

Welcome to Alma Oasis

NEWSLETTER



Imbolc Blessings

THE SEEDS ARE STIRRING
MAY NEW DREAMS GROW
THE LIGHT SOON RETURNING
MAY PASSIONS IGNITE AND GLOW

-Unknown

THOUGHT FOR THE DAY

The darkest hour is just before dawn

When all goes quiet & dark
Do not be afraid
In fact, be still and wait
It is in this moment
that new beginnings are laid

- Vivian Dias

PEARLS OF WISDOM

Hang On, Pain Ends

Hope is what keeps us going
Pain is what we overcome
In our quest to find the Light
To exist as one in love

- Vivian Dias

WHAT'S NEW?

Website is now LIVE!

Just as Imbolc symbolizes “seeds of spring beginning to stir within Mother Earth”, so has Alma Oasis been birthed into existence in the form of a [live website](#) showcasing the latest news from Alma Oasis.

Have faith enough to know
that the light at the end of the
tunnel is brighter than the
darkness inside.

Chris Lonas



LIGHT AT THE END OF THE TUNNEL

The real beauty in the act of emerging into the light from a long, dark tunnel is the crystallisation of one's inner strength, courage and most importantly, the ability to draw upon one's own wisdom and power.

- Vivian Dias

**“This cocoon is stifling”
said every butterfly that
ever was.....**

- Nausicaa Twila



DEATH REPRESENTS A NEW BEGINNING

“SURRENDER TO THE FLOW OF LIFE”

The old ways are dying to make way for a new world – our preoccupation with control is an illusion that we need to let go of.

Give in and surrender – trust in the timing of the universe to clear, cleanse and bring forth into being that which is much better than you ever imagined.

You are being held and called to lean into the flow of life.

- Vivian Dias

**Truly, truly, I say to
you, unless a grain
of wheat falls into
the earth and dies,
it remains alone;
but if it dies, it
bears much fruit**

- *John 12:24-26*

3 SIMPLE STEPS TO COPE WITH DARKNESS

1. [Neutralise the darkness; light a candle](#)
2. However long the night, the sun will always rise; it is temporary
3. Things will look better in the morning; hold on to hope

***“The best bridge between despair and
hope is a good night’s sleep”***

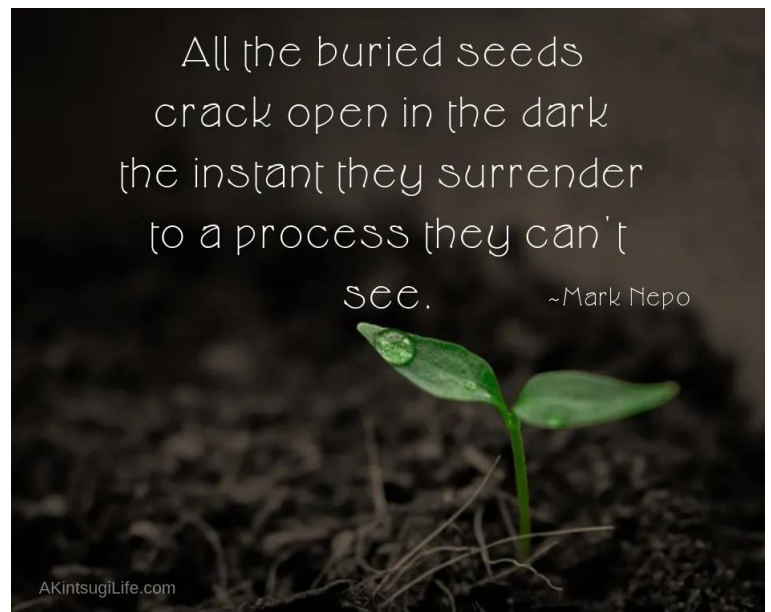
- *E. Joseph Cossman*

Love, light & blessings,

Vivian

All the buried seeds
crack open in the dark
the instant they surrender
to a process they can't

see. ~Mark Nepo



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