



# Change Yourself, Change the World

*Inner Transformation  
through Sahaja Yoga Meditation*



More than twenty countries across Europe will collectively focus their desire, attention and action for the European Realisation Day,

**Saturday 22 September, 2007**

May the Blessings from Shri Ganesha Puja flow around the globe and settle in all the European cities so that thousands and thousands receive the gift of their Realisation.

[www.europeanrealisationday.org](http://www.europeanrealisationday.org)