

*"So, in Sahasrara Puja, actually, you have to recognise your own divinity, that you are divine, by experiencing your divinity. How do you experience your divinity? That you give realisation to others. It's a great experience to give realisation to others. Not only that, you give realisation but you can tell about their chakras, you know what's wrong with them you are quite confident."*

**H.H. Shri Mataji Nirmala Devi**  
*Sahasrara Puja 1991 Italy*



with love  
from the hosting countries  
Sahasrara Puja 2026  
Cabella, Italy