

Sadhviji was raised in an American family in Hollywood, California and graduated from Stanford University. She was completing her Ph.D. when she left America in 1996 to come and live permanently at Parmarth Niketan Ashram in Rishikesh, India. She has been living there since, engaged in spiritual study, practice, and service.

She was officially initiated into the order of Sanyas (monastic renunciation) in the year 2000, by His Holiness Swami Chidanand Saraswatiji.

Sadhviji gives discourses and question-answer sessions on topics ranging from Indian spirituality, to science and spirituality, to the keys of happiness and meaning in life; she also teaches meditation. She travels across the world giving spiritual discourses, question-answer sessions and meditation courses. Her talks blend the knowledge and logic of the West with the insights, spirituality and wisdom of the East.

She is President of Divine Shakti Foundation, a foundation dedicated to bringing education and empowerment to women and children which runs free schools, vocational training programs and empowerment programs.

She is also Secretary-General of the Global Interfaith WASH Alliance, an international interfaith organization dedicated to bringing clean water, sanitation and hygiene to the children of the world.

She has a Ph.D in Psychology and was the Managing Editor for the monumental project of the 11-volume Encyclopedia of Hinduism.

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