

Welcome to Alma Oasis

NEWSLETTER

TRANSFORM THROUGH PELLOWAH

Radical transformation is the very process of becoming new through a thorough shedding away of the old.

When a caterpillar goes through a metamorphosis into a butterfly, its body literally liquefies before becoming a beautiful butterfly.

Pellowah enables a radical shift in consciousness supporting your transformation into becoming the best possible version of yourself, aligned to source, light and truth. How awesome is that?!!

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



THOUGHT FOR THE DAY

Spring forth!

May the flowers remind you
Why the rain was so necessary

- Xan Oku

PEARLS OF WISDOM

Discovering YOU

There is nothing as certain as silence, stillness and solitude to introduce you to the secrets of yourself

- Guy Finley

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.

The Power of Duality



We only have to turn to nature to experience how duality can exist in harmony - it is everywhere we look - light & dark, night & day, summer & winter, spring & autumn, ying & yang, masculine & feminine, sun & moon, life & death.

So, why do we spend our lives trying to fight it or neutralise it? Instead, if we embrace it - we invite balance into our lives; which paves the way for acceptance, love & alignment to one's truth.

The key is to detach ourselves from trying to control our narrative and outcome. Duality is the essence of existence - opposing forces working in total harmony. So, rather than resist it - lean into the darkness, because that is where you gain the appreciation of light. Welcome the night, because it is during the night that you gather your strength to overcome your fears to step into the light.

~ Embrace the duality of life to exist in perfect harmony - that's all one needs to do ~
- Gloria Rose Vivian Dias
