being to help you experience the silence that exists deep within. This is why meditation is actually the essence of all yoga teachings.

Sahaja means effortless or spontaneous. Therefore Sahaja Yoga Meditation empowers us to achieve a peaceful state of balance, well-being and self knowledge effortlessly and spontaneously.

All of the major religions taught something valuable to humanity. The experience of Sahaja Yoga improves your understanding and respect for all the religions and their founders, as they are part of the one tree of life. Meditation and the inner peace that it gives you is actually the essence of all these religions and the experience described by saints and mystics across every culture.

This technique encourages you to develop a new awareness of yourself, so that you can grow and evolve toward becoming truly balanced, peaceful and compassionate for the benefit of yourself and others.

It is simple to learn and in a very short time you can experience a deep and powerful inner silence. Once you learn how to meditate, you can practice anywhere at any time and even pass this profound awakening on to others. Sahaja Yoga Meditation is practiced by millions of people around the world.

Sahaja Yoga is a personal experience not a dogma, the best approach is to treat it like a personal experiment – make an honest attempt at meditation for at least one or two weeks and see for yourself whether or not it gives you any benefit.

Scientific research on illnesses such as asthma, ADHD, stress, epilepsy and high blood pressure both overseas and in Australia has proven the positive effects of Sahaja Yoga.

Sahaja Yoga is a scientifically validated, effective way to find inner peace – and it is always free. Sahaja Yoga meditation is always taught for free.

## About Shri Mataji

Shri Mataji Nirmala Devi is the founder of Sahaja Yoga, which She established in 1970. Since then Shri Mataji has given thousands of lectures, and has taught millions how to practice the technique.

Born to Christian parents in 1923 into one of India's most reputed royal families, Shri Mataji studied medicine until becoming a student activist in Gandhi's *Free India* movement.

Shri Mataji has lived a very normal family life, and has children, grand-children, and even great grand-children. Shri Mataji is the highest advocate of morality and the importance of the family.

## Honours and Commendations



Shri Mataji has been widely acclaimed around the world for her selfless efforts towards social improvement and world peace. She has initiated a number of organisations for community service, including *The International Hospital and Cancer Research Centre*, a charity house for disadvantaged people in India, a drug rehabilitation centre in Italy, and others.

- 1970** Develops the Sahaja Yoga meditation technique, begins travelling the world to establish the Sahaja Yoga Worldwide Movement.
- 1981** First visit to Australia.
- 1986** Declared Personality of the Year in Italy.
- 1989** Awarded The UN Peace Medal.
- 1993** Appointed as Honorary Member of the Presidium of the Petrovska Academy of Art and Science. In the history of the Academy, only 12 people have ever been granted this honour, Albert Einstein is also an Honorary Member.
- 1995** Keynote speaker in the Fourth World Conference on Women in Beijing.

- 1995** Nominated for Nobel Peace prize.
- 1996** Establishes holistic health and research centre, Mumbai, India.
- 1997** Establishes NGO for destitute women and children in India.
- 1998** Establishes International Music Academy, Viatarna.
- 1999** Proclamation by the US Congress.
- 1998** Unity award for international understanding.
- 2004** Establishes World Council for the Advancement of Sahaja Yoga.
- 2005** Establishes World Trust and donates many properties to the trust.

## About Sir CP Srivastava



In 1949 Shri Mataji married Sir C. P. Srivastava, a distinguished diplomat who later came to serve as Secretary General of the UN International Maritime Organisation for a record term of 16 years. Sir C.P. Srivastava is himself distinguished not only as India's most decorated civil servant, but also as the first Indian to be knighted for his contribution to the United Nations. He has led a career in which his commitment to integrity and ethics is internationally recognised.

## Awards & Decorations

- 1972** Padma Bhushan, one of India's highest awards.
- 1982** Commander of the Order of Saint Olav, Norway.
- 1989** Commander's Cross of the Order of Merit, Germany.
- 1989** Commander's Grand Cross of the Royal Order of Polar Star, Sweden.
- 1990** Honorary Knight Commander of the Most Distinguished Order of St Michael and St George, UK.
- 2003** Malmo city Gold Medal of Honour and Honorary Citizenship of Malmo, Sweden.

## Career Highlights

- 1964** Joint Secretary to Prime Minister of India, Lal Bahadur Shastri.
- 1990** Secretary General Emeritus International Maritime Organisation.
- 1983–91** Founding Chancellor Emeritus, World Maritime University, Malmo, Sweden.