

LIVING IN RHYTHM WITH YOUR DHARMA

A Seasonal Journal of Conscious Living

Suddha Prem MAGAZINE

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Conscious Living & Travel





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Suddha Prem



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FROM THE EDITOR

Living in Rhythm with Your Dharma

Summer has a way of reminding us of life's natural rhythm. Just as the sweetest fruit quietly appears at the mercado, each season arrives with its own gifts, its own lessons, and its own invitation.

Nature moves with remarkable ease. The sun rises and sets. Gardens bloom in their own time. The ocean follows the tides without hurry or resistance. Everything unfolds according to its season.

Our lives, however, often move differently. While summer calls us toward sunshine, laughter, travel, rest, and long conversations, many of us continue working, caring for our families, managing responsibilities, and doing our best to keep up with the pace of everyday life.

Sometimes summer arrives before we have made space for it, and the noise around us becomes as loud as the noise within us. Yet every season has a purpose. Sometimes we work to create the possibility of a family vacation. Sometimes we work so our children can attend summer camp or simply so we can enjoy an afternoon together without rushing. Sometimes our deepest wish is as simple as reading beneath the shade of a tree, playing board games with the people we love, sharing a delicious meal, or looking into one another's eyes with nowhere else to be. These ordinary moments have quietly become extraordinary luxuries.

As the magazine approaches its first anniversary, it, too, is following its own natural rhythm.



FROM THE EDITOR

Beginning with this Summer Issue, *Suddha Prem* Magazine will become a seasonal publication. Rather than following the calendar month by month, it will move with the wisdom of the seasons—allowing each issue to explore the energy, reflections, and practices that each chapter of the year offers us. This rhythm also reflects my own journey, my work, and the quiet unfolding of my dharma.

Within these pages you'll discover reflections on purposeful living, the quiet work of becoming, the wisdom of nature, mindful travel, Ayurveda, seasonal gardening, nourishing recipes, and the beautiful ways food, community, and shared experiences bring us back to ourselves.

More than anything, I hope these pages remind you that you are not alone.

I hope you read them slowly, returning to them throughout the season whenever you need a gentle pause. I hope they inspire meaningful conversations around your table, encourage moments of stillness, and perhaps find their way into the hands of someone who needs them too.

May your summer be filled with laughter, friendship, romance, nourishing food, quiet mornings, beautiful adventures, and the simple joy of being present.

May you find your own rhythm. And perhaps, somewhere along the way, our paths will cross—during a Mission-Centered Session, a retreat, one of our experiences, or over a fresh coconut shared beneath the shade of a tree. I would love that very much.

Until then, thank you for being here.

With love and presence,

Gabriela
Rocha Caballero

Founder & Editor

SUDDHA PREM



Tulum, Quintana Roo. Mexico.

For more than two decades, my work has been guided by permaculture design, Ayurveda, sustainable tourism, ecological practices, ancestral wisdom, and creative storytelling. *Suddha Prem* curates experiences that inspire connection, belonging, and purposeful living.

I'd love to hear your story.

Whether you'd like to contribute to *Suddha Prem Magazine*, collaborate on a project, or join one of our experiences, I'd be delighted to connect.



LIVING IN RHYTHM WITH YOUR DHARMA



“Nature does not hurry, yet everything is accomplished.”

— Lao Tzu

Summer has a way of reminding us of something we often forget: life has its own rhythm.

The sun rises without asking permission. Wildflowers bloom when the conditions are right. The tides arrive exactly when they are meant to, and the seasons quietly transform the landscape without ever forcing the next chapter to begin.

Nature does not rush.

Neither were we meant to.

Yet many of us have learned to measure our lives by deadlines, productivity, and constant motion. We celebrate being busy while quietly longing for stillness. We fill our calendars yet wonder why our hearts feel empty. Somewhere along the way, we began living according to the clock instead of the wisdom within us.

Summer gently offers another way.

It invites us to slow down just enough to notice what is already growing.



LIVING IN RHYTHM WITH YOUR DHARMA



Perhaps it is a dream that has quietly waited for your attention.
Perhaps it is a relationship asking for more presence.
Perhaps it is your health, your creativity, your family, or a calling that has patiently remained in the background while life became busy.
The rhythm of nature reminds us that growth is never rushed. Every meaningful transformation begins with listening.
In the yogic tradition, this deep listening is connected to dharma.
Dharma is often translated as purpose, but its meaning reaches far beyond a career or a destination. It is the unique expression of who you are. It is the quiet thread that connects your gifts, your experiences, your values, and the way you choose to contribute to the world.
Your dharma is reflected in your work, but it is also revealed in the way you care for your family, tend a garden, prepare a meal, build a community, welcome a stranger, or protect the places you love.
It is less about achieving something extraordinary and more about living each ordinary day with intention.

One of the greatest gifts of living in rhythm with your dharma is realizing that comparison begins to lose its power.
Just as an oak tree does not compare itself to a sunflower, our own path does not need to resemble anyone else's. Every life unfolds according to its own timing. Every journey asks something different of us. This understanding creates freedom.
We no longer need to chase someone else's definition of success. Instead, we begin asking quieter, more meaningful questions.
How do I want to spend my days?
What kind of life am I creating?
How do I want people to feel after spending time with me?
How can my work become an expression of my values?
Living in rhythm with your dharma does not mean every day feels easy. There will still be uncertainty, setbacks, and seasons that ask for patience. But even during those moments, we can trust that life is unfolding in ways we may not yet understand.



LIVING IN RHYTHM WITH YOUR DHARMA



Just as the garden needs sunshine, rain, and rest, we, too, need seasons of action, reflection, growth, and renewal.

When we stop resisting these natural rhythms, we discover something beautiful:

Purpose is not a destination waiting for us somewhere in the future.

It is a way of walking through the world.

One intentional choice.

One meaningful conversation.

One act of kindness.

One courageous step at a time.

This summer, may you give yourself permission to move a little slower.

To notice what is already blooming.

To spend time in nature, share a meal with people you love, explore a place that awakens your curiosity, or simply sit quietly beneath the shade of a tree.

Sometimes the greatest journey we will ever take is the one that brings us back to ourselves.

Pause & Reflect

Where in my life am I forcing something that is asking to unfold naturally?

And what might become possible if I trusted my own rhythm instead?



THE QUIET WORK OF BECOMING



“The strongest roots grow in silence.”

We often admire what is visible.

A flourishing garden.

A published book.

A thriving business.

A meaningful career.

A beautiful home filled with laughter.

What we rarely see is everything that came before.

The early mornings.

The difficult decisions.

The countless revisions.

The moments of uncertainty.

The quiet persistence required to continue, even when
no one is watching.



THE QUIET WORK OF BECOMING



Meaningful work is rarely created all at once. It is built one small choice at a time. Nature reminds us of this every day. Before a seed reaches toward the sun, it spends weeks developing an unseen root system beneath the soil. Long before we enjoy the shade of a magnificent tree, years of invisible growth have already taken place. Perhaps our own lives are not so different. We live in a culture that celebrates milestones, achievements, and finished products. Social media often shows us the harvest but rarely the planting.

We applaud success without always recognizing the patience, discipline, courage, and resilience that made it possible. Yet the most important work often happens in the quiet. It happens when we choose to keep learning after making a mistake. When we remain committed to our values, even when no one notices. When we care for our health one meal, one walk, one deep breath at a time.



THE QUIET WORK OF BECOMING



When we continue writing, creating, planting, studying, or serving—not because recognition is guaranteed, but because the work itself feels meaningful.

This is the quiet work of becoming.

Dharma is not only expressed through what we create. It is also revealed through who we become while creating it.

Every challenge shapes our character.

Every disappointment invites us to grow wiser.

Every act of kindness strengthens our capacity to love.

Every season of uncertainty teaches us to trust ourselves a little more deeply.

Growth is not always dramatic. More often, it is almost imperceptible.

Like the changing seasons, we rarely notice it while it is happening. Then one day we look back and realize we have become someone who is more patient, more compassionate, more courageous, or more grounded than we were before.

The work changed us.

Perhaps that was its greatest purpose all along.

This is one of nature's quietest lessons: nothing truly alive is ever standing still.

Even in winter, roots continue to deepen.



THE QUIET WORK OF BECOMING



Even in stillness, life is preparing for what comes next.

The same is true for us.

There will be seasons when your efforts seem invisible.

Moments when your ideas are still taking shape.

Days when the results feel far away.

Do not mistake quiet for failure.

Some of the most meaningful chapters of your life may be unfolding beneath the surface, preparing you for opportunities you cannot yet imagine.

Trust the process.

Honor the small steps.

Celebrate your consistency more than your speed.

And remember that becoming is not separate from your purpose—it is your purpose.

Every thoughtful decision, every loving action, every lesson learned, and every courageous beginning is already shaping the person you are becoming.

The garden does not bloom overnight.

Neither do we.

Pause & Reflect

What quiet work am I doing today that my future self will one day be grateful for?

How can I honor this season of becoming without rushing toward the next one?



Love

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CREATING EXPERIENCES THAT AWAKEN CONNECTION



The most meaningful journeys are not measured by distance, but by the moments that change us.

NATURE NEIGHBORHOOD WALK. MARIN COUNTY.

There are moments in life that stay with us long after they have passed.

There are moments in life that stay with us long after they have passed.
A meal prepared with someone we love.
A conversation beneath the trees.
A child discovering confidence through creativity.
A journey to a new place that quietly changes the way we see ourselves.
These moments become memories, but they also become something more.
They become part of our story.



CREATING EXPERIENCES THAT AWAKEN CONNECTION



An experience has the power to open a door within us. It can remind us of something we had forgotten, awaken curiosity, inspire transformation, or reconnect us with a part of ourselves waiting to be expressed. This is why intentional experiences matter. We live in a world filled with information. We can learn almost anything instantly. We can watch, read, and listen from anywhere. But transformation rarely happens through information alone. Transformation happens through connection. Through presence. Through feeling. Through participation.

A child who plants a seed, prepares a meal, and shares it with others is not only learning how to cook. They are discovering creativity, responsibility, confidence, and their relationship with the natural world.

A woman who steps away from her daily responsibilities to reconnect with herself in nature is not simply taking a trip. She is creating space to listen to her own wisdom.

A traveler who enters a new landscape with respect and curiosity is not just visiting a destination. They are building a relationship with a place, its stories, its people, and its traditions.



CREATING EXPERIENCES THAT AWAKEN CONNECTION



These experiences remind us that learning is not separate from living.
At Suddha Prem, we believe experiences are created through intention.
They begin with a question:
How do we create spaces where people can remember who they are?
Sometimes the answer is found around a table.
Sometimes it is found in a garden.
Sometimes it is found on a quiet path surrounded by nature.
Sometimes it is found while exploring a new culture and allowing a place to teach us something new.

Conscious travel begins with this same intention.
Travel is not only about where we go.
It is about how we arrive.
When we travel with awareness, we become guests rather than consumers. We listen before we take. We learn before we judge. We recognize that every place carries wisdom, history, and a unique relationship with the Earth.
A meaningful journey does not only change the places we visit.
It changes us.
The same is true for every experience we create.



CREATING EXPERIENCES THAT AWAKEN CONNECTION



Whether we gather children around food and art materials, welcome women into a retreat space, support conscious entrepreneurs, or share stories through film and writing, the intention remains the same:

To create opportunities for connection, growth, and remembering.

Because perhaps the greatest gift we can offer one another is not more information.

It is a moment.

A moment where someone feels seen.

A moment where someone feels inspired.

A moment where someone remembers the beauty of being alive.

And sometimes, one meaningful experience is enough to begin a new chapter.

Pause & Reflect

What experience has changed the way I see myself or the world?

And how can I create more moments of connection in my own life?



THE WISDOM OF NATURE: GROWING WITH THE SEASON



The garden does not hurry. It listens.

PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO
PRINT AVAILABLE - ETSY @SUDDHAPREM

**A garden teaches us lessons that cannot be
learned through rushing.**

It teaches us to observe before acting.

To care before harvesting.

To trust the invisible work happening beneath the soil.

Every seed carries its own wisdom. It knows when to
rest, when to grow, when to reach toward the light, and
when to surrender back to the Earth.

A seed does not compare itself to another seed.

A flower does not apologize for blooming at a different
time.

A tree does not rush its roots because another tree
has grown taller.



THE WISDOM OF NATURE: GROWING WITH THE SEASON



Nature has never been in competition with itself.
And perhaps that is one of the greatest lessons the garden offers us:
Growth cannot be forced.
We live in a world that often celebrates speed. We are encouraged to achieve quickly, transform instantly, and constantly move toward the next goal.
But nature follows another rhythm.
There are seasons for planting.
Seasons for nurturing.
Seasons for harvesting.
And seasons for rest.
Each one is necessary.
When we honor the season we are in, we begin to work with life instead of constantly fighting against it.

Summer is a beautiful reminder of this wisdom.
The abundance of the garden is visible—the tomatoes ripen, herbs continue offering their fragrance, zucchini grows generously, and the earth provides nourishment.
Yet summer also asks us to slow down.
The intense heat reminds the garden, and the gardener, that not every season is for constant action.
Sometimes the most loving thing we can do is protect, nourish, and wait.
In our garden, the months of July, August, and most of September are a time of observation and care. The heat is strong, and the soil asks for patience.
During this season, we focus on supporting what is already growing.



SUMMER GARDEN PRACTICES



Create shade when possible.

Protect delicate plants from intense summer sun and help the garden conserve energy.

Water with awareness.

During hot months, gardens may need consistent watering. Observe your soil and plants, and adjust according to your local climate.

Honor what has completed its cycle.

Some crops, like garlic and onions, naturally finish their season and need less water as they prepare for harvest.

Summer is also a time to enjoy what the garden generously offers:

- Tomatoes.
- Serranos.
- Corn.
- Zucchini.
- Limes and lemons.

The gifts that arrive after months of patience.

Then, as temperatures begin to soften, the garden enters another chapter.

PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO
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SUMMER GARDEN PRACTICES



Late September brings the opportunity to begin planting seeds for cooler seasons:

- Turnips.
- Parsnips.
- Radishes.
- Beets.
- Peas.
- Lentils.
- Garbanzo beans.

The garden reminds us that timing matters. Plant too early, and the seed may struggle. Harvest too soon, and we may miss its full expression. But when we learn to listen, we discover the beauty of right timing.

Our own lives follow the same rhythm. There are dreams still developing beneath the surface. There are seasons when we are preparing rather than producing. There are moments when the most important work is simply becoming stronger roots. Nature does not question its timing. Perhaps we can learn to do the same.

Pause & Reflect

What season of life am I currently experiencing?

Am I allowing myself to honor what this season is asking of me?



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SUMMER, AYURVEDA, AND THE SEASON OF PITTA



Learning to cool, nourish, and return to balance.

Every season carries its own energy.

The garden feels it.

The animals feel it.

Our bodies feel it.

Summer arrives with longer days, abundant sunlight, warmth, movement, and expansion. It is a season filled with creativity, celebration, and connection—but it is also a time when we are invited to become more mindful of balance.

In Ayurveda, summer is associated with Pitta, the energy connected with the elements of fire and water. Pitta represents transformation, metabolism, passion, and intensity. When balanced, it supports clarity, enthusiasm, and purposeful action. When excess heat accumulates, we may feel overwhelmed, impatient, restless, or depleted.

Summer invites us to soften.

To cool.

To nourish.

To create space.

Just as we protect our gardens from the intensity of the summer sun, we can learn to care for our own inner landscape.



SUMMER, AYURVEDA, AND THE SEASON OF PITTA



Nourishing Through Food

Ayurveda teaches us that food is not only about nutrition—it is also about energy, seasonality, and our relationship with what we consume.

During the warmer months, many people naturally feel drawn toward fresh, hydrating, and lighter foods. Summer favorites such as watermelon, cucumbers, berries, fresh herbs, cilantro, mint, coconut, and seasonal fruits can bring a sense of freshness and balance to the table.

Foods with sweet, bitter, and astringent qualities are traditionally considered supportive during the summer season.

The garden becomes our guide.

Fresh ingredients, simple preparations, and meals shared with others remind us that nourishment is also an experience of connection.

Hydration as a Ritual

Water is one of summer's greatest teachers.

It reminds us to flow.

To replenish.

To listen.

Throughout the day, enjoy water and nourishing herbal infusions that support your personal needs. Traditional cooling herbs often enjoyed during warmer months include mint, fennel, rose, licorice, peppermint, and hibiscus (jamaica).

Rather than following rigid rules, Ayurveda invites us to become curious:

What helps my body feel refreshed?

What leaves me feeling energized and balanced?

What does my body need today?



SUMMER, AYURVEDA, AND THE SEASON OF PITTA

Summer Herbal Infusion

A refreshing Ayurvedic-inspired drink for warm days
A simple, cooling infusion to help you slow down, hydrate, and reconnect with the rhythm of the season.

Ingredients

- 1 glass of filtered water
- 4 fresh mint leaves
- Juice of ½ lemon or lime
- ½ cup frozen mixed berries
- A dash of rose water
- A few ice cubes

Directions

Lightly press the mint leaves to release their natural oils. Add the mint, lemon or lime juice, frozen berries, and rose water to a glass. Pour in the filtered water, add the ice cubes, and gently stir. Let it infuse for a few minutes before enjoying.

Ayurvedic Note

This cooling herbal infusion is especially refreshing during the warmer months. Mint offers a cooling quality, lemon adds brightness, berries provide natural antioxidants, and a touch of rose water brings a gentle floral aroma that invites a sense of calm.

Sip slowly and enjoy mindfully.





SUMMER, AYURVEDA, AND THE SEASON OF PITTA



Cooling Spices and Seasonal Cooking

Spices are one of Ayurveda's beautiful reminders that small additions can create meaningful changes. During summer, many people enjoy incorporating cooling spices such as:

- Fennel
- Coriander
- Cumin
- Fresh herbs

Cooking with seasonal ingredients allows us to reconnect with the wisdom of the Earth and the natural rhythm of the year.

Caring for the Body

Summer asks us to adjust our routines.

The same way we would not expect a garden to thrive without care, our bodies also need moments of restoration.

Traditional Ayurvedic practices such as abhyanga—self-massage with nourishing oils—are a beautiful way to cultivate presence and care.

Cooling botanical practices, such as aloe vera, rose water, or other soothing natural ingredients, can become gentle rituals after time outdoors.

These moments are more than skincare.

They are reminders to pause and honor the body that carries us through life.



SUMMER, AYURVEDA, AND THE SEASON OF PITTA



Moving With Awareness

Summer is not the season to constantly push harder. It is a season to find harmony between movement and rest.

Gentle morning walks, yoga, swimming, time in nature, and mindful movement allow us to stay connected without exhausting our energy.

The morning and evening often offer the gentlest light for outdoor activities, while the hottest hours invite us to slow down.

Even the breath can become a doorway back to balance.

Cooling breath practices and meditation can help create a sense of calm when life feels intense.

Caring for the Body

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SUMMER, AYURVEDA, AND THE SEASON OF PITTA



The Wisdom of Summer

The greatest lesson of Ayurveda is not perfection.
It is awareness.
It is learning to listen.
Our bodies are always communicating.
Nature is always communicating.
The question is whether we are quiet enough to hear.
This summer, may we remember that balance is not
something we achieve once and keep forever.
Balance is a relationship.
A daily conversation between ourselves and the world
around us.

Pause & Reflect

What does my body need more of this season?

More rest?

More nourishment?

More movement?

More joy?

What small ritual can help me return to balance?



SMALL ACTS, BIG LOVE



Simple Summer Practices for Caring for Our Shared Home

Living consciously is not only found in the big decisions we make.

It is also reflected in the small moments of attention we practice every day.

The way we water a garden.

The way we care for an animal.

The way we use the resources we have been given.

The Earth is not separate from us. We are part of the same living system, connected through the air we breathe, the food we grow, the water we drink, and the beings we share this planet with.

Summer is a beautiful time to remember this relationship.



ECO TIP: CARING FOR THE EARTH DURING SUMMER



Water with awareness.

Water plants during the cooler hours of the morning or evening when possible, allowing the soil and roots to receive nourishment while reducing evaporation.

Protect the soil.

Adding natural mulch, compost, or organic materials helps gardens retain moisture and supports healthy soil life.

Choose seasonal abundance.

Eating local and seasonal foods connects us with the rhythm of the land while supporting farmers and reducing unnecessary transportation.

Reduce and reuse.

Summer gatherings often create more waste. Simple choices—reusable containers, cloth napkins, glass jars, and mindful shopping—can make a meaningful difference.



ECO TIP: CARING FOR THE EARTH DURING SUMMER



Loving Care: Our Animal Companions

Animals are our teachers of presence.

They remind us to slow down, appreciate simple joys, and live more fully in the moment.

During the warmer months, we can offer them extra care:

- Provide plenty of fresh water and a shaded place to rest.
- Avoid long walks during the hottest hours of the day.
- Protect their paws from hot pavement and surfaces.

- Pay attention to changes in their energy, comfort, and behavior.

- Create moments of connection through play, affection, and simply being together.

Caring for animals is another expression of compassion.

A young child with brown hair, seen from behind, is running through a shallow stream. The child is wearing blue patterned swim trunks and is splashing water. The background shows a grassy bank and some colorful objects on the left.

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Slow Down

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PERMACULTURE WISDOM LIVING IN HARMONY WITH NATURE



Learning from the intelligence of the Earth.

Nature has been designing and regenerating life for millions of years.

A forest does not need a manager to understand diversity.

A river does not need instructions to find its way.

A seed does not need to be reminded of its purpose.

Permaculture invites us to observe these natural systems and learn from them.

It teaches us that we are not separate from nature—we are participants within it.

At its heart, permaculture is guided by three simple ethics:

Care for the Earth.

Care for people.

Share the abundance.

These principles remind us that the way we live, create, and consume has an impact beyond ourselves.

A garden is not only about growing food.

It is about creating relationships.

The soil, the plants, the insects, the water, the sun, and the gardener all work together in a living conversation.

Permaculture begins with observation.

Before changing a landscape, we first listen.

Where does the sun move?

Where does water naturally flow?

What plants are already thriving?

What does this place need?

This same wisdom can be applied to our own lives.

Before forcing change, we can pause and observe.

What is already growing?

What needs nourishment?

What patterns no longer support us?

What relationships, ideas, or dreams are asking for our attention?

Permaculture teaches us that healthy systems are created through connection, diversity, and balance.

A garden with many different plants is more resilient.

A community with many different voices is stronger.

A life that honors different seasons has greater harmony.



PERMACULTURE WISDOM LIVING IN HARMONY WITH NATURE



Perhaps the goal is not to create a perfect life, but a regenerative one.

A life that gives back.

A life where our work, our choices, and our daily actions nourish something beyond ourselves.

This is another expression of dharma.

Not only asking:

“What am I here to create?”

But also:

“How can what I create serve life?”

The Earth is constantly teaching us.

The question is whether we are willing to listen.

Pause & Reflect

What can nature teach me about creating more harmony in my own life?

How can my gifts become a source of nourishment for others?



THE PRACTICE OF DEVOTION



Finding the sacred in everyday moments.

There is a quiet wisdom found in devotion.

Not only in moments of prayer or meditation, but in the simple ways we offer our attention, our love, and our presence.

Bhakti, the path of devotion, teaches us that love can become a way of living.

It invites us to see the sacred within all of life—the people we meet, the food we prepare, the Earth that nourishes us, and the moments we are given.

Devotion does not always require grand gestures. Sometimes it looks like tending a garden with gratitude.

Sometimes it looks like preparing a meal for someone we love.



THE PRACTICE OF DEVOTION



When we approach life with devotion, ordinary actions become meaningful.

A seed planted with care becomes an offering.

A meal prepared with love becomes a blessing.

A journey taken with respect becomes a connection.

A conversation held with presence becomes an act of service.

The heart of Bhakti is remembrance.

Remembering that we are connected.

Remembering that we are not separate from nature, from one another, or from the greater mystery of life.

In a world that often encourages us to consume, achieve, and hurry, devotion invites us to pause and ask:

How can I offer love through this moment?

This question transforms the way we move through the world.

We begin to see our work not only as something we do, but as something we offer.

We begin to see our creativity not only as an expression of ourselves, but as a gift we share.

We begin to see care, compassion, and presence as sacred practices.



THE PRACTICE OF DEVOTION



Perhaps this is the greatest lesson of devotion:
Love is not something we find only in special
moments.
Love is something we practice.
One breath.
One action.
One offering at a time.

A Summer Devotional Reflection

Before beginning your day, pause and place your hand
over your heart.

Ask:

What can I offer today with love?

May the way we cook, create, travel, work, and care
become a celebration of life itself.

my mama's healing soups



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FOOD, MEMORY & BELONGING

Recipes are more than ingredients. They are stories we carry.

Food has always been one of humanity's oldest languages of love.

Before we had words, we gathered around fire, shared meals, and offered nourishment to one another. Across cultures and generations, recipes have carried memories, traditions, celebrations, and the stories of the people who came before us.

A recipe is never only a recipe.

It is a place.

A person.

A moment in time.

It is the smell of a familiar kitchen, the sound of family conversations, the hands that taught us, and the memories created around the table.

When we cook with intention, we reconnect with our ancestors, our communities, and the Earth that provides the ingredients that sustain us.

Cooking can become an act of gratitude.

An offering.

A practice of devotion.

In the kitchen, ordinary ingredients are transformed through attention and love. A simple meal becomes a way of caring for ourselves and the people we share it with.

This is the beautiful relationship between food and belonging. Food reminds us where we come from.

It also allows us to continue evolving.

Sometimes love means preserving a tradition exactly as it was passed down.

Sometimes love means honoring the essence of a tradition while creating a new expression that reflects who we have become.

This is the story behind my **Split Pea Soup**.



About the Author:

Gabriela Rocha Caballero creates regenerative learning experiences through food, nature, and conscious living. Through Tiny Chefs, retreats, books, and consulting, she designs embodied spaces for children, families, and communities to reconnect with nature, creativity, and presence. Her work exists in the interesection of education, food culture, and ecological awareness – supporting a more intentional way of living.

📍 @suddhaprem



SEASONAL

LOVE THE EARTH

LOVE YOURSELF

BY GABRIELA ROCHA CABALLERO
PHOTOGRAPHY BY SUDDHA PREM



SPLIT PEA SOUP

SPLIT PEA SOUP

This delicious soup will nourish your body.

Preparation Time: 1 hour 30 minutes

Vegan ▪ Vegetarian ▪ Jardin toppings

Ayurveda: Sattvic

Season: All seasons

Servings: 4–6

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Ingredients:

6–8 cups fresh water

2 cups dried split peas, rinsed

Fresh ginger root, finely minced (optional)

2 garlic cloves, finely minced (optional; omit if Pitta or Vata is elevated)

2–4 cups sliced celery

2–4 cups sliced carrots

2 cups finely chopped broccolini, kale, spinach, or Swiss chard

½ teaspoon cumin seeds or ground cumin

½ teaspoon turmeric

½ teaspoon ground coriander

½ teaspoon cayenne pepper (optional)

Freshly ground black pepper

1 chopped tomato (optional; omit for Pitta)

1 teaspoon coconut oil (summer) or ghee (winter), optional

Sea salt, to taste



WHAT IS A JARDIN?

BY GABRIELA ROCHA CABALLERO
PHOTOGRAPHY BY SUDDHA PREM



KALE, BASIL, PARSLEY, CILANTRO, SPINACH

My auntie Tita's Jardin recipe

This delicious, organic, NON-GMO raw garden is the final touch — the yummy toppings for your warm soups.

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The ingredients may include, but are not limited to:

- Cubed avocado
- Fresh tomato (optional)
- Fresh lime or lemon
- Finely chopped kale, basil, cilantro, dill, and parsley
- Chili flakes or sautéed serrano peppers (optional)
- Extra-virgin olive oil, avocado oil, or ghee
- Chili flakes, finely chopped raw serrano or jalapeno, or sautéed in coconut oil for summer, ghee for winter (optional)
- Organic extra-virgin olive oil or ghee
- Sea salt





A Vegetarian Split Pea Soup Inspired by Love

This is one of my favorite comfort soups.

My mama often prepared this simple, nourishing soup whenever my brother and I had exams or long evenings filled with homework. It became one of those meals that quietly reminded us we were cared for.

Even now, every bowl brings me back to those moments of feeling supported, nourished, and at home.

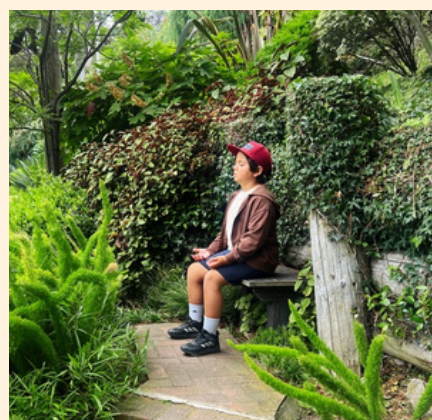
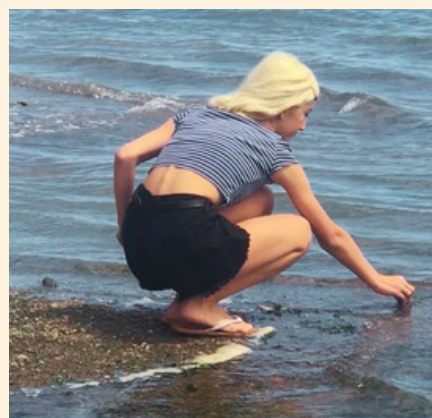
Although I enjoy this soup throughout the year, I especially love returning to it during the summer. After a long day at the beach, hiking, or working in the garden, there is something deeply satisfying about coming home to a warm bowl of split pea soup filled with fresh vegetables and topped with herbs picked straight from the garden.

Served with a little rice or barley and finished with fresh avocado, it becomes a simple meal that nourishes both body and heart.

May this recipe bring comfort to your table, beautiful conversations to your home, and joyful memories for the people you love.

Enjoy.

PHOTOGRAPHS: GABRIELA'S FAMILY ARCHIVE
MY MAMA'S HEALING SOUPS | AVAILABLE IN AMAZON
MYMAMASHEALAINGSOUPS.COM





A SUMMER REFLECTION



Returning to the rhythm within.

Every season offers us a gift.

Summer teaches us about abundance.

It invites us to notice what is already here—the warmth of the sun, the sweetness of seasonal fruit, the laughter of loved ones, the beauty of nature, and the simple moments that often become our most treasured memories.

It also reminds us that abundance does not mean constant activity.

The garden does not bloom endlessly.

The ocean does not stay at high tide forever.

The Earth knows when to expand and when to rest.

Perhaps we are meant to follow the same rhythm.

This season, we are invited to pause and listen.

To notice what is asking for our attention.

To honor what has grown.

To release what no longer belongs.

To trust the quiet work happening beneath the surface.



A SUMMER REFLECTION



Living in rhythm with our dharma is not about having every answer.
It is about creating a relationship with ourselves that allows our purpose to unfold naturally.
It is remembering that our gifts are not only found in what we accomplish, but in the love, care, and presence we bring into the world.
The way we prepare a meal.
The way we listen to someone we love.
The way we care for the Earth.
The way we show up for our communities.
The way we choose kindness, even in small moments.
These are the seeds of a meaningful life.
As summer continues, may you give yourself permission to slow down.
May you celebrate the journey you are already on.
May you trust the season you are experiencing.
May you remember that your path does not need to look like anyone else's.
Your rhythm is your own.
Your dharma is your own.
Your offering is your own.
And when that path is guided by love, every step becomes a form of devotion.



A SUMMER REFLECTION



Summer Reflection

Take a quiet moment and ask yourself:

What rhythm is asking to be lived through me?

What gifts am I ready to share?

What am I nurturing quietly that will one day bloom?

How can I bring more love into the way I live, work, create, and serve?

Your dharma is not something you need to find outside yourself.

It is something you remember.

One intentional step.

One loving action.

One moment of presence at a time.

MOMENTS OF BECOMING

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