



# The YUSA Guide To Balance: Mind Body Spirit

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## The YUSA Guide To Balance: Mind Body Spirit YUSALIFE LTD

For all those that obtain a copy of the YUSA Guide to Balance, please contact us as we have a free gift for all our readers to accompany the book and assist you on your journey to self-betterment. All questions, comments and feedback are encouraged and openly received. For those that take the time to leave a review we thank you in advance. We are very reactive to people who contact us so get in touch in which ever way suits you best. Twitter - @ YUSALIFE Instagram @ YUSALIFE Website - [www.YUSALIFE.com](http://www.YUSALIFE.com) Email - [connect@yusabundance.com](mailto:connect@yusabundance.com) YUSA promote the highest form of abundance with our primary role on the planet being to provide the keys in order for one to unlock the shackles of self-limitation. We over-stand that it is every human beings sole birth right on the planet to be granted access to the highest truth and upmost understanding of self to enable personal growth beyond the limitations and expectations of modern society. Many are at a crossroads in life and realise that the truth lies beyond what is portrayed in society today. In an age where information is so readily communicated, it's becoming increasingly difficult to decipher truth from disinformation with the external distractions that tend to steer the mind and awareness further from the true self. Investing time into self-improvement is essential for the achievement of peace, happiness, universal awareness, success and the opening of the doors to a balanced reality. All iconic Gurus, Shaman, Buddhists or anybody with a connection to their true state would agree spiritual knowledge (knowledge of self) is again absolutely vital in order for you to achieve your dreams and desires. The primary aim of YUSA is to assist one with the life tools and guidance necessary for accelerated self-betterment which we have utilised on a personal level in order to realise internal fulfilment, self-betterment, expansion of consciousness for the highest good and achieve personal desires. Our role in providing guidance for those becoming aware of the need for change and the healing of one's self to benefit all aspects of their lives will be an active role, we are in the midst of creating a self sustaining conscious community, connecting people from all walks of life in order to share experiences, techniques and stories that can help awaken and liberate the collective consciousness.

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