



Sadhvi Bhagawati Saraswati

Global spiritual leader and Stanford-trained psychologist bridging East and West

"Spirituality is not about becoming something or someone else. It's about becoming you, the truth of who you are."

Sadhvi Bhagawati Saraswati

is a global spiritual leader who has lived in the Himalayas for nearly three decades, where she leads a wide range of humanitarian and spiritual initiatives. A Stanford graduate with a PhD in psychology, she has been honored with a Lifetime Achievement Award presented by Joe Biden and has spoken at global forums including TED Conferences and the United Nations.



ABOUT

Born and raised in the United States, Sadhviji graduated from Stanford University and earned a PhD in psychology before traveling to India, where she experienced a profound spiritual awakening that transformed the course of her life. She was ordained into a monastic order by her guru, Swami Chidanand Saraswati, and has lived in Rishikesh ever since.



Sadhviji serves as:

- International Director of Parmarth Niketan Ashram
- President of Divine Shakti Foundation
- Secretary-General of the Global Interfaith WASH Alliance
- Member of the United Nations Advisory Council on Religion

She leads global conversations on spirituality, mental wellbeing, environmental protection, and humanitarian service—offering a rare integration of ancient wisdom and modern insight, blending evidence-based physiological insight with lived spiritual practice.

Her teachings guide individuals from stress, anxiety, and disconnection toward inner peace, purpose, and conscious living.

SPEAKING & THEMES

Sadhviji offers speaking engagements worldwide, including:

- » Keynotes
- » Moderated Conversations
- » Workshops & Retreat Sessions
- » Guided Meditations & Spiritual Practices
- » Book Talks & Readings



CORE THEMES

Coming Home to Yourself

Emotional resilience, burnout recovery, and freedom from the illusion of “not enough”

Purpose & Dharma

Moving from success and striving to meaning, purpose, and fulfillment

Mastering the Mind

Freedom from anxiety, stress, unconscious thought patterns, and nervous system regulation

Healing & Forgiveness

Releasing the past, healing emotional wounds, and reclaiming peace

Conscious Living & Compassion

Living with awareness, nonviolence, and connection to all beings

Spirituality in Action

Service, conscious leadership, and creating meaningful impact in the world



SELECTED QUOTES

"The truth is that right here, in this breath, in this moment, you're okay. You're enough."

"Spirituality is not measured by how many authors you can quote or what tips you know. It's measured by how you live."

"The power of satsang... is that it opens the space for us to recognize the truth within ourselves."

"We must let go, forgive, and unhook our peace from other people's actions."

"The mind is a great tool, but not a good master."

"We must choose thoughts of love instead, and protect the health of our minds and hearts."



CONTACT & BOOKING

For speaking inquiries, media, and collaborations:

sadhvi@parmarth.com