

Welcome to Alma Oasis

NEWSLETTER

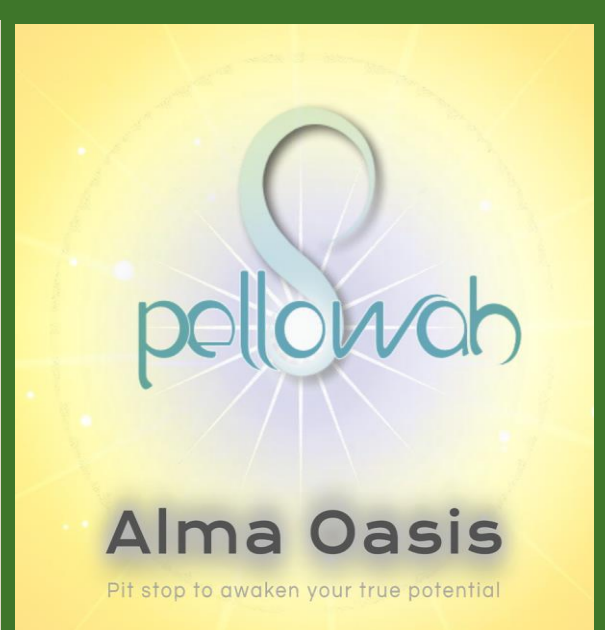
FIRST DETACH, THEN SURRENDER

Our human conditioning perpetuates the illusion of controlling our narrative.

True freedom comes from living your truth in the present moment and letting go of any attachment to outcomes - the ultimate surrender.

At Alma Oasis, we offer Pellowah to awaken your true potential by facilitating a radical shift in consciousness that guides us towards your true nature and purpose.

If you are interested in finding out more, get in touch to [book a Pellowah session](#) or [sign up for our Pellowah workshop](#).



PEARLS OF WISDOM

Let it go!

There is nothing more powerful than letting go of all the stories we tell ourselves to heal our inner wounding. That's when the magic truly begins!

~ Vivian Dias

WHAT'S NEW?

Weekend workshops!

Pellowah weekend workshops are now scheduled to take place in Worcester Park (easily accessible from London and Surrey areas) on 24th/25th June, 16th/17th September and 18th/19th November.

[Register interest/sign up](#) to book your space!

How will Pellowah help?

- Pellowah Attunement is a gift to yourself! Beneficial for everyone! Great for the Practitioner wishing to learn a new modality, and wonderful for individual spiritual expansion.
- Pellowah is easy to learn, simple to use, and enables you to create positive lasting change in your Life...Pellowah is **Simple, Powerful and Effective!**
- With Pellowah Attunements you can expect: an alignment of the meridians, greater inner peace, inner strength and confidence. Everyday decisions, and decisions for your highest purpose become easier to navigate, thoughts are clearer and not limited by previous patterns and experiences. Objectivity, creativity, connection and wellbeing are enhanced. Your ability to receive insights and focus your thoughts, words and actions on your life journey become a natural part of your being.

Let it go!



As humans, we are obsessed with goals and outcomes. We feel motivated to strive and persevere when we are given well-defined targets. We derive a sense of purpose in being assigned a task that we can work towards. This is the fundamental principle of our existence from the time we gain consciousness. Parents are encouraged to track the progress of their newborn baby's milestones – the first smile, the first solid food, the first roll-over, the first sit-up, the first crawl, the first walk, the first day at nursery, the first day at school....the list goes on.

It doesn't stop there, our education system also builds on this concept by having 'standards' by which children are expected to learn about the world around them. Societal norms further cement our conditioning where we aim for acceptance from others by following the rules of the environments we find ourselves in.

But, in reality, all these aspirations are thrust upon us and we are led to believe that we can only be viable if we succumb to the standards and expectations of others.

What if we chose to detach ourselves from all these so-called goals and outcomes that we aspire to? What if we allowed ourselves to simply be authentic to who we truly are and follow our heart by doing what we really love? Instead of trying to fit into a "one-size-fits-all" type of box, what if we chose not to box ourselves in, in the first place?

Some might argue that is theoretical thinking and is easier said than done. However, consider how you would feel if you simply start by detaching yourself from outcomes and live the present moment with your heart's desire at the forefront of everything you do?

For example, as a new parent – rather than focus on the pre-determined milestones that you've been told your newborn should achieve; why not bask in the miracle of life that you've created and have been blessed with? This allows you to detach yourself from the outcome and allows you to enjoy your newborn's achievements as and when they happen.

Another example would be instead of 'working really hard' to get your dream job by following a recommended path of education and work experience, why not change your focus on doing things that you truly have a passion for and explore ways to learn more about your areas of interest? This approach would unlock education and work opportunities that you might not have even considered and lead you on a path where you have real potential of experiencing pure happiness and fulfillment in doing what you truly love.

If we recognize and acknowledge that goals and outcomes are "useful tools" to help us navigate our human existence, then we empower ourselves to not see them as the end result/goal/outcome, thereby allowing ourselves the freedom to detach and focus on following our heart's true desire. Let it go – detach yourself from the outcome and surrender to divine timing and love!

At Alma Oasis, we provide a range of services that will support your journey of self-discovery to unlock your true potential and live life aligned to your true nature and purpose.

Get in touch if you feel drawn to following your heart's desire [through our range of services](#).

Love, light & blessings!
Gloria Rose Vivian