

# BECOMING A BETTER TRAVELER: MOVING BEYOND THE IDEA OF SUSTAINABILITY

NOVEMBER 2025 | ISSUE NO. 2

**THE SEASON OF GRATITUDE**

Farmers' Markets  
Stories That Live In Us

**TOSEPAN TITATANISKE**

Working Together for a Just &  
Regenerative Future

**12 WAYS TO APPLY  
PERMACULTURE PRINCIPLES**

For Growth – In Life & in Nature

**SEASONAL MEMORIES  
& RECIPES**

A Taste of Home, Tradition  
& Earth

# Suddha Prem

MAGAZINE

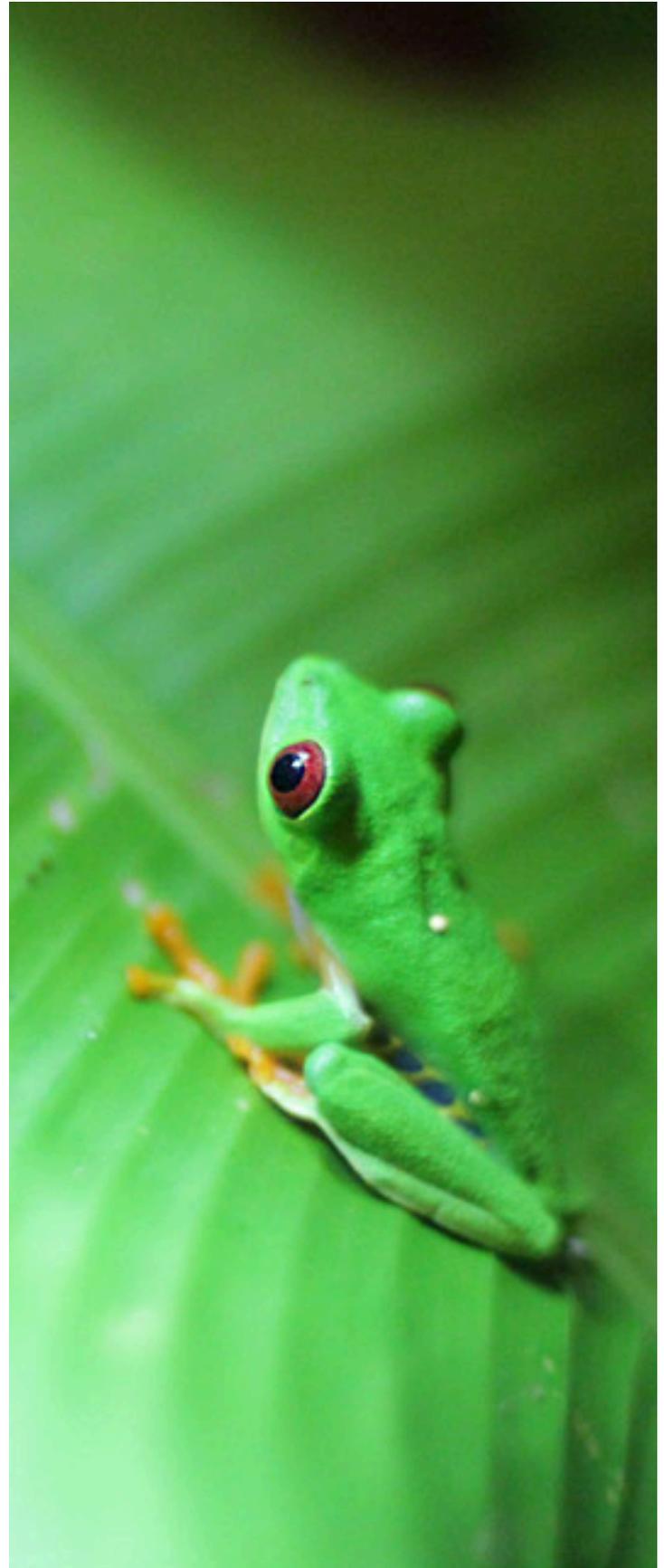
Conscious Living & Travel





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# Suddha Prem



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PHOTOGRAPHY BY  
**GABRIELA ROCHA  
CABALLERO**



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## FROM THE EDITOR

Welcome to Suddha Prem Magazine.

As the season shifts and the world begins to quiet, I find myself reaching into old memories. Like many immigrants living in the United States, I don't get to visit home as often as I wish. So I return in the ways I can — through scent, memory, and the places held inside my heart.

I close my eyes and I am back in the mercados of Mexico City, Tepoztlan, Cuernavaca, Puerto Vallarta, Merida, and of course Cuetzalan. I can smell the cloud forests — that coffee, the rain — and I can hear the laughter in the kitchens of my mamá and tía. I feel the soil of the gardens where our stories first took root.

This month, gratitude feels less like a concept and more like a practice — something lived through memory, food, community, and the land itself.

Traveling, for me, has always been more than moving from one place to another. It is a way of learning how to belong. How to listen. How to be guided by the Earth. How to let a destination transform you instead of consume you.

In this issue, we explore what it means to become a better traveler — to move beyond the idea of sustainability and into regeneration, reciprocity, and cultural humility. We honor the wisdom of communities who have lived in harmony with their ancestral lands long before sustainability became a trend.

We reflect on the stories that live inside farmers' markets — the hands that harvest, carry, and prepare the foods that nourish us. We visit **Tosepan Titataniske**, a powerful example of Indigenous cooperation and collective resilience. We cook memories and simple recipes that remind us of home — wherever home may be now. And we look at permaculture not only as a design system, but as a philosophy for living, growing, healing, and reconnecting.

My hope is that as you move through these pages, you find something that invites you to pause — a story, an image, a recipe, a journey — and that it brings you back to what is essential: presence, connection, and the simple truth that we belong to the Earth and to each other.

Thank you for being part of this circle of conscious living, creativity, and regenerative travel. Thank you for reading, for supporting, and for walking this path with me.



**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,

Gabriela  
Rocha Caballero  
EDITOR-IN-CHIEF



# THE REGENERATIVE TRAVELER



**“Those least responsible for climate change are the worst affected by it.” — Vandana Shiva, *Soil Not Oil: Environmental Justice in an Age of Climate Crisis***

PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO  
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## **Why Sustainability Isn't Enough — And Why Regeneration Is the Future of Travel**

Most travelers speak of “eco-friendly hotels,” “sustainable coffee,” or “green tourism,” but the truth is that sustainability was never the final destination. It was only the beginning. To sustain means to maintain what exists, to make it better. But what if what exists is already fragile, already wounded, already exploited? A traveler that wishes to become a better version of themselves can be called a regenerative traveler who steps into a different relationship with the world.



A relationship rooted not in minimizing impact or suddenly feeling better, but a constant relationship, a relationship – a relationship in giving back.

A regenerative traveler is not only focused on doing less harm, but in restoring what has been harmed, and improving it. Not in extracting experiences, adapted to his or her own customs, but in becoming part of a cycle of ancestry and healing.

In places like Cuetzalan, Uxmal or Cahuita – cloud forests, coffee cooperatives, women-led organizations, ancestral land stewards – regeneration is not a trend. Regeneration is their way of living, pass from generation to generation, improving their way of living. They understand they belong to the Earth, that we are all interconnected.

Their view is a worldview. A promise to the Earth and to each other.

# TRAVEL AS RECIPROCITY



The regenerative traveler asks:  
“How can my presence nourish this place?”

This means:

- Choosing community-based tourism
- Supporting local artisans and elders
- Learning from Indigenous knowledge
- Traveling with humility instead of entitlement
- Paying the true cost of labor
- Listening when the land or the people say “enough”
- Garbage control and composting are a way of life

Regenerative travel is rooted in the understanding that  
places hold memory and communities hold knowledge.  
To visit is to be received.

And to be received is to take responsibility.

PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO



# THE LAND AS TEACHER



**In the cloud forest of Cuetzalan**, everything is alive with reciprocity.  
The fog that descends each morning.  
The soil that breathes, and feeds.  
The birds that live in harmony with the coffee plant ecosystem. The plants that provide shade.  
The women who weave jonote baskets with stories in their hands.  
The way coffee is not a product but a ceremony of culture and tradition.  
Regeneration means noticing:  
How the land moves, how it heals, how it speaks.  
It means asking permission.  
It means traveling not as a spectator, but as a guest in a sacred home.

## BEYOND “ECO” MARKETING



The regenerative traveler sees through greenwashing.  
Sees through the recycled plastic banners and hotel slogans.  
Because regeneration is not a label — it's a practice.  
A regenerative lodge composts, yes. But it also restores local ecosystems.  
Shares decision-making with the community.  
Invests in biodiversity.  
Honors ancestral guardians of the land.  
And it creates economies of dignity, not extraction.  
It is a circle, not a transaction.

## LEARNING TO BELONG AGAIN



To travel regeneratively is to remember a beautiful truth:  
We belong to the Earth, not the other way around.  
Travel becomes a ceremony.  
A pilgrimage.  
A prayer.  
An offering.  
A way of returning to humility and gratitude.  
It is a practice that transforms the traveler:  
– You walk slower.  
– You listen deeper.  
– You consume less.  
– You love more.  
– You remember what matters.  
Regenerative travelers don't just visit places.  
They protect them.  
They nurture them.  
They carry their stories with reverence and responsibility.  
Because in the end, regeneration is not about travel.  
It's about the future we are choosing to create — together.



A photograph of a teal ceramic cup filled with a light brown Ayurvedic tea. A single star anise is floating on the surface of the tea. The cup sits on a matching teal saucer with two silver spoons. In the background, there are cinnamon sticks tied with twine and other spices on a dark, textured surface.

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[morelifemarket.com](https://www.morelifemarket.com)

# FARMERS' MARKET DAY A LEGACY OF LOVE AND HEALING

Every Saturday when I was a little girl, my mama and I used to walk together to do one of our favorite activities: farmers' market shopping. We strolled around the market, proudly holding each other's hands and indulging in every delightful treat offered to us. The lively market atmosphere, coupled with my mama's love and undivided attention, felt absolutely delicious. It was our very special time of togetherness.

I cherished those walks to the farmers' market, or el mercadito sobre ruedas, as my mama used to call it. The farmers' market was a continuous celebration, seeming like everyone in the neighborhood was in attendance — a constant flow of people. Every Saturday and every día del mercadito felt extraordinary because I was walking with my mama. In the market, everyone's heart was open, and you could feel it. Because every merchant knew my mom, they extended their friendship to us through special deals and treats.

In front of us, friendly indigenous ladies skillfully cut avocados and chopped onions, tomatoes, and cilantro, mixing it all with limes to create a delicious guacamole. They also prepared nopalitos with finely cut onions, tomatoes, and cilantro, serving them over warm handmade tortillas.

Standing in the heart of the market, I'd savor a handmade, warm, soft taco filled with creamy guacamole, surrounded by the rich aromas and colors of my country: green, white, and red. Verde, blanco, y rojo de mi corazón. Everything tasted and smelled like spring: green and fresh.



Mercado de Cuernavaca, Morelos, Mexico. 2024.



PHOTOGRAPHY BY SUDDHA PREM



Suddha Prem 

# Blend with Nature

Travel mindfully. Live consciously

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## FRESH SEASONAL FRUITS & VEGETABLES

At the end of our shopping, we'd pause to choose a little treasure for me. "Because of your great behavior and your sweet kindness to everyone around here, please pick a little gift just for you. How about a beautiful silver ring or these cute little earrings?" she whispered while proudly caressing my hair.

With four large market bags in tow, my mama and I, strong women, walked home. During our journey, she enlightened me about the farmers' extensive efforts and labor, our indigenous communities, the significance of freedom, our love for the land, and, of course, the menu for the following week.

This is a memory of my mama's sweet hand, the hand that fed me every day, all day long, whether she was rested or not, healthy or not. These are memories of a serene Cuernavaca, my old hometown, the City of Eternal Spring.



Tepoztlan, Morelos, Mexico. 2009 & 2024.



PHOTOGRAPHY BY RYAN YOSHIMOTO



# SEASONAL LOVE THE EARTH LOVE YOURSELF

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY SUDDHA PREM



Lentil Soup, Roasted Veggies and Un Poco de Jardin.

## LENTIL SOUP

This delicious soup will nourish your body.

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

### Ingredients:

- 6-8 cups fresh water
- 5-7 big tomatoes from the farmer's market or your garden (about 4 cups)
- 2-3 cloves of garlic (optional)
- 2 tbsp of leeks
- 2-3 tbsp fresh oregano
- 1 tsp fresh thyme
- 2 tbsp fresh Italian parsley
- 1 bay leaf (optional)
- 1/4 fresh basil leaves
- 2 tbsp fresh dill
- 1-2 bunches organic kale
- 2-3 finely chopped broccoli or broccolini (optional)
- 2 tbsp dried rose petals (optional)
- sea salt
- 1-2 tsp of olive oil and and/or ghee or butter



# 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



# 12 WAYS TO APPLY PERMACULTURE PRINCIPLES FOR GROWTH IN LIFE AND NATURE

BY GABRIELA ROCHA CABALLERO

Permaculture is more than just a design philosophy for sustainable gardening—it's a way of thinking and living in harmony with the natural world. These principles, inspired by nature's wisdom, help us create systems that are regenerative, resilient, and deeply interconnected.

But permaculture isn't just about land stewardship—it's about how we approach life, relationships, and personal growth. By aligning with these natural rhythms, we set the conditions for success to unfold organically.

Here are 12 practical ways to integrate permaculture principles into your life and cultivate a thriving future.

## 1. Observe and Interact

Before making changes, take time to deeply observe. In a garden, this means noticing how sunlight, water, and wind move through a space. In life, it's about recognizing patterns in your habits, relationships, and emotions. Awareness is the first step toward meaningful transformation.

## 2. Catch and Store Energy

Just as a healthy ecosystem captures sunlight, rainwater, and nutrients, we can learn to harness and store energy in our lives. This could mean keeping a journal of inspired ideas, preserving food for sustainability, or dedicating time to recharge through meditation or time in nature.

## 3. Value Diversity

Ecosystems thrive on diversity, and so do we. Welcome new perspectives, experiment with different approaches, and cultivate relationships with people from various backgrounds. Diversity strengthens resilience, whether in nature, communities, or personal growth.

## 4. Apply Self-Regulation and Accept Feedback

Balance is essential. Just as a thriving ecosystem regulates itself, we must assess our energy levels and commitments. Avoid burnout by setting realistic goals and adjusting your course when needed. Pay attention to the feedback life gives you—whether it's from others, your body, or your intuition.

## 5. Design from Patterns to Details

Start with the big picture. Before diving into specific tasks, reflect on overarching patterns—whether in your personal life, health, or creative projects. Visualize your ideal outcomes first, then refine the details.

## 6. Integrate Rather Than Segregate

Nature doesn't work in isolation—everything is interconnected. Apply this principle by blending different aspects of your life in harmony. Pair mindfulness with movement through biking, hiking, yoga or walking meditation, or integrate ecological practices into your daily routine, like composting, recycling, reusing etc instead of seeing them as separate tasks.



## 7. Use Small, Slow Solutions

Nature moves at a steady pace, and so should we. Large, rapid changes often lead to burnout, while small, consistent efforts create lasting transformation. Break down your goals into manageable steps, trusting that slow growth is still growth.

## 8. Use and Value Renewable Resources

Sustainability starts with recognizing and valuing what is naturally available. Choose renewable energy sources, use biodegradable materials, and embrace regenerative practices in your daily life—whether that's through composting, growing food, or using your time and skills wisely.

## 9. Cultivate Resilience Through Creativity and Adaptation

Nature is adaptable, and so are we. Instead of resisting change, find holistic ways to work with it. If challenges arise, see them as opportunities to innovate and apply problem-solving techniques. This adaptability leads to resilience in both ecosystems and personal development.

## 10. Share Knowledge and Build Community

The healthiest ecosystems are interconnected, just like thriving communities. Teaching what you've learned, mentoring others, or collaborating on sustainable projects creates a ripple effect that benefits everyone. What wisdom can you share?

## 11. Work with Nature, Not Against It

Nature already has the answers—we just have to listen. Aligning our actions with natural cycles rather than trying to force unnatural outcomes leads to ease, efficiency, and abundance. This applies to everything from gardening to business, relationships, and personal well-being.

## 12. Celebrate Small Successes

Growth is a mindful road, a journey, not a destination. Every step forward—no matter how small—is worth celebrating. Recognizing progress keeps you motivated and strengthens your ability to cultivate long-term success, just as nature celebrates every bloom, harvest, and new season.

Permaculture teaches us that true success isn't about rushing towards a goal—it's about setting and creating the right conditions for growth, balance, and harmony. By applying these principles, we can design lives that are not only sustainable but deeply fulfilling. Like a thriving ecosystem, our lives flourish when we align with nature's wisdom, adapt with resilience, and nurture what truly matters.





## TOPSEPAN TITATANISKE

**COVOLV: Tosepan Titataniske** delves into the inspiring story of a cooperative whose name, meaning "Together We Will Succeed" in Nahuatl, reflects its powerful mission. Founded to combat the scarcity and high costs of basic goods in the region, Tosepan Titataniske has grown into a transformative force. Today, it supports approximately 22,000 families of Nahua and Totonac origin across 290 communities in 22 municipalities in the northeastern highlands of Puebla. This documentary showcases how the cooperative fosters self-sufficiency, uplifts indigenous traditions, and empowers communities to thrive in harmony with their cultural roots.

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

Filmed in 2013.

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY COVOLV



# 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.



The romantic view of the Iglesia at sunset. This view appears during a relaxing stroll in town, right after a delicious rain cover the city's cobblestones streets, and the aromas of the cafes nearby filled up the air with an intense sense of peace and belonging. No rush, just the present moment — ancestry, nature, and belonging.

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 is 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

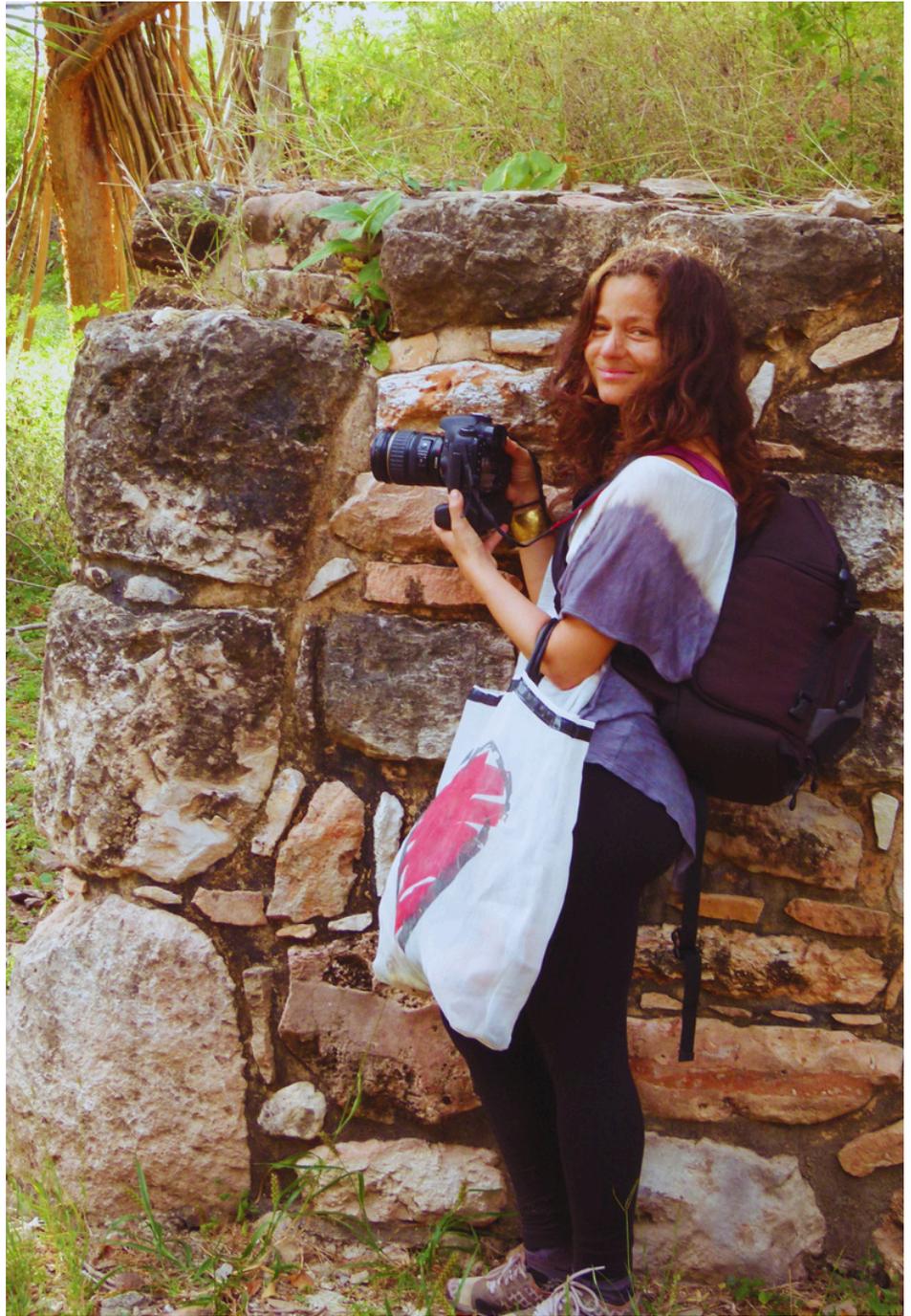
Step into the rich legacy of the Maya civilization as you walk among the ruins of Uxmal and other Puuc Route archaeological sites. Our guided tours, led by experienced historians, offer deep insights into Mayan cosmology, architecture, and sacred rituals.

## 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

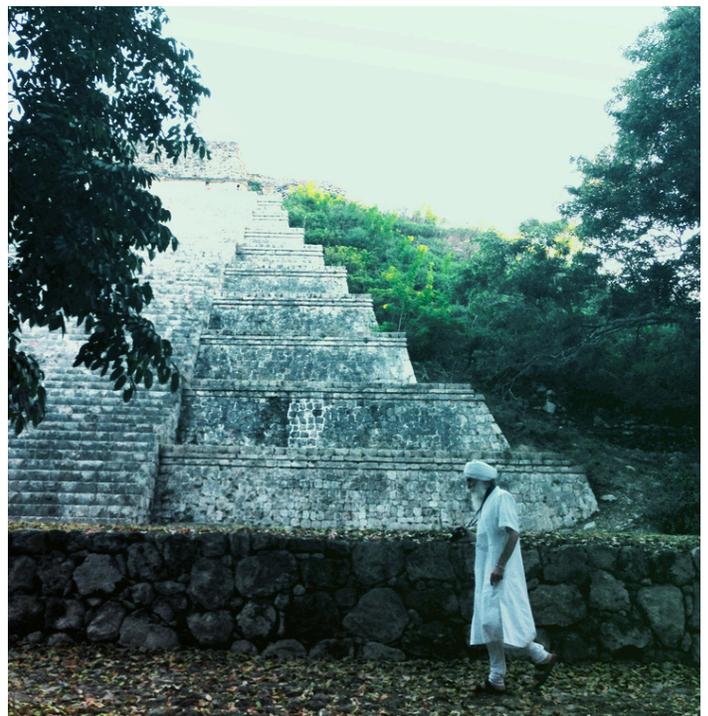
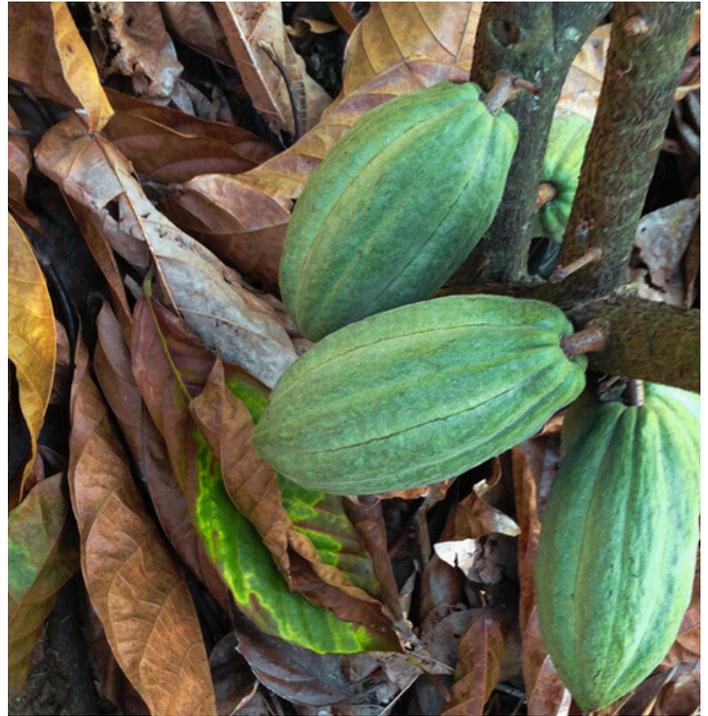
**Be a Conscious Traveler** offers transformative journeys that weave together mindfulness, sustainability, and the timeless wisdom of nature. Curated by **Suddha Prem**, these experiences are created for those seeking deeper connections – with themselves, with others, and with the living Earth.

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



## 2015 & 2025 Memories

- *Profound Earth Connection Postcards* Etsy Store @SuddhaPrem
- Uxmal | Chocolate Museum & Living Cacao Plantation Experience
- Cuetzalan | Cacao Harvesting Sustainable Tourism Experience
- Uxmal Yatra | Harijiwan meditates and slowly walks along the many pyramid in the Puuc Route



my mama's healing soups



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## VISIT BE A CONSCIOUS TRAVELER

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- Explore the itinerary



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- Explore the itinerary



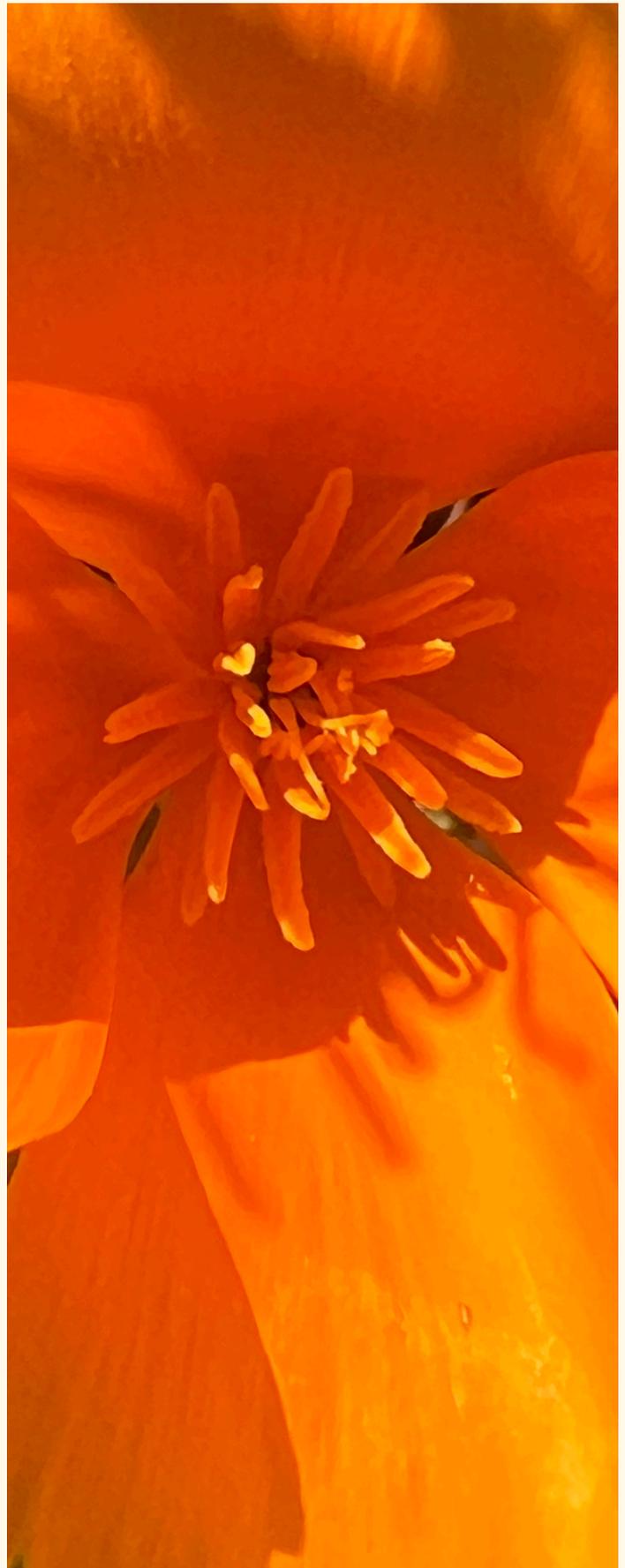
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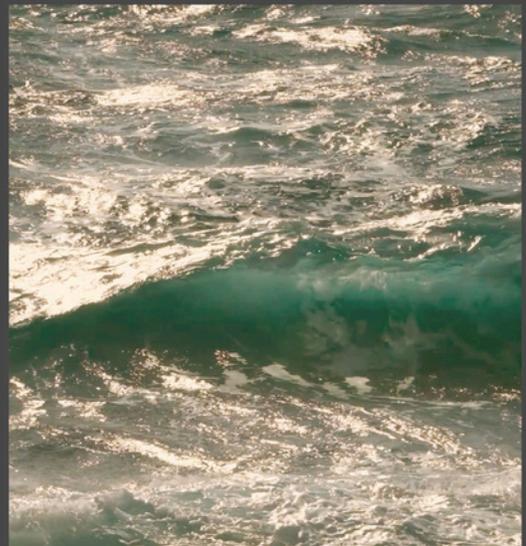
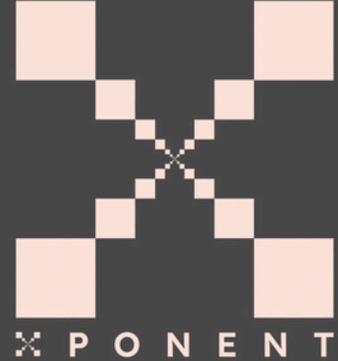
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[XPONENT.STUDIO](http://XPONENT.STUDIO)

LET'S CREATE TOGETHER



# Soulful Coffee Retreat

Discover a regenerative  
world inside a cup of  
coffee

*Cuetzalan*

A Curated  
Sustainable Tourism  
Retreat Experience

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DESDE 1975

SE COMPRAN  
DOLARES  
DE 1975

