

# Welcome to Alma Oasis

## NEWSLETTER

### Awaken - it is time!

As nature covers our forest floor in purple  
 The humble crocus marks the beginning  
 of the long-awaited & much-anticipated thaw  
 Breaking through the ground, beautiful & gentle  
 Serving as a poignant reminder to trust the awakening  
 Just in time to embrace the warmth of light & love

- Vivian Dias



#### THOUGHT FOR THE DAY

### Your time has come!

You have seen my

**DESCENT**

Now watch my

**RISING**

- Rumi

#### PEARLS OF WISDOM

### Harbinger of change

The promise of spring is nature's way to remind us that true change, although inevitable & messy, can be mesmerising and beautiful too!

- Vivian Dias

#### WHAT'S NEW?

### Workshop brewing..

As Alma Oasis awakens, all vital ingredients are being sourced and brought together to bring to life our very first workshop offering...

Details will be posted soon on the [website](#) – watch out for early bird discounts!



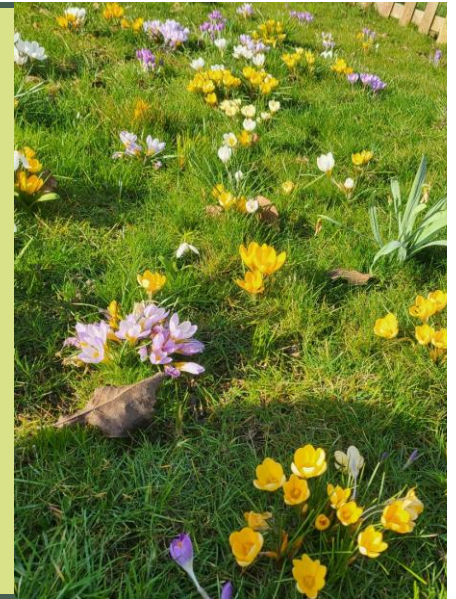
*The Chinese bamboo does not grow for 4 years, then in the fifth year it shoots as high as 80 feet. Just because you cannot see visible growth whilst the roots are establishing a firm foundation, it does not mean nothing is happening.*

*~ True growth happens within and takes time ~*

- Vivian Dias

**Spring will come, and so  
will happiness. Hold on.  
Life will get warmer.**

- Anita Krizzan



***Shine....shine bright!***

*You have waited, you have toiled  
You stood firm amid the turmoil  
You showed patience, you showed courage  
You did well – your time has come to flourish*

***~ Go forth and shine ~***

▪ Vivian Dias

For behold, the winter  
is past; the rain is over  
and gone. The flowers  
appear on the earth,  
the time of singing has  
come, and the voice  
of the turtledove is  
heard in our land.

*~ Song of Solomon  
2:11-12*

### 3 HANDY TIPS TO 'HANG IN THERE' WHILE THE 'GOING GETS TOUGH'

1. Immerse yourself in nature; and observe how there are signs everywhere that encourage you to keep going and not give up.
2. Get moving – walk, jog, run, dance, swim; and reap the mental health benefits.
3. Trust the process; there is always growth happening even if you can't see it at first.



***“If we had no winter, the spring would not be so pleasant!”***

*– Anne Bradstreet*

Love, light & blessings,  
Vivian