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# POCKET RECIPE OF SWEETNESS

*A one-week exploration of sweetness as a daily practice.*

*Tu Palabra - Tu Sonido* ©

# INTRODUCTION

Pocket Recipe of Sweetness is a one-week invitation to reconnect with sweetness as a way of relating to oneself and to experience.

This format draws from longer “sound recipes” developed for musicians and presented in my book **Tu Palabra-Tu Sonido**, originally conceived as four-month processes. When shared in workshop contexts, these practices also resonated with people from diverse fields, revealing a broader interest beyond the musical domain. As a result, this work is here adapted into two versions: one for musicians and another for non-musicians.

Each day offers a simple structure that opens space for observation, listening, and subtle inner shifts. Rather than something to achieve, sweetness is approached as a quality that can be perceived, cultivated, and allowed to emerge.



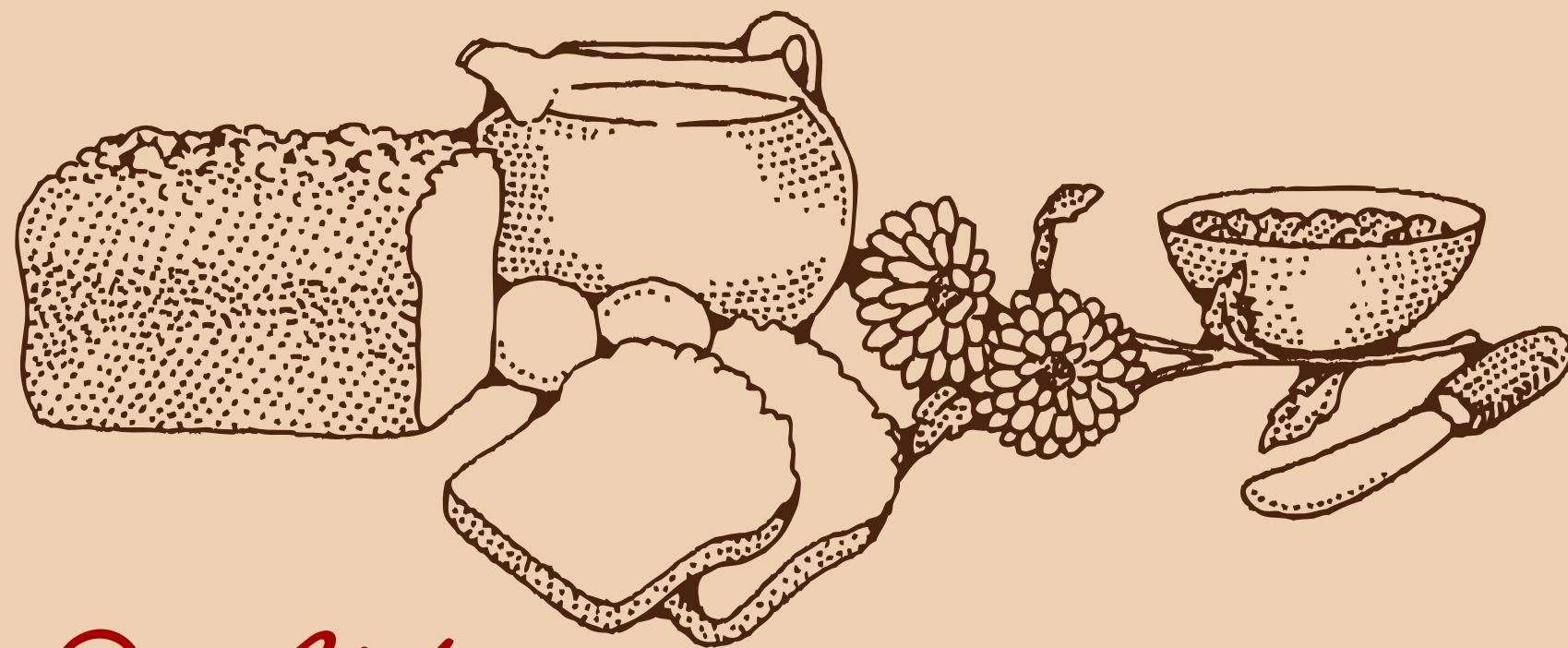


# Sweetness toward one's own perception



## Definition of sweetness

Sweetness is a perceptual and relational quality characterized by gentleness, non-aggressiveness, and subtle modulation, through which inner balance and coherence emerge.



*DAY 1*

**1- Reading and internalizing the definition**



**2- Guiding self-talk for the day**  
Short, kind, and mindful affirmation to repeat throughout the day.

**3- A specific action**  
A brief activity that involves stepping outside your routine a bit and practicing sweetness in a tangible way.

**4- A musical listening experience**  
A musical selection that opens a space for the perception of sweetness.



**5- Self-reflection: write briefly about your experience**  
What you felt, what you thought, what you found challenging, and what shifted within you.

**6- Breath**  
4-7-8 Breathing

# Instructions



**01.** Read the definition slowly, take it in, and make it your own.

**03. A specific action**

Stand in front of a mirror for 3 minutes and look at yourself with gentleness, without correcting or judging anything.

As a first day of contact and change with yourself, allow this moment to be one of recognition.

**05. Self-reflection: write briefly about your experience**

Briefly write: what you felt, what you thought, what was difficult for you and what changed in you.

*Day 1*



**02. Guiding self-talk for the day**

Repeat this sentence with full attention: three times in the morning, three times in the afternoon, and three times in the evening.

**"I treat myself with gentleness"**

**04. A musical listening experience**  
(▶) Jules Massenet: Meditation From "Thais" (arr. or flute and harp).

An intimate and reflective piece associated with Thais's inner transformation, marking a passage from external life toward a more inward and contemplative awareness.



**06. 4,7,8" Breathing**

Inhale for 4 seconds, hold the breath for 7, and exhale through your mouth for 8 seconds, producing a soft "sshhh" sound.

Begin the next cycle immediately, without pausing between the exhalation and the next inhalation. Repeat between 6 and 10 cycles.

A gentle practice to calm the nervous system and prepare the body for rest.



# Sweetness toward another person



## Definition of sweetness

Sweetness is a perceptual and relational quality characterized by gentleness, non-aggressiveness, and subtle modulation, through which inner balance and coherence emerge.



# DAY 2

**1- Reading and internalizing the definition**



**2- Guiding self-talk for the day**  
Short, kind, and mindful affirmation to repeat throughout the day.

**3- A specific action**  
A brief activity that involves stepping outside your routine a bit and practicing sweetness in a tangible way.

**4- A musical listening experience**  
A musical selection that opens a space for the perception of sweetness.



**5- Self-reflection: write briefly about your experience**  
What you felt, what you thought, what you found challenging, and what shifted within you.

**6- Breath**  
4-7-8 Breathing

# Instructions

01. Read the definition slowly, take it in, and make it your own.

## 03. A specific action

Send one short and kind message, poema or letter to someone today.

## 05. Self-reflection: write briefly about your experience

Briefly write: what you felt, what you thought, what was difficult for you and what changed in you.



## 02. Guiding self-talk for the day

Repeat this sentence with full attention: three times in the morning, three times in the afternoon, and three times in the evening.

**“I let kindness flow gently through my words and actions”**

## 04. A musical listening experience

(▶) Edward Elgar- Salut d'amour, Op. 12  
(arr. by Christian Badzura).

A tender musical dedication written as a gesture of love, expressing warmth, affection, and gentle devotion toward another.



## 06. 4,7,8" Breathing

Inhale for 4 seconds, hold the breath for 7, and exhale through your mouth for 8 seconds, producing a soft “sshhh” sound.

Begin the next cycle immediately, without pausing between the exhalation and the next inhalation. Repeat between 6 and 10 cycles.

A gentle practice to calm the nervous system and prepare the body for rest.



Day 2

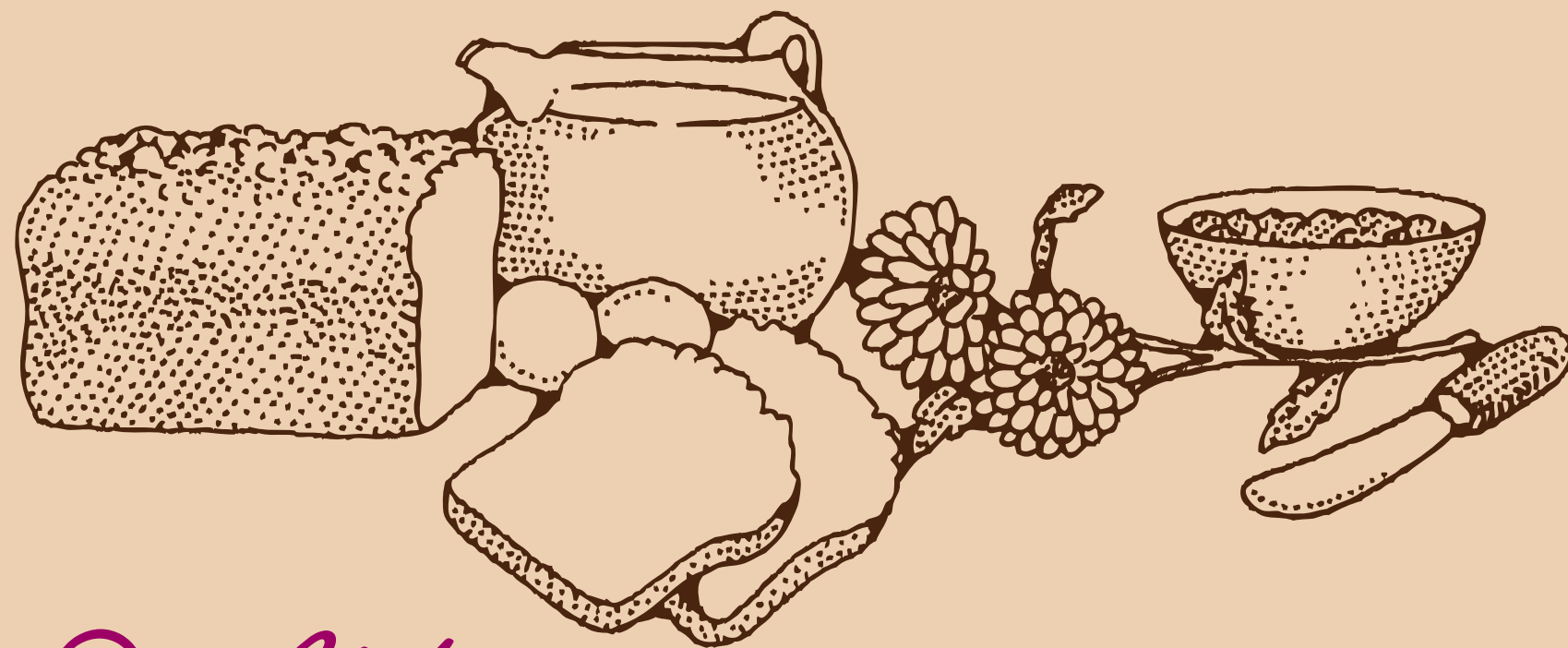


# Sweetness toward the body



## Definition of sweetness

Sweetness is a perceptual and relational quality characterized by gentleness, non-aggressiveness, and subtle modulation, through which inner balance and coherence emerge.



*DAY 3*

**1- Reading and internalizing the definition**

**2- Guiding self-talk for the day**

Short, kind, and mindful affirmation to repeat throughout the day.

**3- A specific action**

A brief activity that involves stepping outside your routine a bit and practicing sweetness in a tangible way.

**4- A musical listening experience**

A musical selection that opens a space for the perception of sweetness.

**5- Self-reflection: write briefly about your experience**

What you felt, what you thought, what you found challenging, and what shifted within you.

**6- Breath**

4-7-8 Breathing



# Instructions



**01.** Read the definition slowly, take it in, and make it your own.

## **03. A specific action**

Take 10 minutes in gentle contact with your body through a gentle foot massage. You may use a diluted essential oil of your choice for an added sense of calm and care.



## **05. Self-reflection: write briefly about your experience**

Briefly write: what you felt, what you thought, what was difficult for you and what changed in you.

*Day 3*



## **02. Guiding self-talk for the day**

Repeat this sentence with full attention: three times in the morning, three times in the afternoon, and three times in the evening.

**“I love and accept my body exactly as it is”**

## **04. A musical listening experience**

(▶) J.S. Bach – Largo from Harpsichord Concert in F minor (BWV 1056).

A calm and lyrical flow that brings inner balance and allows the body to soften into a gentle, grounded presence.

## **06. 4,7,8” Breathing**

Inhale for 4 seconds, hold the breath for 7, and exhale through your mouth for 8 seconds, producing a soft “sshhh” sound.

Begin the next cycle immediately, without pausing between the exhalation and the next inhalation. Repeat between 6 and 10 cycles.

A gentle practice to calm the nervous system and prepare the body for rest.



# Sweetness toward time.



## Definition of sweetness

Sweetness is a perceptual and relational quality characterized by gentleness, non-aggressiveness, and subtle modulation, through which inner balance and coherence emerge.



# DAY 4

**1- Reading and internalizing the definition**



**2- Guiding self-talk for the day**  
Short, kind, and mindful affirmation to repeat throughout the day.

**3- A specific action**  
A brief activity that involves stepping outside your routine a bit and practicing sweetness in a tangible way.

**4- A musical listening experience**  
A musical selection that opens a space for the perception of sweetness.



**5- Self-reflection: write briefly about your experience**  
What you felt, what you thought, what you found challenging, and what shifted within you.

**6- Breath**  
4-7-8 Breathing

# Instructions

01. Read the definition slowly, take it in, and make it your own.

## 03. A specific action

Choose two moments today in which you would normally rush, and do that action slowly instead

## 05. Self-reflection: write briefly about your experience

Briefly write: what you felt, what you thought, what was difficult for you and what changed in you.

Day 4



## 02. Guiding self-talk for the day

Repeat this sentence with full attention: three times in the morning, three times in the afternoon, and three times in the evening.

**"I inhabit my body and mind in the present moment"**

## 04. A musical listening experience

(▶) Arvo Pärt- Spiegel im Spiege.

Delicate and contemplative work in which time feels suspended, allowing the listener to enter a space of calm, patience, and quiet presence.

## 06. 4,7,8" Breathing

Inhale for 4 seconds, hold the breath for 7, and exhale through your mouth for 8 seconds, producing a soft "sshh" sound.

Begin the next cycle immediately, without pausing between the exhalation and the next inhalation. Repeat between 6 and 10 cycles.

A gentle practice to calm the nervous system and prepare the body for rest.

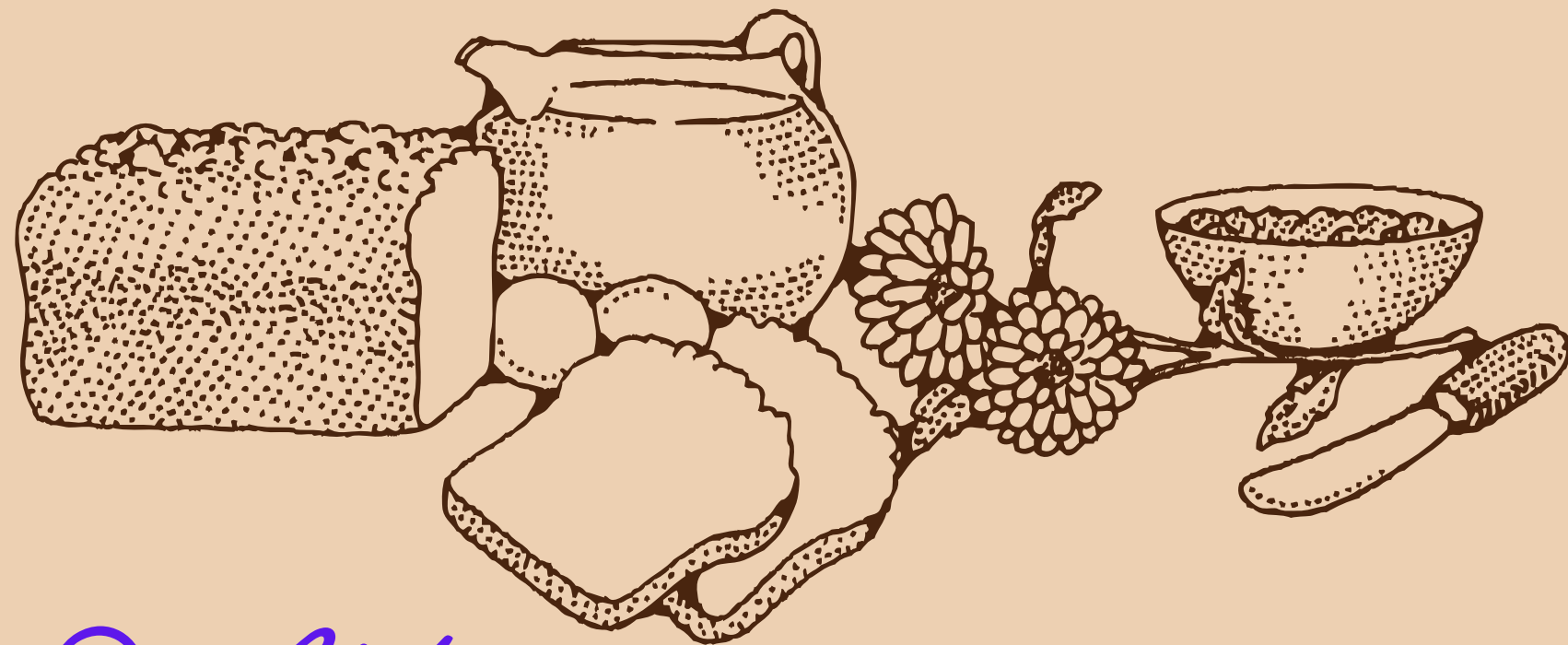


# Sweetness in the face of judgment



## Definition of sweetness

Sweetness is a perceptual and relational quality characterized by gentleness, non-aggressiveness, and subtle modulation, through which inner balance and coherence emerge.



DAY 5

**1- Reading and internalizing the definition**



**2- Guiding self-talk for the day**  
Short, kind, and mindful affirmation to repeat throughout the day.

**3- A specific action**  
A brief activity that involves stepping outside your routine a bit and practicing sweetness in a tangible way.

**4- A musical listening experience**  
A musical selection that opens a space for the perception of sweetness.



**5- Self-reflection: write briefly about your experience**  
What you felt, what you thought, what you found challenging, and what shifted within you.

**6- Breath**  
4-7-8 Breathing

# Instructions



**01.** Read the definition slowly, take it in, and make it your own.

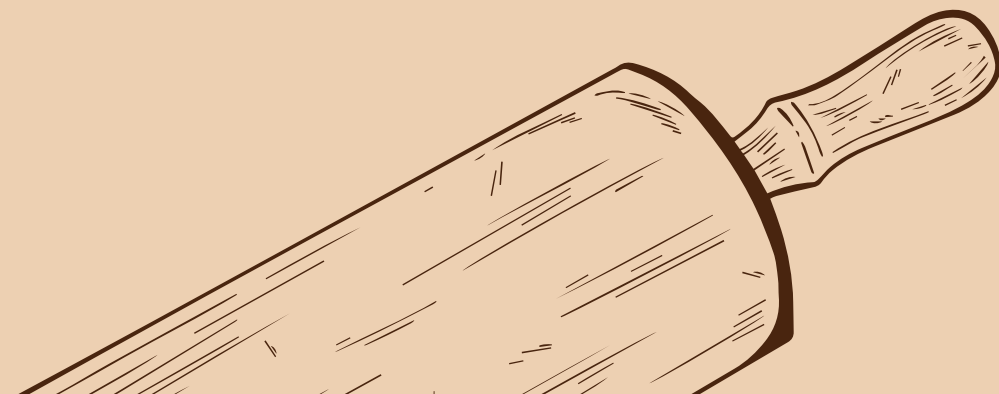


**03. A specific action**

Do something creative or outside your comfort zone today, such as preparing a new recipe, painting freely, or booking a trial dance class, and allow yourself to experience it without judgment.

**05. Self-reflection: write briefly about your experience**

Briefly write: what you felt, what you thought, what was difficult for you and what changed in you.



Day 5

**02. Guiding self-talk for the day**

Repeat this sentence with full attention: three times in the morning, three times in the afternoon, and three times in the evening.

**“I meet myself with gentleness and openness”**



**04. A musical listening experience**  
(▶) Erick Satie - Gymnopédie no. 2

The notes appear and dissolve naturally, leaving space between them. That space is essential: it is where listening turns inward.

**06. 4,7,8” Breathing**

Inhale for 4 seconds, hold the breath for 7, and exhale through your mouth for 8 seconds, producing a soft “shhh” sound.

Begin the next cycle immediately, without pausing between the exhalation and the next inhalation. Repeat between 6 and 10 cycles.

A gentle practice to calm the nervous system and prepare the body for rest.



# Sweetness on the path to forgiveness



## Definition of sweetness

Sweetness is a perceptual and relational quality characterized by gentleness, non-aggressiveness, and subtle modulation, through which inner balance and coherence emerge.



# DAY 6

**1- Reading and internalizing the definition**



**2- Guiding self-talk for the day**  
Short, kind, and mindful affirmation to repeat throughout the day.

**3- A specific action**  
A brief activity that involves stepping outside your routine a bit and practicing sweetness in a tangible way.

**4- A musical listening experience**  
A musical selection that opens a space for the perception of sweetness.



**5- Self-reflection: write briefly about your experience**  
What you felt, what you thought, what you found challenging, and what shifted within you.

**6- Breath**  
4-7-8 Breathing

# Instructions



**01.** Read the definition slowly, take it in, and make it your own.

## **03. A specific action**

Take some time alone today to forgive what you did not know how to heal at the time. Forgive yourself for not having listened to your own needs, for what happened with that person, and allow yourself to release what is ready to be let go.

There is no need to judge yourself, the situation, or the other person. From a place of gentleness, simply accept and forgive what was.

## **05. Self-reflection: write briefly about your experience**

Briefly write: what you felt, what you thought, what was difficult for you and what changed in you.

## **02. Guiding self-talk for the day**

Repeat this sentence with full attention: three times in the morning, three times in the afternoon, and three times in the evening.

**"I choose softness as I move toward forgiveness"**

## **04. A musical listening experience** (▶) Yiruma - River Flows in You

Like a quiet stream, the music flows without interruption, carrying what no longer needs to be held.



## **06. 4,7,8" Breathing**

Inhale for 4 seconds, hold the breath for 7, and exhale through your mouth for 8 seconds, producing a soft "sshhh" sound.

Begin the next cycle immediately, without pausing between the exhalation and the next inhalation. Repeat between 6 and 10 cycles.

A gentle practice to calm the nervous system and prepare the body for rest.



*Day 6*

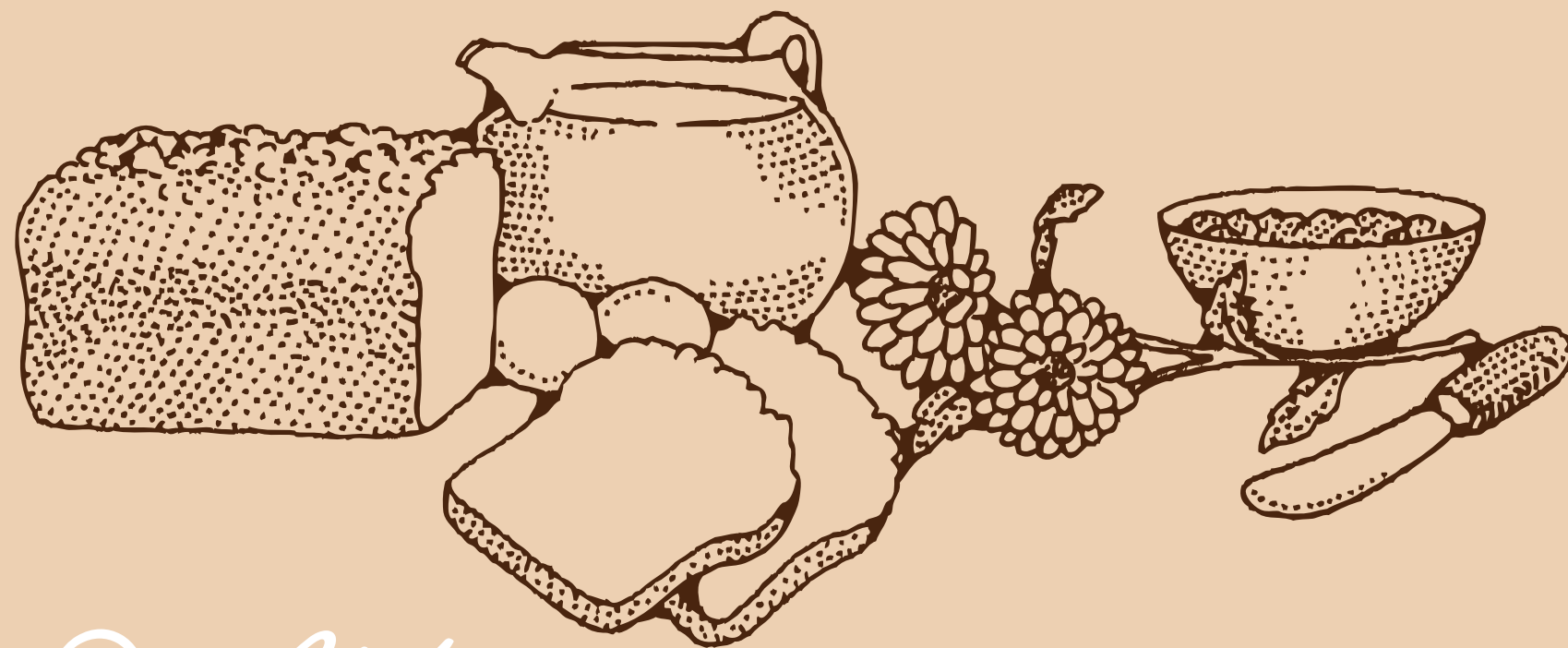


**“I allow sweetness to shape  
my way of being”**



## **Definition of sweetness**

Sweetness is a perceptual and relational quality characterized by gentleness, non-aggressiveness, and subtle modulation, through which inner balance and coherence emerge.



*DAY 7*

**1- Reading and internalizing the definition**



**2- Guiding self-talk for the day**

Short, kind, and mindful affirmation to repeat throughout the day.

**3- A specific action**

A brief activity that involves stepping outside your routine a bit and practicing sweetness in a tangible way.

**4- A musical listening experience**

A musical selection that opens a space for the perception of sweetness.



**5- Self-reflection: write briefly about your experience**

What you felt, what you thought, what you found challenging, and what shifted within you.

**6- Breath**

4-7-8 Breathing

# Instructions

01. Read the definition slowly, take it in, and make it your own.

03. **A specific action**

Your own action

05. **Self-reflection: write briefly about your experience**

Briefly write: what you felt, what you thought, what was difficult for you and what changed in you.

02. **Guiding self-talk for the day**

Repeat this sentence with full attention: three times in the morning, three times in the afternoon, and three times in the evening.

**"Your own phrase "**

04. **A musical listening experience**

Your own music

06. **4,7,8" Breathing**

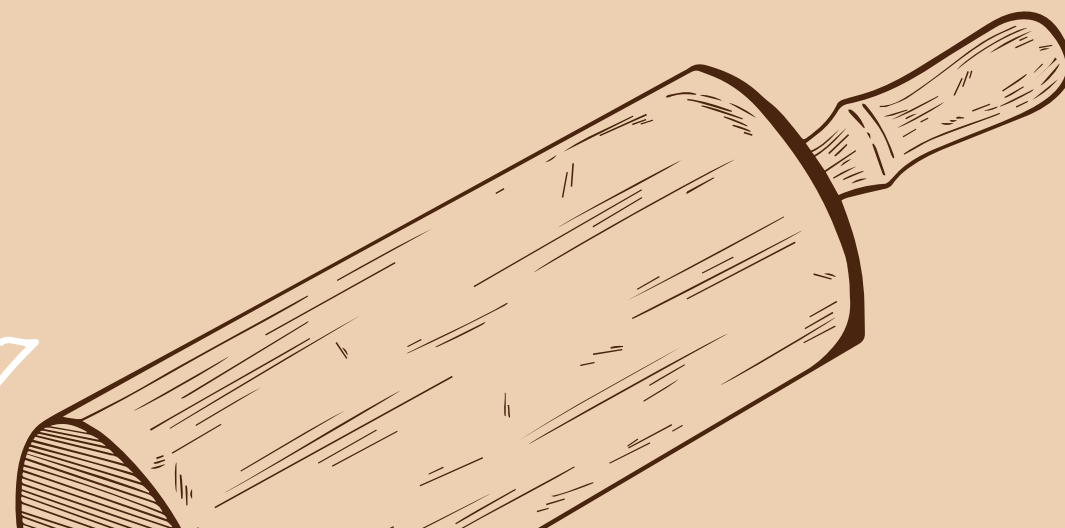
Inhale for 4 seconds, hold the breath for 7, and exhale through your mouth for 8 seconds, producing a soft "shhh" sound.

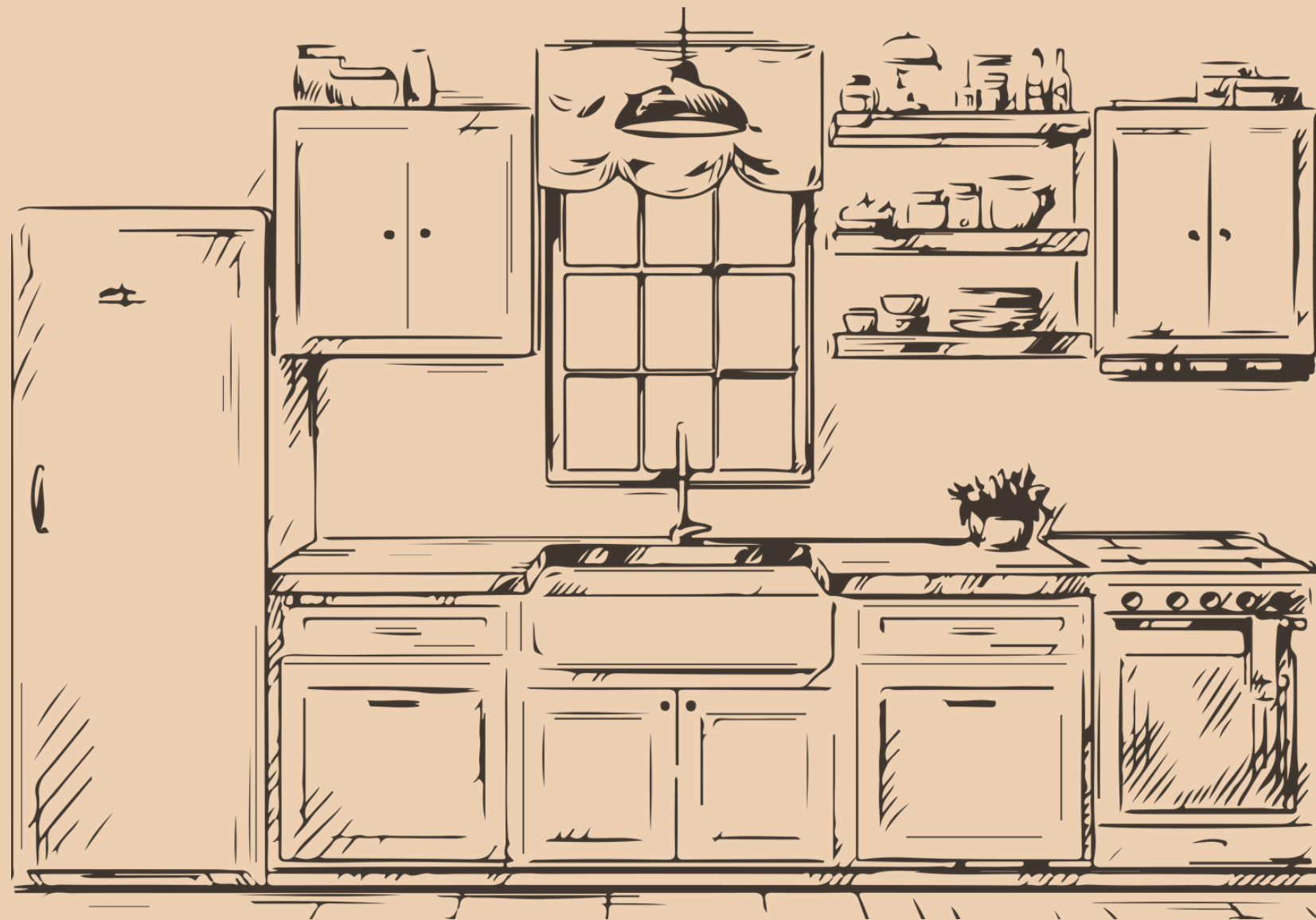
Begin the next cycle immediately, without pausing between the exhalation and the next inhalation. Repeat between 6 and 10 cycles.

A gentle practice to calm the nervous system and prepare the body for rest.



Day 7





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*Tu Palabra - Tu Sonido* ©

## Dear participant

We invite you to briefly share your experience of the “**Pocket Recipe of Sweetness**” ©

Your reflections are an essential part of this project, as they allow the experience to expand and resonate beyond the individual process.

With your permission, selected excerpts of your feedback may be shared on our respective websites, in the project section. These may be published anonymously or with your name, according to your preference.  
put the link of the page

If you agree, please indicate your authorization in your response. You may send your feedback to: [nataliaoddivergnani@gmail.com](mailto:nataliaoddivergnani@gmail.com)

**Thank you for your openness and participation.**