

# Welcome to Alma Oasis

## NEWSLETTER



### THOUGHT FOR THE DAY

#### **Be brave & let the magic begin!**

- Start where you are.
- Use what you have.
- Do what you can.

- Arthur Ashe

### PEARLS OF WISDOM

#### **Are you always too busy?**

Feeling the need to be busy all the time is a trauma response and a fear-based distraction from you'd be forced to acknowledge and feel, if you slowed down.

- Dr Sarah Sarkis

### WHAT'S NEW?

#### **1:1 Personalised Sessions**

At Alma Oasis, you will get the support you need within a safe, nurturing space to simply be, let go and figure out what you need to do next at your own pace. Visit [our website](#) to learn more and make your booking.



### STEP INTO YOUR LIGHT

When you make the conscious decision to put one foot in front of the other, you are effectively stepping into your light armed with courage to enter into the world of limitless possibilities.

[Set yourself free, one little step at a time](#)

## Today's Reminder

Promise me you'll always remember

You are braver than you believe,

Stronger than you seem,

And smarter than you think.

- Winne the Pooh



## SPEAKING YOUR TRUTH

“THE TRUTH WILL SET YOU FREE”

Finding the courage to speak up is hard; speaking your truth is even harder – because it requires you to be brave enough to be vulnerable.

The good news, however, is that once you take that first leap of faith and speak your truth, you begin the process of reclaiming the power you had unconsciously given away and start releasing yourself from being trapped by untruths, becoming free!

- Vivian Dias

**Then you will  
know the truth  
and the truth will  
set you free**

- *John 8:32*

## 3 SIMPLE STEPS TO BECOME 'UNSTUCK'

1. Turn things on its head; focus on possibilities
2. Block out all the noise & judgements; tune-in to what is really going on for you.
3. [Follow your heart; do what makes you happy](#)



*“The process of becoming ‘unstuck’ requires tremendous bravery, because basically we are completely changing our way of perceiving reality”*

- *Pema Chodron*

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Love, light & blessings,

Vivian