PROCLAMATION

H.H. Shri Mataji Nirmala Devi Day

WHEREAS: Today marks the 100th birthday of H.H. Shri Mataji Nirmala Devi, the founder of Sahaja Yoga meditation. She spent her life working for peace by developing and promoting a simple technique through which people can achieve self-realization.

Sahaja Yoga meditation is a form of meditation that is provided for free and helps alleviate individuals of the stress and tension they are suffering from.

In addition to Sahaja Yoga, which is now established in more than 100 countries, Shri Mataji founded a non-governmental organization for destitute women and children, several international schools teaching a holistic curriculum, health clinics offering treatment through Sahaja Yoga meditation techniques, and an arts academy to revitalize the classical skills of dance, music and painting.

This motive on this day is to not only celebrate the Nobel Peace Prize nominee, H.H. Shri Mataji Nirmala Devi for her outstanding work in many countries, including Canada but also to raise awareness about meditation and its ability to lead individuals to peace and joy.

THEREFORE: I, Mayor Patrick Brown, on behalf of Brampton City Council, do hereby proclaim March 21, 2023 as “H.H. Shri Mataji Nirmala Devi Day” in the City of Brampton.

Mayor Patrick Brown, City of Brampton