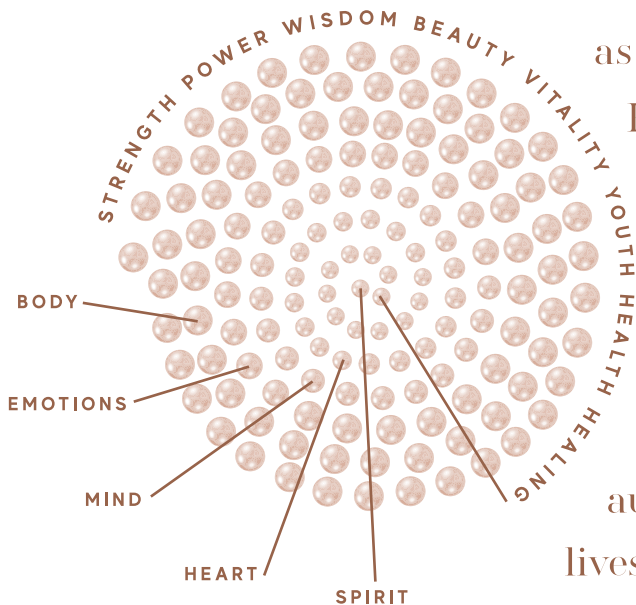


Atus a®

INTRINSICALLY YOU



as we live in the
Physical Emotional
and Mental

Maze
we lose
our true
Selves

authentic Power
lives in our Heart
and Spirit Energies

the true source of our
Intrinsic Potential

Be-attitude STRENGTH

Often a measure of our physical attributes the real power of Strength
is the force that moves both the seen and the unseen
The physical and the non-physical aspects of our Being

Be-attitude POWER

Power is often sought externally. Power over others in the belief to
conquer

Real Power comes from within, requiring nothing from the Outside
Power derived from a strong sense of Self enhances positive feelings
within

Quiet Reflective Alert and Knowing

A Powerful Body Mind enables Power of the Self

Be-attitude WISDOM

Wisdom is seeded through Awareness

Awareness embraces the Entire Existence of what Is

Awareness is being consciously in touch with all that exists within and
without

This is the source of true Wisdom

Be-attitude BEAUTY

Unlock the Beauty of your Heart

Free your Soul to bring this to others through Kindness and
Compassion

Radiant Beauty seeds within and moves gracefully from the Inside Out
A reflection of our life choices. Beauty's true gift is our Inner Light

In the well-known 'Ode on a Grecian Urn' the great English poet John
Keats writes:

8 Be-attitudes of Atusa®

Atusa®

INTRINSICALLY YOU

The Power to Transform Is Within

8 BE-ATTITUDES TO BEING INTRINSICALLY YOU

Strength • Power • Wisdom • Beauty
Vitality • Youth • Health • Healing

The Union of all facets of your Being

Each Be-attitude enhances the other

Alignment with All is associated with Longevity and Freedom

The embodiment of **Beauty** elicits inner **Power**

Bringing forth **Vitality** and expression of **Youth**

Physical and mental balance draws personal **Power** and **Health**

We use **Wisdom** to become Healthy and inner **Strength** to endure

In essence we evoke the Be-attitudes to bring **Healing**

Who do You Choose to Be?

Choose the Atusa® in You

By Cultivating Your Body Your Mind and Your Spirit Energies
To a greater level of Awareness and Preparedness
Your Essence will attain a higher Quality
That will Radiate your Intrinsic Beauty
It is this quality that will become your Signature
Imprinted with a Fragrance -
Priceless and Eternal

Live Your Life in a Manner Appropriate to Who You Truly Are
Return to that Being
Manifest that Being
Your Full Potential Awaits

Elemental Movement Powerful Personal Training Beautiful Body
Symmetry Lifestyle Intrinsic VISTAS Lifestyle You ESSENCE
Nurture Me Mindfulness Based Stillness Meditation Imagery
Contemplation Boundlessness Reiki Energy Healing Intuitive
Intrinsic Atusa® Body Mind Spirit Bespoke Self Design
Reinvigorate Home Visit Angel Assist Mentorship
Gifting Community Unique Aftercare
5 Rites Rejuvenation

CREATOR - LINDA GRECH

holistic • collaborative • transformative

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