



## The YUSA Guide To Balance: Mind Body Spirit

By YUSALIFE LTD

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### **Editorial Review**

#### **Review**

I didn't know much about meditation and becoming one with ... 5/5 By Diara Lawson on April 8, 2015

Format: Paperback Verified Amazon Purchase "I didn't know much about meditation and becoming one with the universe and freeing the mind on a totally different level. Often times we THINK we are free of certain things that cloud our vision, when all in all it lies in our subconscious. Yusa Guide has helped me to understand myself on a different level, to live for today because all we have is now. The past is gone and what we do in the now determines the future. I started this journey to rid myself of anger, judgement and to gain a clear innerstanding of what my mind is capable of once I am completely in control of it. I am still learning everyday but everyday I get closer and closer to knowing my real self!! #knowthyself"

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#### **Herbert White:**

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