



VISHWA NIRMALA DHARMA EDUCATIONAL SOCIETY
Sahaja Yoga Canada

FOR IMMEDIATE RELEASE

**Celebrating 40-years since the arrival of
Her Holiness Shri Mataji Nirmala Devi to Toronto**

TORONTO, ONTARIO – October 7, 2023 – On October 7, 1983, Her Holiness Shri Mataji Nirmala Devi was welcomed by a small contingent of devotees for Her first trip to Toronto. Acclaimed as a saint in India, She came to share Her spiritual knowledge, known as Sahaj Yoga, for those seeking fulfillment of their spiritual needs.



To commemorate this milestone, and honour Her legacy, free introductory meditation programs will be offered via Zoom, beginning Sunday, October 8 at 8:00 p.m. EDT and continuing throughout the year Sunday to Wednesday at 8:00 p.m. EDT (www.Sahaj.me). Additional celebrations are being planned throughout the coming year and information will be published on our website when available (www.sahajayoga.ca).

On Her first visit to Toronto, Shri Mataji conducted public programs at Trinity United Church at Bloor and Spadina, where She described a ...”special time I call ‘blossom time’ where there are many seekers who get (their) self-realization”. Unlike other gurus, Shri Mataji did not want payment for Her knowledge and spiritual instruction. Instead, She contended that “...you cannot pay for your self-realization or for your enlightenment.”

Shri Mataji visited Toronto and conducted several public programs between 1983 and 2000, at Trinity United Church, Convocation Hall (at the University of Toronto) and in private homes. She shopped at the now closed “Honest Ed’s” and other businesses in the downtown area. She was fond of Canada and admired Canadians for their potential to be spiritually deep and their general attribute of discretion.

Shri Mataji was born in 1923, in India, to highly educated parents of the royal Shalivahana lineage. From a very young age, She was aware of Her unique spirituality. She continued Her quest to find the best way to help people discover the spirituality within themselves. On May 5, 1970, She had a profound spiritual experience that triggered a process of spiritual self-transformation whereby thousands of people could achieve union with the deepest, most subtle aspect of their being. She named this process Sahaja Yoga, meaning spontaneous union.

For the following four decades, She tirelessly spread the profound message of Sahaja Yoga across the globe, traveling to over 100 countries to offer the experience of en-masse self-realization to all those who were seeking their inner spiritual transformation.

Her vision for a world of peaceful, balanced and enlightened people grew from a handful of followers to today’s internationally recognized method of meditation, Sahaja Yoga. Her powerful message of love and peace led to two nominations for the Nobel Peace Prize and She received the United Nations Peace Medal.

Contact information:

Vishwa Nirmala Dharma Educational Society
[Shashank Jaiswal](mailto:Shashank.Jaiswal@cnc@sahaja.ca)
cnc@sahaja.ca

###

Vishwa Nirmala Dharma Educational Society is a registered charity in Canada. The society is dedicated to teaching Sahaja Yoga meditation, using techniques developed by the founder, Her Holiness, Shri Mataji Nirmala Devi. Programs and classes are always free and offered online and in locations throughout Canada. Information can be found on our website: www.sahajayoga.ca.