

TaoBaH Welcome Kit

Dear Reader,

Thank you for being here.

Whether you found this book by chance, by instinct, or by the aching pull of something inside you that said yes, I want you to know, this space is for you. There's no test to pass, no perfect way to arrive. Just being here is enough.

The Alchemy of Being a House is my memoir, and it's a companion for anyone learning how to stay with their own body, their own history, their own inner parts. It's for those of us who've had to piece together home from the rubble. Who have carried too much, loved too hard, or wondered if real healing was meant for someone else.

This book was written in the middle of the mess, not after it. It's built from cracked foundations, and it holds grief and transformation side by side. I wrote it with the hope that you might see your own many selves reflected here, maybe feel less alone.

If you're reading with a soft heart, a tired body, a scattered mind, or a wary spirit, you're welcome exactly as you are. Take your time. Skip around. Bark with Ruth. Cry when you need to. Rest often. Below you'll find a gentle reading guide, if that is helpful.

This is not a book of perfection.
It's a book of truth.
Of tenderness.
Of reclaiming our birthright of belonging.

With love,

Jen (and Ruth )

A Gentle Reading Guide for The Alchemy of Being a House

First, there's no wrong way to read this book.

You can start at the beginning.
You can flip to the middle.
You can read it backwards if your heart wants to.

This is not a linear story. It's a living house.
A circle.
A many-roomed offering.
You're allowed to wander.

Go slowly. Or fast. Or not at all today.

Some passages may stir up echoes or memories. Some may feel like a balm.
Some may ask to be re-read weeks later, when you're ready.

Pause when you need to.
Return when you want.
Rest whenever your body asks.

This is a book that waits for you.

Let Ruth guide you.

Ruth is not just a dog.
She's a voice of fierce loyalty, of vigilance and wisdom.

Her parts speak in a different key.
When you see italics or her chapter headings, that's Ruth's voice.

Let her bark.
Let her nudge.
Let her remind you: you're not alone.

Built for the body, the breath, the margins.

If you live with chronic illness, pain, trauma, fatigue, grief, or sensory sensitivities,
this book was designed with you in mind.

The formatting includes:

- Spacious breaks with Ruth
- Wild pacing
- Gentle repetition and visual cues
- Soft permission

Read it lying down.

Read it with snacks.

Read it in bursts, or with a trusted someone beside you.

A few last things:

- You don't need to finish this book for it to matter.
- You don't need to understand every part right away.
- You are invited to bring your whole self here, messy, miraculous, unsure, still unfolding.

This book is not a prescription.

It's a mirror.

A companion.

A circle you can step into whenever you need.

Come in barefoot.

Come in barking.

Come in broken.

Welcome as you are.

This house knows how to hold you.

—with love,

Jen (and Ruth )