

# IT'S TIME ...FOR CHANGE: HOW MAKING POSTIVE CHANGES WILL ENHANCE YOUR SPIRITUAL LIFE BY ARUNA LADVA

## It's Time... *for Change*

How making positive changes  
will enhance your spiritual life

Aruna Ladva



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Ability to choose and initiate change in life is empowering because it confirms that I can control my tomorrow. This is mastery over the self – and the real meaning and purpose of Raja Yoga. For this reason I love pursuing this magical journey of self-improvement. Aruna Ladva looks at how we can use our initiative and take the lead in re-creating harmony and balance in the world. It's Time...for Change for seekers of truth who do not want to simply live in denial or sweep issues under the carpet. It is for those who have a compelling desire to look inside more deeply and consciously choose to change.

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