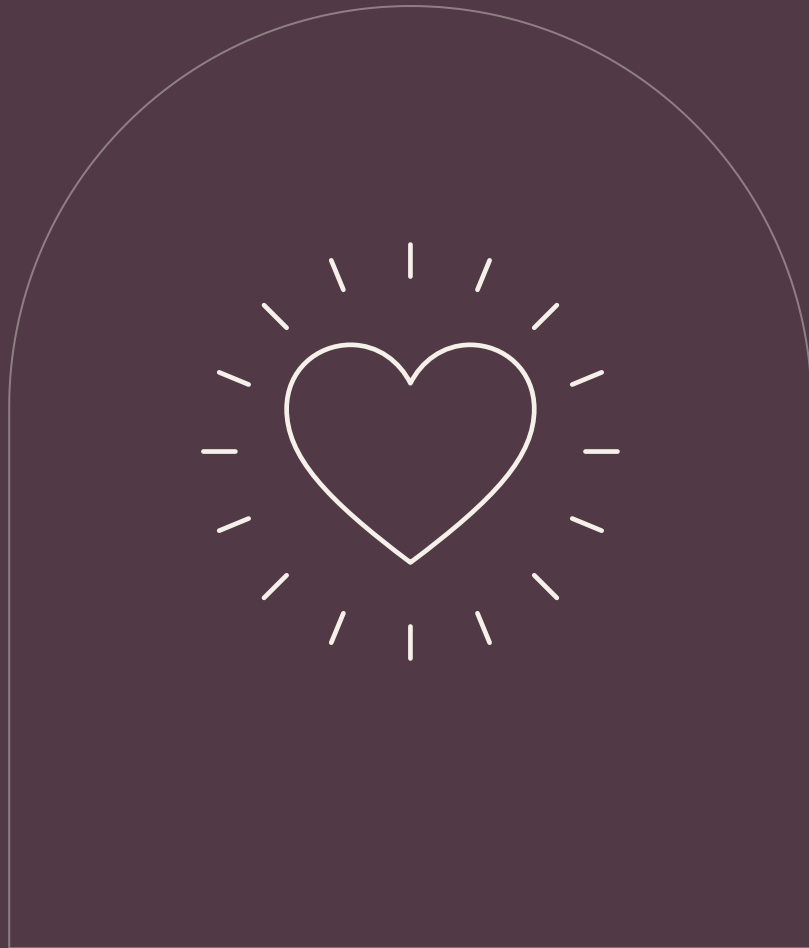


SOUL ALCHEMY BY TAL



Sacred in the Simple

Small daily rituals to come back to yourself

A FREE GUIDE · @TAL_SOULALCHEMY

A letter before we begin

For many years I believed the sacred lived somewhere else. In a retreat. In a ceremony. In a candlelit altar, in a silent room. I thought that to feel connected I had to leave my life for a while and enter a special state, one that only came with calm, silence and distance.

I even felt that to be truly spiritual, or coherent, I had to change my whole lifestyle: stop going to parties, dress differently, become a little more “hippie” (with all my love and respect).

And then life happened. Motherhood happened. Chaotic mornings, school runs, deep conversations in the kitchen, tired evenings. And little by little, life itself showed me the opposite. The sacred doesn’t need a special setting, and it doesn’t ask you to become someone else. Being spiritual is simply living in presence, wherever you are: in a quiet morning, at a dinner with friends, or dancing at a party.

This guide is born from that. From my everyday. From small things that have truly worked for me, and from the questions I’ve been asked so many times by students, clients and friends:

“How do I start meditating?”

“What if I can’t stop my thoughts?”

“How can I connect with something bigger if I barely have time for myself?”

My answer is always the same. You don’t need a vacation, perfect silence or a master by your side. You need a few seconds of real presence, again and again.

Along my path I’ve learned from many teachers and traditions: the simplicity of Buddhism, the depth of Vedanta, the wisdom of the body and the breath from yoga, and modern voices like Joe Dispenza, Bruce Lipton, Gabor Maté and Gregg Braden. You’ll find their echo in these pages. But what I share here is what I’ve lived. These rituals are not rules. They are invitations. Take what resonates, leave what doesn’t, and make them yours.

With love,

Tal

How to use this guide

The rituals follow the shape of a day, from the moment you open your eyes to the moment you close them. You don't need to do them all. Please don't. Choose **one**. Live with it for a few days. When it feels natural, add another.

EACH RITUAL HAS

The practice

Simple steps you can follow

The one-minute version

For the days when there's no time

From my life

How I live it, imperfectly

A question to carry

Something to take into your day

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RITUAL ONE

The threshold

Listening upon waking

Every morning, as you open your eyes, you cross a threshold. For a few seconds you are in between: not fully asleep, not fully awake. The thinking mind hasn't taken over yet.

In that soft space, dreams, images and feelings are still close. Many traditions see dreams as a language of the soul, a way the inner world processes, reveals and heals. You don't have to understand them. You only have to make a little room for them.

THE PRACTICE

- 1 Open your eyes, but don't move yet. Don't reach for the phone.
- 2 Ask yourself: *What did I dream? What image, word or feeling is here?*
- 3 If something comes, capture it. A few words in a notebook, a note on your phone, a voice memo, or just say it out loud.
- 4 Feel whether there's a message or an emotion that wants to walk with you today.
- 5 Say thank you, even if you understood nothing.

IF YOU REMEMBER NOTHING

That's okay. That "nothing" is also something. Use the threshold to plant a seed instead. Choose one phrase for the day:

"Today I choose to be present."

"I open myself to what's new."

"I allow myself to be guided."

Joe Dispenza talks about how most of our days run on autopilot, repeating yesterday. This moment is your chance to choose before the autopilot begins.



THE ONE-MINUTE VERSION

Before getting up, one breath and one word for your day.

FROM MY LIFE

My phone is usually what's nearby, so I use the notes app. Some mornings I write whole dreams. Some mornings I only write a word, or a feeling like "heavy" or "light".

A QUESTION TO CARRY

What seed do I want to plant today?



RITUAL TWO

The first sounds

Choosing what you wake up with

The first minutes of the day are tender. The mind is still soft and open, and what enters it tends to stay. Bruce Lipton and others speak about these moments as a door to the subconscious. You don't need to know the neuroscience to feel it: a morning that begins with the news feels different from a morning that begins with music.

So the invitation is simple. Choose what enters first.

THE PRACTICE

- 1 **Leave the screen for later.** If you can, give yourself the first 30 minutes without news, social media or messages.
- 2 **Choose a sound.** Soft music, a mantra, a song you love, birds, or silence. I love music tuned to 432Hz and old mantras. I can't promise you what they do to your cells. I can tell you what they do to my mornings.
- 3 **Place something beautiful where your eyes land.** A flower, a candle, a photo, a stone.
- 4 **Sing or hum, if you feel like it.** Humming relaxes the body and opens the throat, the energy center of expression.
- 5 **Choose with intention** what you listen to while you make breakfast or get dressed.



THE ONE-MINUTE VERSION

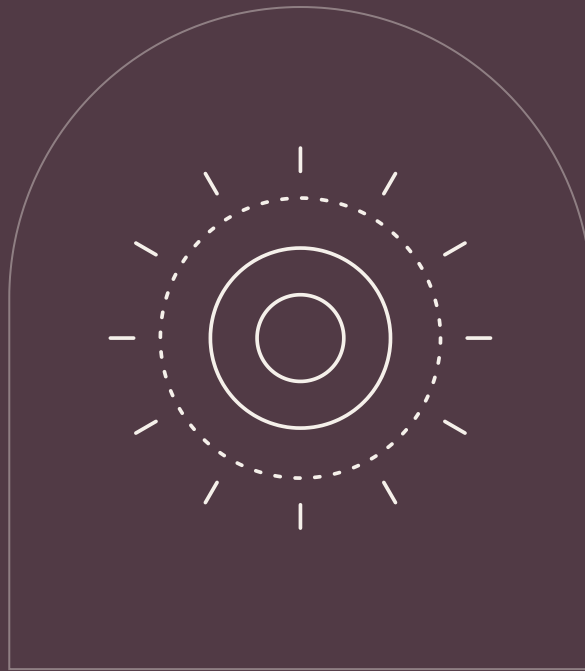
Hum one long note before you look at your phone.

FROM MY LIFE

For me, breakfast with soft music is a small ceremony, my gift before “entering the world”. And it is also a mirror. When my peace gets interrupted by the family (and it does, often), I see very quickly how much inner work I still have. That’s part of the ritual too.

A QUESTION TO CARRY

What do I want to let in first?



RITUAL THREE

Breath

Coming back through the breath

Before music, before words, there is breath. It's the first thing we did when we arrived and the last thing we'll do when we leave. In yoga and Vedanta, breath carries *prana*, life force. And it's the only bridge we can cross at will between the body and the mind: when the breath slows, everything slows.

I've taught breathwork for many years, and the most powerful practices are often the simplest.

THE PRACTICE: SO HAM

So Ham is an ancient Sanskrit mantra that means “I am That”. I am part of something bigger. It’s said to be the natural sound of the breath.

So ~ Ham

INHALE · 4

EXHALE · 6

- 1 Sit comfortably, spine tall but soft. Hands resting.
- 2 Close your eyes and let the breath find its own rhythm for a moment.
- 3 Inhale gently through the nose and silently hear *So*.
- 4 Exhale slowly through the nose and silently hear *Ham*.
- 5 Let the exhale be a little longer than the inhale. In for 4, out for 6.
- 6 Stay for 3 to 5 minutes.

If you feel dizzy or uncomfortable at any moment, simply return to your natural breath. Breath is never something to force.

THE ONE-MINUTE VERSION



Three long sighs. Inhale through the nose, open your mouth and let it go with sound. Ahhh.

FROM MY LIFE

In the car, before a session, in a queue, in a difficult conversation, I come back to the breath. Nobody notices. And everything changes a little.

A QUESTION TO CARRY

How am I breathing right now?



RITUAL FOUR

Water

Drinking water as medicine

We drink water many times a day without noticing. We open the bottle, drink and move on. But in so many cultures, water is blessed before it's received. It's prayed over, offered, honored.

Masaru Emoto's photographs of water crystals inspired millions of people to speak to their water with love. Science hasn't confirmed his findings, and honestly, for me it doesn't matter. What changes is me, when I stop for a second and bless what I'm about to drink. That pause is already medicine.

THE PRACTICE

- 1 Before you drink, pause.
- 2 Look at the water. Hold the glass or bottle with both hands.
- 3 Say, out loud or silently, a simple phrase:
“May this water clean me and help me remember.”
“This water brings me clarity.”
“I receive this water with gratitude.”
- 4 Drink slowly. Feel it entering your body. Give thanks.

TO MAKE IT MORE BEAUTIFUL (NONE ARE NECESSARY)

Write a word like *love*,
peace or *truth* on
your bottle

Leave your water in the sun
for a few minutes

Place a crystal next to
your glass

What makes the water sacred is your presence. You'll find printable water phrases on page 25.



THE ONE-MINUTE VERSION

First glass of the day, both hands, one word, then drink.

FROM MY LIFE

I have phrases stuck on my bottle. They remind me, many times a day, to come back. Some days I bless every glass. Some days I remember only once. Both count.

A QUESTION TO CARRY

What do I want to receive today?



RITUAL FIVE

Food

Eating as someone who honors life

Eating is one of the most intimate things we do. Something from the earth becomes part of us. And yet we often eat standing up, scrolling, rushing.

In the Upanishads there's a beautiful phrase: *Annam Brahma*, food is sacred. In Buddhism, mindful eating is a full meditation. In almost every culture, there's some form of grace before the meal.

This ritual is not about eating "perfectly". No rules, no good or bad food, no guilt. Just presence and gratitude, so you nourish not only your stomach but your whole being.

THE PRACTICE

- 1 Before you eat, stop for one breath.
- 2 Look at your plate. Think for a moment of everything it took to get here: the sun, the rain, the earth, the hands that planted, harvested, carried and cooked.
- 3 Give thanks in your own words. If you eat animal products, you can also thank that life.
- 4 Take the first three bites slowly, in silence, really tasting.
- 5 Notice how your body feels, during and after. Your body is wise. Over time, it will show you what truly nourishes you.



THE ONE-MINUTE VERSION

One breath and a silent “thank you” before the first bite.

FROM MY LIFE

With children at the table, silence is a luxury. So sometimes my ritual is only the first bite. One bite, fully present. That’s enough to change the meal.

A QUESTION TO CARRY

What truly nourishes me?



RITUAL SIX

The everyday as prayer

Turning small acts into sacred acts

Not all rituals need candles, music or special words. Some happen in silence, in movement, in the middle of the most ordinary moments.

Thich Nhat Hanh used to say that if you wash the dishes only to finish quickly, you're not really living those minutes. Wash the dishes to wash the dishes. The Bhagavad Gita says something similar: any action done with love, without rushing to the result, becomes an offering.

What if cooking were an offering?
What if sweeping your home were also clearing your energy?
What if watering a plant were a silent prayer?

THE PRACTICE

- 1 Choose **one** daily action you usually do on autopilot: washing dishes, brushing your teeth, making the bed, driving, serving food, folding clothes.
- 2 For this week, do it slowly, with all your senses. Feel the water, the textures, the sounds.
- 3 Add a breath, a mantra or a silent phrase:
“Thank you for these clothes that hold me.”
“As I clean this surface, I clear my inner space.”
“This plate is clean again, and so am I.”



THE ONE-MINUTE VERSION

Next time you open your front door, pause on the threshold and breathe once.

FROM MY LIFE

One of my most sacred moments of the day happens outside my children’s school, while I wait. Around me people scroll or get impatient. I close my eyes for a few seconds and feel grateful. Grateful that I can pick them up, that we’re alive and healthy, that they chose me as their mother. And I remind myself: they didn’t come to learn from me. They came to teach me. “Thank you for my life teachers.”

A QUESTION TO CARRY

Which ordinary moment can I make sacred today?



RITUAL SEVEN

The low days

When everything feels heavy

There are days when everything weighs more. When we lose the spark, the direction, the energy. When even music doesn't touch us and the heart feels foggy.

And that's okay. We didn't come here to be light all the time. We came to live it all.

Buddhism reminds us that everything is impermanent. Emotions are like weather: they arrive, they stay a while, they pass. Gabor Maté teaches that our feelings are messengers. So instead of asking *"What's wrong with me?"*, we can ask *"What does this feeling need from me?"*

On these days, you don't have to do anything to come back to yourself. Just stop demanding that you feel okay.

CHOOSE WHATEVER BRINGS YOU THE MOST SOFTNESS

1 Surrender to the earth

If you can, go outside. Find a tree, a plant, a patch of earth or sky. Acknowledge what you're feeling, without judgment, and if you can't feel anything, acknowledge that too. If it feels right, say: *"I offer you this emotion. It's part of being human. Thank you for receiving me as I am."* Stay a few minutes. Nothing needs to happen.

2 Surrender to rest

If you don't have the strength to move, lie down. Headphones, soft music without lyrics or a whispered mantra. Eyes closed. Don't analyze. Don't try to understand. Sometimes the body just needs to be held.

3 Look at the sky

If you can't do anything at all, look up. From the bed, the window, any corner. Its space, its calm, its vastness. Breathe and let that space hold you.

YOU CAN ALSO

Cry. Sing. Whisper to yourself:

"I don't need to shine today."

"This is part of the journey too."

"I allow myself to feel, without running away."

FROM MY LIFE

I've had many days like this. What holds me most is the earth, silence and the sky. Sometimes I take a few steps outside, find a tree, ask permission and play a soft song just to allow myself to feel. Other times I lie down, look at the sky through the window and remind myself: I don't have to do anything. Just be.

Low days don't disconnect us from the path. Recognizing them as part of it brings us back. And without them, the magical days wouldn't exist.



A GENTLE NOTE

If the low days become weeks, or if what you feel is too heavy to hold alone, please reach out. To someone you trust, to a doctor, to a therapist. Asking for help is also a sacred act.

A QUESTION TO CARRY

What does this feeling need from me?



RITUAL EIGHT

Meditation

Returning to yourself, without pressure

The phrase I hear most in sessions and workshops is: *"I want to meditate, but I don't know how."*

For a long time we were told meditation meant stopping our thoughts, sitting in lotus for hours or reaching a mystical state. That we needed the right cushion, the right moment, the right place. We don't.

We give a few minutes every day to brush our teeth and shower. Meditation is the same for the inside: inner hygiene.

What it means to meditate

To me, meditation is making silence so I can hear myself. And the heart of every tradition I've studied is the same: the intention to return to yourself, again and again. To your breath. To your presence. When you get distracted, when something hurts, when you don't know how.

That returning is the meditation.

Vedanta adds something beautiful. You are not your thoughts. You are the one who notices them. The witness, the sky behind the clouds. And Buddhism invites us to come with "beginner's mind", as if it were always the first time, without expectations.

When the inner space becomes quiet enough, sometimes things begin to surface. Memories, emotions, stories that live in the body and in our lineage. In silence, they can finally be seen and begin to release. That's why meditation isn't only about calming the mind. It's about opening the door to the temple inside you, with respect, time and presence.

ABOUT POSTURE

We meditate sitting, with the spine straight: the root chakra grounded toward the earth, the crown chakra open toward spirit. This vertical line is not a detail. It lets energy flow between the human and the divine, and it keeps you awake and present instead of drifting into sleep.

This posture also takes practice. At first your back may get tired, and that's normal. A cushion, a chair or a wall can support you. On some days, especially at the beginning, you may prefer to lie down, and that's okay. But little by little, come back to sitting. Your spine is the bridge.

HOW TO BEGIN

- 1 Choose a moment you can truly commit to. Morning when you wake, or night before sleep.
- 2 Sit with your spine straight, on a cushion or a chair. That's all you need.
- 3 If you like, play soft music or a gentle frequency.
- 4 Close your eyes. Breathe. Stay.
- 5 When a thought comes (it will), notice it, and return. Return. Return. Again and again.

Start with 5 minutes. Your body sets the rhythm, not your expectations.

THREE SIMPLE MEDITATIONS TO BEGIN

The body scan Bring your attention to your feet. Notice, without changing anything. Slowly move up: legs, belly, chest, hands, shoulders, face. Wherever you find tension, breathe into it and let it soften.

5 MINUTES

The heart Place a hand on your heart. Breathe as if the breath entered and left through your chest. Bring to mind someone or something you're grateful for and let yourself *feel* it. Gregg Braden and the HeartMath research speak of this as heart coherence. I simply call it coming home.

5 MINUTES

The witness Observe your thoughts as if they were clouds passing across the sky. Don't follow them, don't push them away. Each time you notice you got lost in one, smile and come back to being the sky.

5 MINUTES

FROM MY LIFE

Even after many years of practice, some days I can only be still for 10 minutes. Other days I melt into silence and forget about time. Both are perfect. Meditation is not about going higher. It's about going deeper.

A QUESTION TO CARRY

Where am I right now?



RITUAL NINE

Closing the day

Letting go before sleep

We put so much care into how we begin the day, and then we fall into bed carrying everything. The night is also a threshold, and it's worth crossing it gently.

In Buddhism there's a practice of reviewing the day with kindness, not to judge it, but to learn from it. And Gregg Braden reminds us that gratitude isn't just a thought. It's a feeling we can choose.

THE PRACTICE

This isn't one more thing to fit into your day. You don't need extra time. Do it as you're already lying in bed, just about to close your eyes to sleep.

- 1 **Review.** Let your day pass in front of you like a film, without judgment. Just see it.
- 2 **Thank.** Name three things you're grateful for. Small is perfect. Really feel each one.
- 3 **Release.** Breathe out what you're still carrying: a conversation, a worry, a mistake. You can say: *"What I couldn't do today, I let go. What I did, I honor."*
- 4 **Forgive.** Yourself first. Then, if you can, someone else.
- 5 **Invite.** Ask your dreams to guide you: *"Tonight, show me what I need to see."* And tomorrow, the circle begins again with Ritual 1.



THE ONE-MINUTE VERSION

If you're too tired for anything else: one "thank you" for your day, and one long exhale.

FROM MY LIFE

Some nights I fall asleep halfway through. I think that's fine. The intention was already planted.

A QUESTION TO CARRY

What can I let go of tonight?

Your first 7 days

A gentle path to begin. One small thing a day, each one adding to the one before.

Tick each day when you do it, even if it was only one minute.

☐

DAY 1

Listen

Before getting up, ask yourself: *What did I dream?* Write one word.

☐

DAY 2

Protect

First 30 minutes without screens. Choose a sound to wake up with.

☐

DAY 3

Breathe

Three minutes of *So Ham*. In for 4, out for 6.

☐

DAY 4

Bless

Your first glass of water with both hands and one phrase.

☐

DAY 5

Taste

The first three bites of one meal, slowly and in silence.

☐

DAY 6

Sit

Five minutes of meditation. Return, return, return.

☐

DAY 7

Close

Three gratitudes before sleep. Then ask yourself: *What did I notice this week?*

Water phrases

Cut, print and stick them on your bottle or glass. A small reminder that you are the one who turns the simple into medicine.



*"This water nourishes
and balances me."*



"I drink light. I drink life."



*"This water is my
best medicine."*



*"With every sip, I
come back to myself."*



*"This water reminds me
I belong to the Earth."*



*"I drink and
remember who I am."*



*"My body is a temple.
This water honors it."*



*"I receive this water
with gratitude."*

Returning to center

I hope this small guide is useful to you. Not to add more to your list, and not to change who you are, but to remind you that you're already doing the greatest work of all: living.

And living doesn't always feel extraordinary. There are days of chaos, tiredness and doubt. Days when you're just trying to make it to the end. Those days are part of the journey too. We didn't come here to become God. We came to experience life, remembering that we already are That.

As these rituals become yours, something begins to shift. You look at yourself with more kindness. You notice your emotions without judging them. You listen to your body. And slowly, you come back to center. The center isn't a fixed place. It's that inner point where you can breathe, let go and pause. And from there, your inner voice, your true guide, becomes easier to hear.

We are not only light, and not only shadow. We are both. And that is what makes us whole. Every emotion, pleasant or uncomfortable, carries information. When we stop fighting half of ourselves, we begin to truly know who we are.

And please, bring humor. There is no greater medicine. Lightness isn't superficial. It's a wise way of moving through difficult moments without breaking inside.

Integration is maturity. Awareness is freedom.

It's not about becoming something higher. We already are. It's about getting a little less distracted, and returning to center. Again and again. As many times as needed.

With so much love,

Tal



When you want to go deeper

These rituals are a beginning. Sometimes, though, we keep tripping over the same stone. The relationship that repeats the same story. The project that never takes off. The fear that shows up every time we're about to begin. Often these patterns aren't only ours. They come from much further back: from our childhood, our family, wounds the subconscious still holds.

That's the work I do. I accompany people to return to the heart, integrating mind, body, family story and soul. I call it the Alchemy Process.

1:1 sessions

Quantum Healing, Systemic and Integrative sessions

Return to the Heart

My online accompaniment, in English and Spanish, wherever you are

If something in this guide moved you and you feel it's time to go deeper, write to me. Tell me a little about where you are. We'll see together what you need.

SEND ME A DM ON INSTAGRAM

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Your heart already knows the way.

If this guide helped you, share it with someone who needs it, or tag me when you practice.