



# 8 Be-attitudes of Atusa®

Quiet Inner **STRENGTH** protected by her outer shell longing to Shine through

Personal **POWER** that Protects and Nurtures all without Recognition

**WISDOM** that Surpasses Dogma and Societal Rules though mistrust's her Inner Knowing

Ethereal **BEAUTY** longing to Radiate and let the World see

VITALITY she knows is within yet camouflaged with the weight of responsibility

YOUTH as a wellspring of possibilities and everything appears afresh

**HEALTH** in the palm of her hands so she can gently and artfully care for herself and the ones she so ardently loves

**HEALING** to transcend her inner wounds and reclaim the vision of herself: the person she longs to be, the person she intrinsically is

# 8 Be-attitudes of Atusa®

#### 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®

Beauty is Truth, Truth Beauty –
That's all we know on earth and all we need to
know'

The truth is that Beauty is who we Intrinsically are Allow your Beauty to radiate from the Inside Out

#### Be-attitude VITALITY

Timeless youth showcases an exuberant Vitality
An inner Spirit and outer Physicality that reveals the Infinite
We go beyond societal norms and defy the conventions of aging
We go beyond the Ordinary Self to be a life of Aliveness

#### Be-attitude YOUTH

As we move beyond limited thought patterns and opinions of others we renew our desire for Youth

When we love ourselves we bring about an accelerated Vitality that is

Youth

With this treasure we perceive all things Possible

### Be-attitude HEALTH

Health is a Symbiotic blend incapable of being separated Physical, Mental, Spiritual, Emotional, Heart, Nutritional, Consciousness, Self Realisation and the ultimate Freedom

### Be-attitude HEALING

The path to Equilibrium is the synergistic Alignment of your Body your Thoughts and Emotions

This path is the Conscious Awareness of your 8 Be-attitudes
Strength Power Wisdom Beauty Vitality Youth Health and
Healing

Healing is effortless when you become 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

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