

# THE GENTLE ART OF ENDING WELL

## THE LIGHT WE CARRY

DECEMBER 2025 | ISSUE NO. 3

**Closing Intentions:**  
The Gentle Art of Ending Well

**Simple Truths:**  
What Still Shines in Me

**Tosepan Titataniske**  
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Grow Balance, Purpose, and  
Connection Wherever You Are

**The Art of Accomplishment:**  
Lessons from Lao Tzu and  
Nature's Rhythm

# Suddha Prem

MAGAZINE

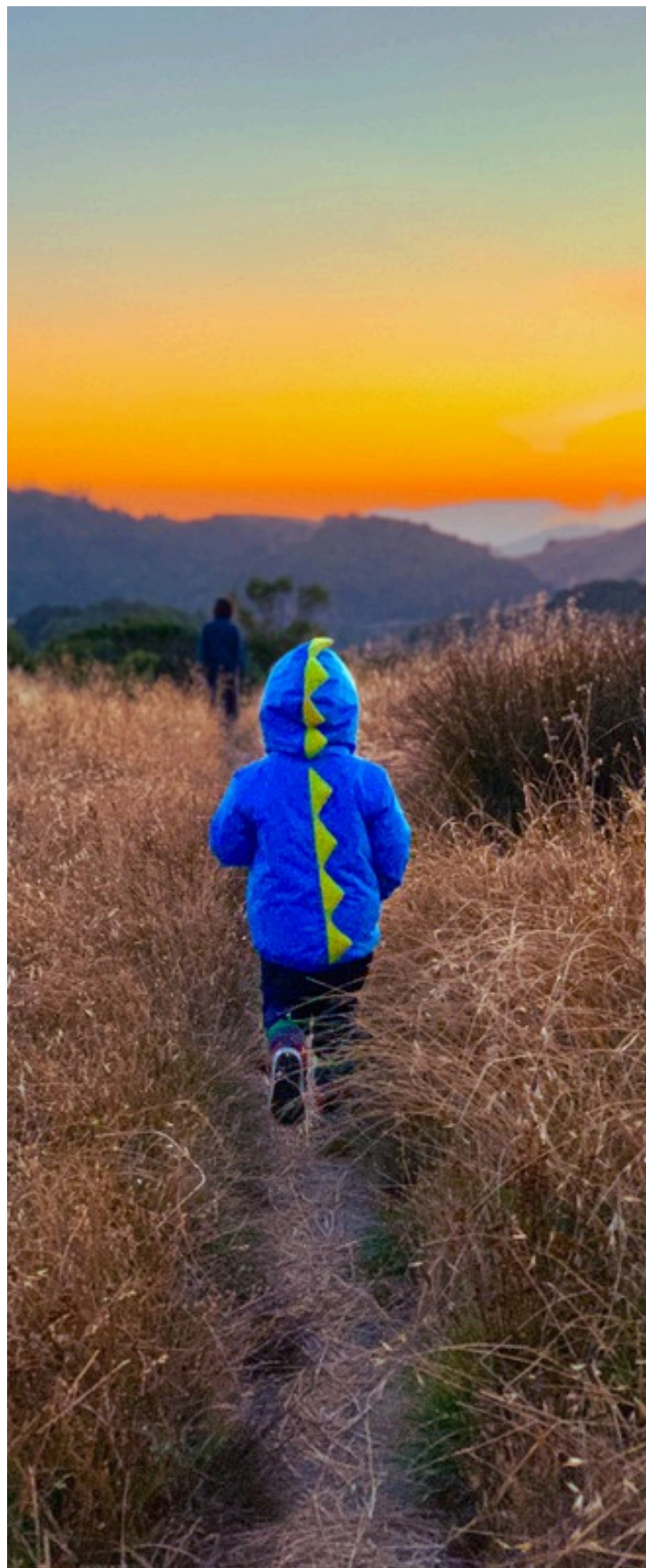
Conscious Living & Travel





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# Suddha Prem



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PHOTOGRAPHY BY

**GABRIELA ROCHA  
CABALLERO**



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## FROM THE EDITOR

### The Light We Carry – Closing Intentions & Simple Truths

As the year softens into its final glow, I find myself drawn to the quiet places where light lingers and creativity unfolds — near loved ones, in moments of making art with children, baking cookies, planting seeds for the coming spring, or watching the sun filter through the leaves just before dusk.

This issue is about that light — the kind we carry and hold dearly when everything else feels uncertain. The one that doesn't demand attention, but reminds us of what endures: kindness, gratitude, presence, and truth. In a world that asks us to move faster, **The Light We Carry** invites us to move inward. To reflect. To ask gently:

- What still shines in me?
- What have I learned to release?
- What's keeping me going?

The stories gathered here are small constellations of intention — essays and images that celebrate simplicity, belonging, and the quiet strength of renewal. You'll find reminders that endings are never final; they are invitations to begin again, illuminated by what we've learned along the way.

May these pages bring you peace as you close the year.

May they remind you that your own light — however soft or flickering — is enough to guide you home.

Thank you for carrying this light with us — for your support, your friendship, and for being part of this circle of conscious living, creativity, and connection.



**For 20+ years my approach has been a blend of permaculture design, Ayurveda, sustainable tourism, ecological practices, ancestral wisdom, and creative storytelling.**

Do you have a story to share?  
Drop me a line — or apply to be part of our Conscious Living Directory.

With love and presence,

*Gabriela  
Rocha Caballero*  
EDITOR-IN-CHIEF





## CLOSING INTENTIONS:



**“Tell me, what is it you plan to do with your  
one wild and precious life” - Mary Oliver**

PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO  
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### **The Gentle Art of Ending Well**

There's a quiet beauty in endings — a soft, invisible light that glows not from what's complete, but from what we've learned in the process of becoming. To close well is to honor the space between what was and what will be. It's to acknowledge that every season, every project, every relationship carries its own cycle of bloom, harvest, and rest. In nature, endings are never abrupt. A flower doesn't mourn its petals; it releases them. The soil doesn't resist winter; it welcomes stillness. Yet as humans, we often rush through our own transitions, afraid of the silence that follows completion. We fear the pause. But it's precisely **5** in that pause where renewal begins.



# THE GENTLE ART OF ENDING WELL



To end with intention is an act of love. It's a practice of gratitude — a way to bow to what has shaped us, without clinging to it. Whether it's the close of a year, the end of a creative project, or a quiet Sunday evening, each closure holds the potential for transformation.

Here are a few gentle ways to practice this art:

## **1. Create a Ritual of Reflection**

Light a candle, pour tea, bake a special memory, and take a moment to name what this season has given you.

Write down your lessons, joys, and even your struggles — not to judge, but to release. Each word becomes compost for the year ahead.

In our home, my kids' Santa Claus letter is not just a list of wants — it's become a list of remembrance: of the gifts received with gratitude, and of new wishes and commitments. It's a reflection disguised as a wish board for little ones, reminding us all that gratitude and hope belong together.





# THE GENTLE ART OF ENDING WELL



## 2. Declutter with Gratitude

When you clear your space — your desk, your garden, or even your mind — do it slowly, offering thanks to what's leaving. A notebook filled with scribbles, an empty jar, a withered plant — all have served their purpose. Letting go consciously invites clarity.

This is a perfect time to reorganize memories, transport them into better spaces, and share them with others. The act of passing things along — an object, a story, a smile — is itself a renewal.

## 3. Say Goodbye with Grace

Goodbyes open the door to bigger conversations. But for this season, carry love and gratitude as your compass. Not every goodbye is loud or dramatic. Some are quiet nods — a simple thank-you whispered to a chapter that taught you resilience.

When we end with grace, we leave room for beauty to follow. Grace is the bridge that allows us to step into the unknown with softness and courage.





# THE GENTLE ART OF ENDING WELL



## 4. Plant Something New

Even in endings, plant seeds — literal or symbolic. A seed holds both memory and promise. It reminds us that closure and creation are part of the same breath. Set the stepping stones of your wishing board. Imagine the sprouts that will emerge — ideas, friendships, gardens, or simply peace.

The gentle art of ending well is a kind of faith. It trusts that light will return — that what seems like loss is simply life reshaping itself into new form. It invites us to embrace the unknown, to love the change, to welcome the next chapter.

So as the year fades and the days shorten, don't rush toward the next beginning. Pause. Honor the in-between. See yourself smiling, hugging your own joy, your independence, your creativity. Light your own light.

Let your closing intentions be your quiet prayer — a whisper to the universe:

**I am grateful. I am ready. I am whole. I am becoming again.**



A photograph of a teal ceramic cup filled with a light brown liquid, topped with a star anise. The cup sits on a matching saucer with two silver spoons. In the background, there are cinnamon sticks and star anise on a blue textured surface.

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# SIMPLE TRUTHS: WHAT STILL SHINES IN ME



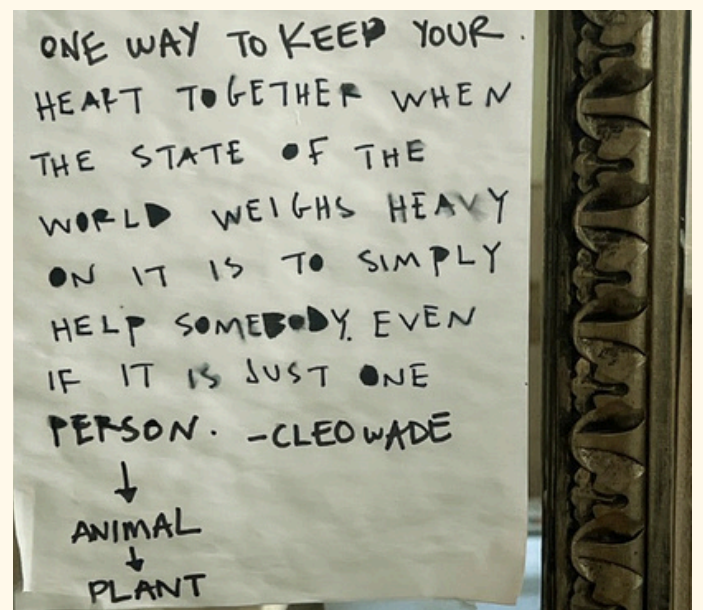
During the pandemic, when silence stretched long and the world felt uncertain—when my daughter was far away and I couldn't find peace within the night—I found a post note somewhere online. I can't remember where, but I printed it and taped it to a mirror. The paper was plain, the words beautiful, simple, and reassuring — as though my mother was whispering in my ear:

**“One way to keep your heart together when the state of the world weighs heavy on it is to simply help somebody. Even if it is just one person.”**

— Cleo Wade

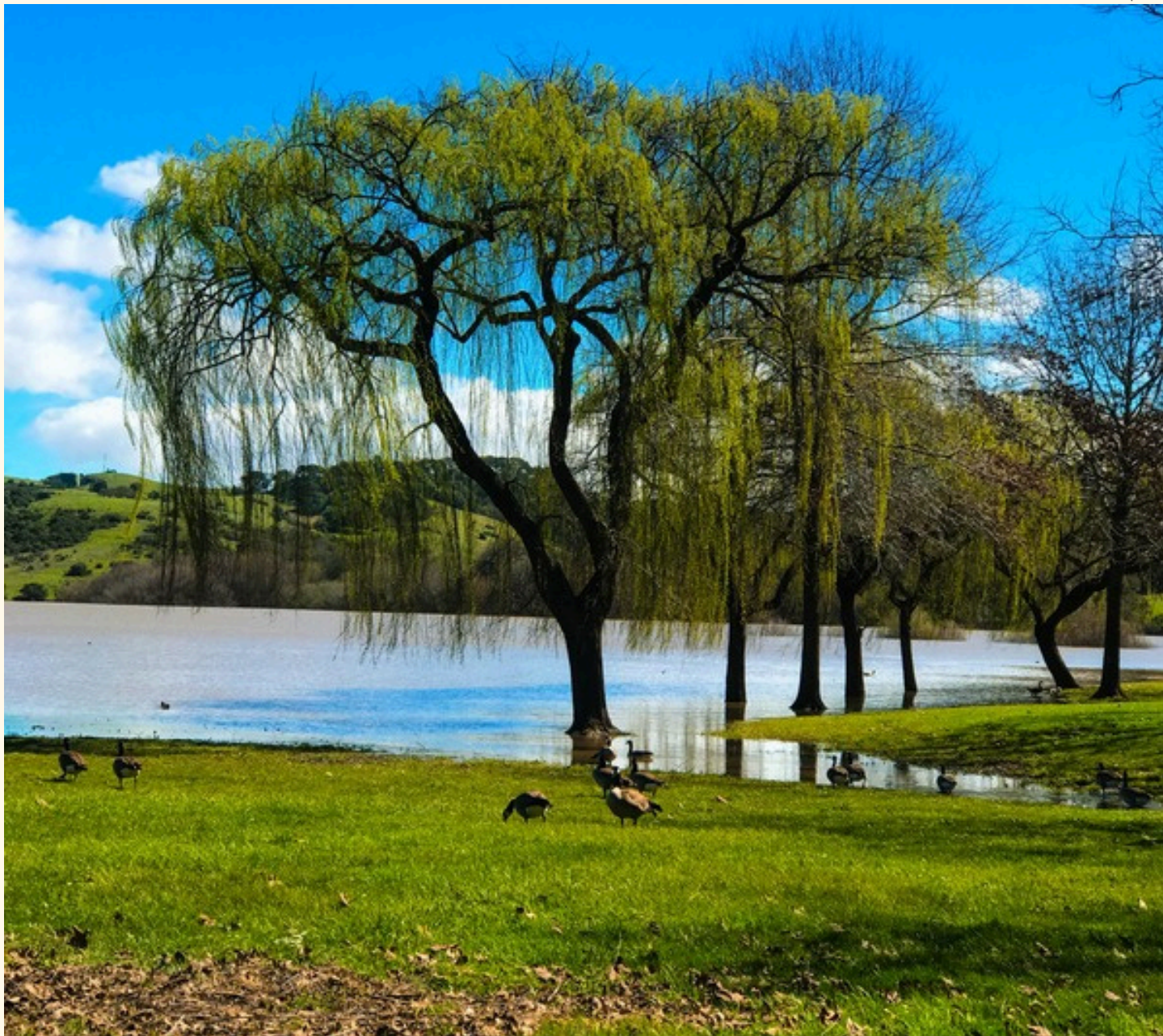
Beneath the quote, I added my own reminder:

- animal
- plant





## SIMPLE TRUTHS: WHAT STILL SHINES IN ME



When everything else feels uncertain, I come back to this:

**Do something kind for the living world.**

Feed a friend, hug an elder, foster or adopt a pet, water a wilted plant, laugh with your kids, leave seeds for the birds.

These gestures stitch the heart back together — thread by thread.

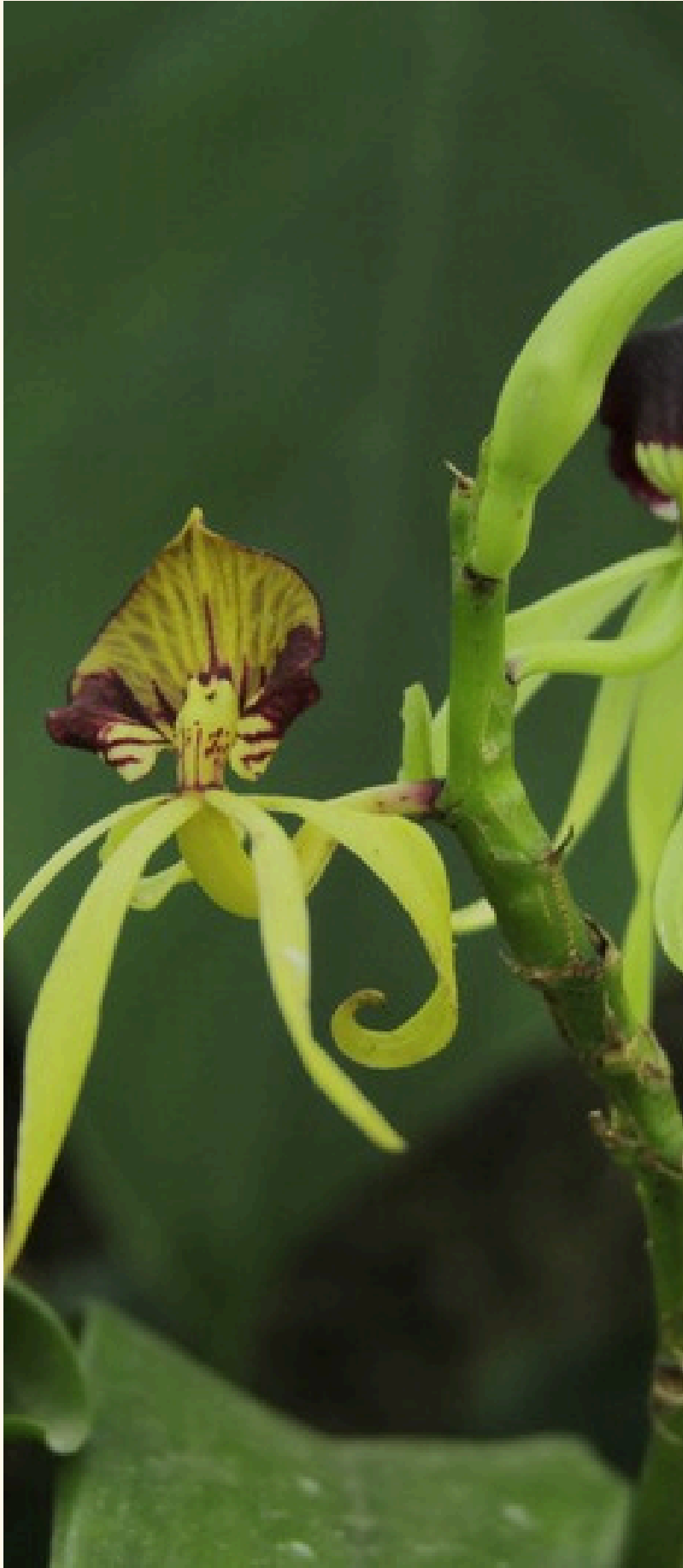
Light isn't something we chase; it's something we cultivate through attention and presence. It's in the rhythm of our breath, the warmth of the kitchen, the patience of a growing plant.

It's in the eyes of your partner truly looking at yours, in your own reflection in the mirror, breathing deeply and reminding yourself: You got this.

This, I've realized, is the practice of remembering what still shines in me.

It's not about grand awakenings, but quiet constancy — the tenderness that survives even the hardest seasons.

So I keep that note where I can see it every day — a small altar of hope. A reminder that to be human is to care, to keep helping, to keep tending — to yourself, person by person, animal by animal, plant by plant — until the world softens again.



# OBSERVE & INTERACT: GROW BALANCE, PURPOSE, AND CONNECTION WHEREVER YOU ARE

**Before we design, we observe.  
Before we act, we listen.**

This permaculture's principle invites us to slow down enough to see the living patterns around us. It asks us to pause before planting, to notice what is already thriving, and to interact in ways that restore rather than take.

Whether you're tending a garden, a family, or a creative project, observation opens the door to wisdom. It's how balance begins — by noticing the needs of a place, a moment, or a heart.

- **Observe First**

A permaculture principle lived daily in cooperative communities; reminding us to listen first, design later.

Slow down. Notice the patterns of light, wind, and rhythm. What is already growing, and what needs care?

- **Interact with Care**

When we interact from awareness, we become part of the ecosystem — not separate from it.

- **Patterns of Connection**

Observe without judgment. Every relationship — with people, land, or work — reveals what balance truly means.

- **From Seeing to Being**

Observation is not passive. It's presence in motion — the art of listening deeply to life.

Find one small way today to interact more consciously — to water, to listen, to rest, to respond with love.

Every mindful act begins with observation. The world doesn't need us to rush — it needs us to notice.







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Maya tradition inside a  
cup of ceremonial cacao

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# SEASONAL

## LOVE THE EARTH

## LOVE YOURSELF

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY SUDDHA PREM



Tortilla Soup and Un Poco de Jardin.

## TORTILLA SOUP

This delicious soup will nourish your body.

[mymamashealingsoups.com](http://mymamashealingsoups.com)

### Ingredients:

- 2 cups fresh-cooked beans: Bean Soup (black-eyed peas and black, pinto, yellow, or lima beans) with liquid
- 5 cups fresh water and/or freshly cooked Vegetarian Soup stock or Bean Soup broth
- 1-2 chopped tomato (optional; omit for pitta) or fresh leftover tomato broth
- 2-3 very warm up tortillas
- 1/2 medium onion
- 2 garlic cloves (optional; omit for pitta) or 2 tsp leeks
- chili powder or cayenne (optional; omit for pitta)
- bay leaf
- 1/2 tsp fresh oregano
- 1/2 tsp fresh basil
- 1/2 tsp whole cumin seeds or cumin powder
- 1/2 tsp hing or a handful of epazote or cilantro
- 2 tsp of coconut oil (summer) or ghee (winter) (optional)

### Tortilla totopo chips:

- Cut 4 tortillas in small triangles and fry them over grape-seed or avocado oil until crunchy. Set aside.



# WHAT IS A JARDIN?

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY SUDDHA PREM



A little kale, cilantro, dill, and limes from our garden.

## My auntie Tita's Jardin recipe

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

[mymamashealingsoups.com](http://mymamashealingsoups.com)

### The ingredients may include, but are not limited to:

- 2 large ripe, organic avocados, cut into cubes
- Finely chopped kale, chard, spinach, celery, broccoli, Brussels sprouts (lightly cooked or raw)
- Finely chopped herbs like oregano, basil, peppermint, cilantro, dill, and parsley
- Tomato cubes (optional)
- Green onion (optional)
- Lime and/or lemon
- 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





# THE ART OF ACCOMPLISHMENT: LESSONS FROM LAO TZU AND NATURE'S RHYTHM

In a world driven by deadlines, instant gratification, and the constant buzz of activity, Lao Tzu's words, "*Nature does not hurry, yet everything is accomplished,*" resonate as both a reminder and a challenge. What does it mean to embrace the pace of nature, and how can this ancient wisdom guide us toward a more sustainable and fulfilling life?

## Nature's Patient Perfection

From the slow, steady growth of a tree to the gentle erosion of rocks by rivers, nature demonstrates purposeful action without haste. Each element—a budding flower, a migrating bird, or the changing seasons—moves in harmony with its surroundings, achieving its purpose without resistance. This rhythm offers a profound metaphor for life: by observing nature, we learn that patience, persistence, and trust in the process can yield remarkable outcomes.

## Finding Balance in Modern Life

Modern society often glorifies speed and productivity, leaving little room for reflection and natural pacing. The relentless rush can lead to burnout, stress, and a disconnect from our true selves—and sometimes even manifest as illness. Embracing the lessons of nature invites us to slow down, honor the rhythm of life, and rediscover a balance that nurtures both body and spirit. By slowing down and aligning with nature's rhythm, we create space for deeper connections, clearer intentions, and more meaningful accomplishments.

Practical ways to embrace this philosophy include:

- **Mindful Nature Walks:** Spend time in nature, observing its unhurried pace and finding inspiration in its steadiness.
- **Setting Intentions:** Focus on one meaningful task at a time, trusting that progress will come naturally.
- **Patience in Growth:** Whether nurturing a garden, a relationship, or a personal goal, remember that meaningful results take time.

Winter Break. Malibu, CA. 2024.







## THE ART OF ACCOMPLISHMENT: LESSONS FROM LAO TZU AND NATURE'S RHYTHM

### Sustainability Through Stillness

Lao Tzu's wisdom also extends to our relationship with the Earth. Sustainability is rooted in the idea of living in harmony with natural cycles. By reducing wasteful consumption and embracing mindful practices, we not only honor nature's pace but also ensure that its resources remain abundant for generations to come.

As you move through your day, take a moment to pause. Reflect on the areas of your life where you feel rushed or pressured. What would it look like to approach these with the patience and trust that nature embodies? Imagine the possibilities that could unfold if we all embraced this slower, more intentional rhythm.

Nature's lesson is clear: there is beauty and power in moving at the pace of life. Trust the journey, take deliberate steps, and know that everything will come to fruition in its own time. As Lao Tzu reminds us, there is no need to hurry.

Winter Break. Mammoth Lakes, CA. 2023.

PHOTOGRAPHY BY SUDDHA PREM



Suddha Prem



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# INSIDE YOUR CUP OF COFFEE



## TOSEPAN TITATANISKE

Tosepan Titataniske—which means “Together we will succeed” in Nahuatl—is a powerful example of what becomes possible when community, culture, and cooperation move in harmony.

Founded in the northeastern highlands of Puebla, Mexico, the cooperative was born from a collective response to scarcity: the lack of access to affordable, essential goods and the systemic challenges faced by Indigenous communities in the region. Rather than accepting these conditions, local families organized—grounded in ancestral values of reciprocity, solidarity, and shared responsibility.

Today, Tosepan Titataniske’s reach extends across 290 communities in 22 municipalities, bringing together approximately 22,000 families of Nahua and Totonac origin. What began as a grassroots effort has evolved into one of Mexico’s most inspiring cooperative movements—rooted not in profit alone, but in dignity, autonomy, and collective well-being.

The cooperative operates across multiple sectors, including sustainable coffee production, agroecology, housing, education, healthcare, and financial services.

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY COVOLV



# COVOLV: TOSEPAN TITATANISKE



Each initiative is designed to strengthen local economies while preserving cultural identity and ecological balance. At its core, Tosepan Titataniske demonstrates that sustainability is not an abstract concept—it is a lived, daily practice shaped by community decision-making and long-term vision.

For COVOLV, Tosepan Titataniske represents more than a partner. It is a living example of regenerative systems in action—where social, ecological, economic, and cultural sustainability are inseparable. Their work reminds us that true resilience grows from the ground up, guided by ancestral knowledge and collective care.

In a world searching for alternatives, Tosepan Titataniske offers a clear message: when communities organize with purpose, together they truly do succeed.

Our relationship with Tosepan Titataniske began years ago through listening, learning, and walking alongside communities who remind us that sustainability is not a trend, it's a way of life.

**Watch the documentary:** [covolv.org/cuetzalan](https://covolv.org/cuetzalan)

Filmed in 2013.

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY COVOLV





my mama's healing soups



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# PILGRIMAGES OF THE SOUL: CURATED RETREATS

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY SUDDHA PREM



**Our curated journeys are more than just trips — they are pilgrimages of the soul.**

Each experience invites you to slow down, reconnect, and travel with intention. You will be surrounded by a small group of like-minded individuals, forming deep connections through shared experiences, heartfelt conversations, and the magic of sacred lands that invite transformation.





# CUETZALAN

Cuetzalan del Progreso is located in the state of Puebla, this cloud forest of lush mountains touches three sierras, overlooking Oaxaca, Puebla, and Veracruz.



Eco-luxury with heart and heritage. Discover **Tosepan Kali Hotel** designed with regenerative principles, ancestral wisdom, and community impact in mind. Spaces where immersive experiences meet wellness, education, and eco-conscious design.

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY SUDDHA PREM

# CUETZALAN



When you visit **Cuetzalan**, you naturally embrace simple, slow living. You escape the rush and blend into the tranquility of the cloud forest.



# SOULFUL JOURNEYS

**SOULFUL COFFEE RETREAT CUETZALAN, PUEBLA  
SUMMER RETREAT  
JUNE 16-26, 2026**



## **Stay in an eco hotel and sustainable Community:**

This is a community-based experience centered within Tosepan Titataniske — a cooperative formed by over 22,000 Nahua and Totonac families working toward ecological sustainability, economic resilience, and cultural preservation in the Sierra of Puebla.

At Tosepan Kali, you will experience tourism in harmony with nature. The eco-hotel is built using permaculture and bioconstruction techniques — with rainwater harvesting, waste treatment, and an unwavering commitment to regenerate the land and support the community.

## **Practice Mindfulness in Nature and Journey with Be a Conscious Traveler**

This for travelers craving more than a vacation. This soulful trip is for friends, couples, or individuals passionate about regenerative living, wellness, and cultural immersion. Slow travel rooted in Indigenous wisdom.

**Be a Conscious Traveler** offers an immersive adventure in the heart of the Cuetzalan del Progreso — inside a living coffee plantation.

## **Discover the itinerary:**

[beaconscioustraveler.com/soulful-coffee-cuetzalan](https://beaconscioustraveler.com/soulful-coffee-cuetzalan)

**SOULFUL CACAO RETREAT  
UXMAL, YUCATAN  
A WOMEN'S CIRCLE RETREAT  
JULY 7-15, 2026**



## **Stay in a Historic Eco-Lodge**

At The Lodge at Uxmal, located just steps from the Pyramid of the Magician, you'll enjoy rustic yet luxurious accommodations surrounded by tropical gardens and a working cacao plantation.

Relax in two outdoor swimming pools, visit the Choco-Story Museum, and learn the sacred story of cacao — one of the Maya's most treasured gifts to the world.

Wake up to panoramic views of the Pyramid, enjoy fresh fruits from the plantation, and immerse yourself in a setting where nature, culture, and comfort meet.

## **Practice Mindfulness in Nature and Journey with Be a Conscious Traveler**

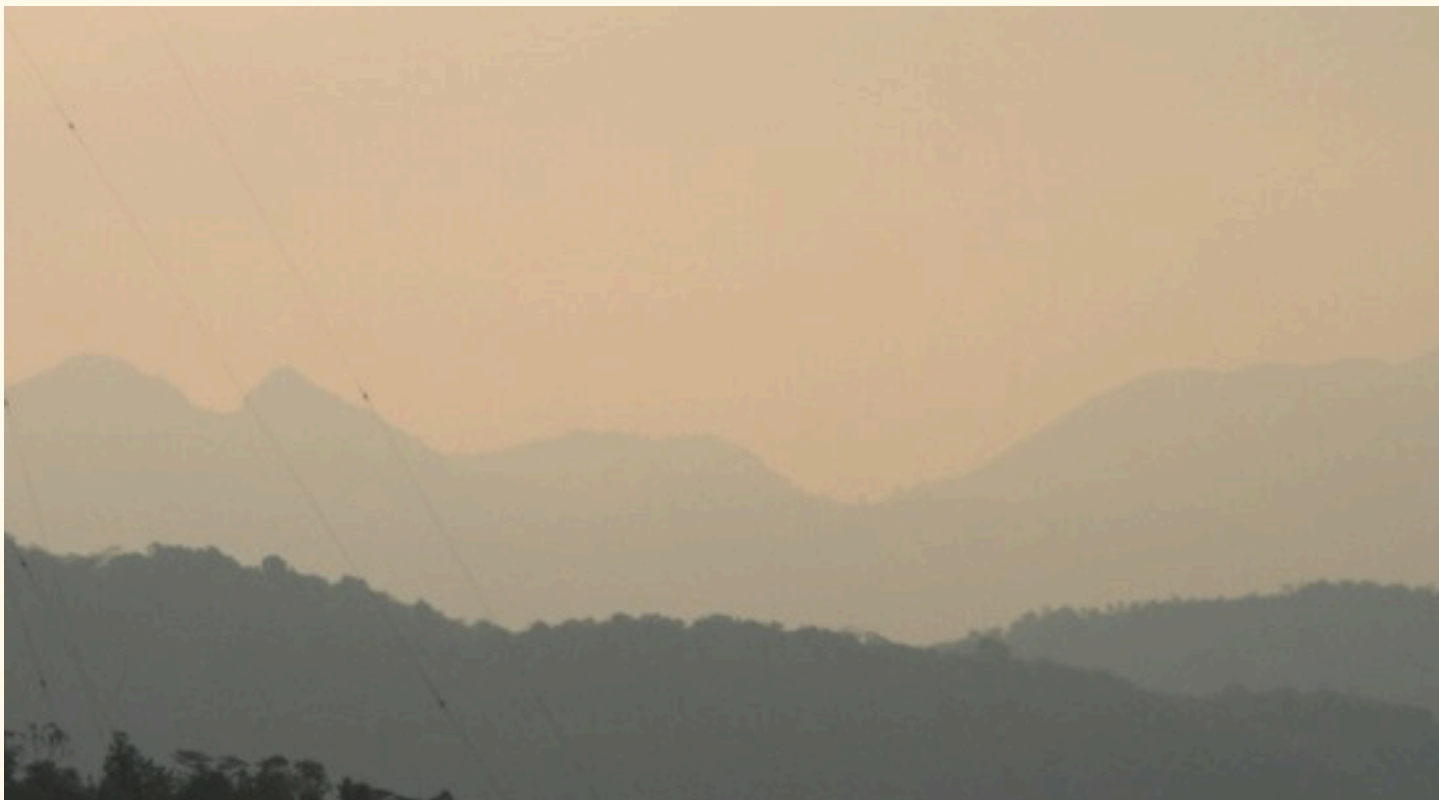
When you visit Uxmal, you naturally embrace a Journey of Renewal, Ancestry, and Presence. Escape the rush, reconnect with your roots, and experience tranquility in Uxmal's timeless beauty.

**Be a Conscious Traveler** offers an immersive adventure for women in the heart of the Puuc Route — inside a living cacao plantation.

## **Discover the itinerary:**

[beaconscioustraveler.com/soulfcacaouxmal-womenretreat](https://beaconscioustraveler.com/soulfcacaouxmal-womenretreat)





**Our Cuetzalan and Uxmal journeys** offer authentic farm-to-table experiences, featuring delicious meals prepared with locally sourced, organic ingredients. From tropical fruits to traditional Nahua and Mayan dishes, every meal becomes an opportunity to nourish your body, honor ancestral culinary heritage, and celebrate the essence of simple, sustainable living. Each retreat is designed as an immersive invitation to awaken your senses, restore balance, and embody mindfulness — a journey that supports both inner growth and the communities that welcome us.





# UXMAL



## Reconnect with Ancestral Knowledge

Step into the rich legacy of the Maya civilization as you walk among the ruins of Uxmal and other Puuc Route archaeological sites. Our guided tours, led by experienced historians, offer deep insights into Mayan cosmology, architecture, and sacred rituals.

## Experience a Heart-Awakening Cacao Ceremony

Cacao has been used in ceremonies for centuries as a tool for spiritual connection and inner healing. During your stay, you'll participate in a traditional Mayan cacao ceremony, setting new intentions while blending with the natural and historical essence of this sacred land.





BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY HARIJIWAN



## TRAVEL DIARIES: SUDDHA PREM & BE A CONSCIOUS TRAVELER

**Be a Conscious Traveler** offers transformative journeys that weave together mindfulness, sustainability, and the timeless wisdom of nature. Curated by **Suddha Prem**, these experiences are created for those seeking deeper connections — with themselves, with others, and with the living Earth.

**Travel becomes a form of prayer, and every step a return to presence.**





## 2010 & 2025 Memories

- *Profound Mindfulness Connection Postcards*  
Etsy Store @SuddhaPrem
- Uxmal | Exploring the Puuc Route with kids.
- Cuetzalan | Sustainable Coffee & Tourism Experience
- Sunset at Uxmal Archaeological Area

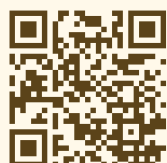


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## VISIT BE A CONSCIOUS TRAVELER

- Explore the retreats



## BOOK COFFEE RETREAT

- Explore the itinerary



## BOOK CACAO WOMEN'S RETREAT

- Explore the itinerary



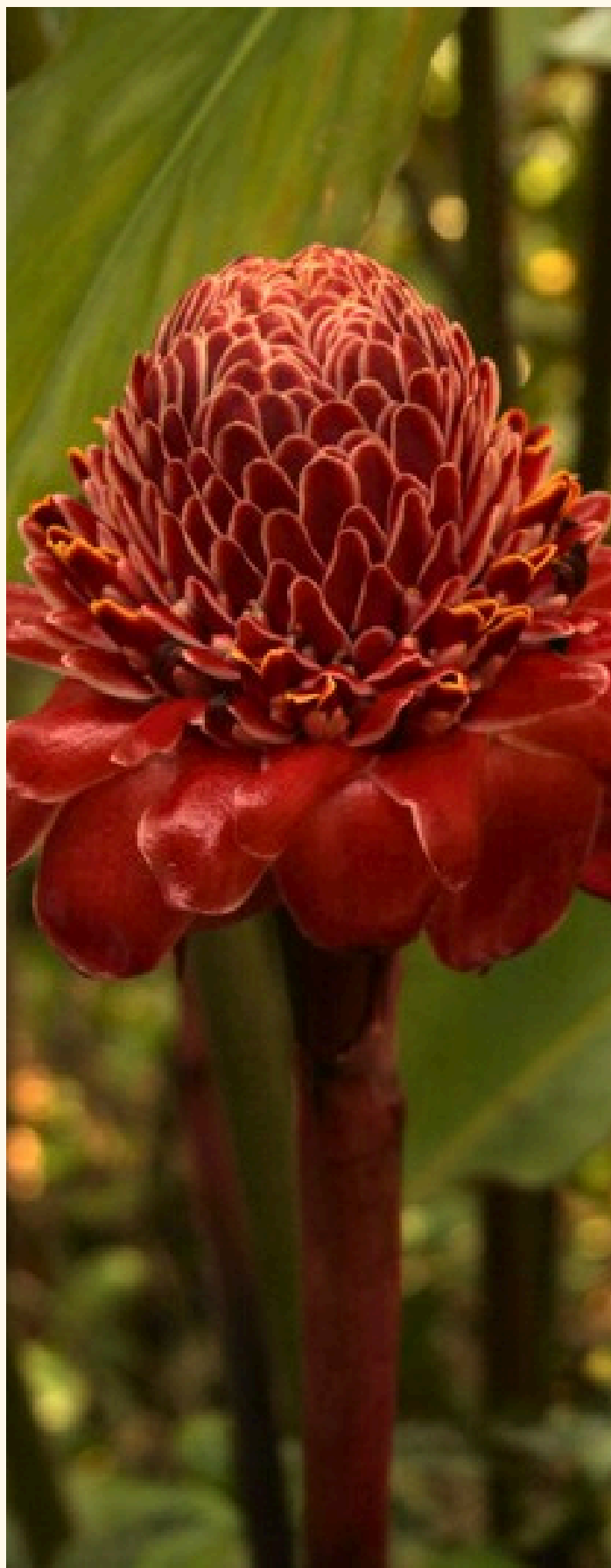
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# Soulful Coffee Retreat

Discover a regenerative  
world inside a cup of  
coffee

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