

Haze to Hollow

Welcome Wanderer,

You hold in your hands the bridge between the haze of the world and
the sanctuary of the Hollow.

Outside, the world is drowning in “Static” the frantic, restless hum of
expectations, demands, and digital noise.

It is the chaos of life that keeps you drifting deep within the Haze.
But curiosity has led you to the Hollow’s Gates. Beyond them is a
sanctuary, a place to still your mind and soothe your soul.

This is not the end of your journey; it is an invitation.

An invitation to learn how to release the heavy haze and dare to
Coddiwomple: to move with a purposeful heart through the mist.

Over the next seven days, this space is your sanctuary to shed the
weight of the world. Like the Great Moreton Bay Fig, we will release
the withered leaves of what no longer serves you, allowing your roots
to find the deep, silent wisdom of the earth.

Print this guide and find your Sanctuary, a quiet place somewhere;

Each page represents one day, do not rush the process;

Use the spaces to record your own journey, be honest, be still ...



The Alchemist



Hollow's Hearth

The Ritual of Grounding

Before you can *Coddiwomple* toward a new destination, you must know where you are standing.

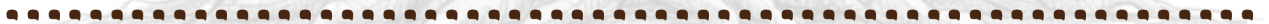
Find the ground, stand or sit with your feet flat.

Notice the exact point where your soles meet the floor.

The Breath of the Fig: Inhale for four counts, imagining the deep, sprawling roots of the Moreton Bay Fig drawing up stillness.

Exhale for six counts, releasing a layer of the Static back into the earth.

"As you finish today's ritual, sit with your pen for a moment. In the noise of the Static, what is the one thing you are most tired of carrying? If you could leave one 'withered leaf' at the base of the Great Tree today, what would it be?"



"In the hearth of the Hollow, there is a Landmark where the air is heavy with the scent of ancient Cedarwood and deep, damp Earth. It is a place of absolute safety where The Static cannot reach you.

Soon, you will be able to hold this frequency in your own hands. For today, simply notice how it feels to finally stand on solid ground."



DAY 1



Nectar of the Hollow

The Ritual of Flow and Creativity

Beyond the survival of the Static lies a deeper, more fluid truth. In the Haze, we often become brittle, fixed in our habits and frozen by the weight of external expectations. We stop moving with our own rhythm and start reacting to the noise. Today is about acknowledging that you are allowed to shift, to change, and to flow.

Close your eyes and imagine a warm, honey-gold light pooling at your center (the Sacral). This is your Nectar, your creative life force. Where in your life have you become brittle or fixed? Write down one area where you are ready to stop resisting the current and allow the 'Nectar' of change to flow again."



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"There is a Landmark in the Hollow where the light is always gold and the air smells of sun-drenched citrus and ancient, creamy woods. It is a place where the frequency of pure flow is anchored. We are currently at the workbench, weaving this warmth into a tactile, physical form, a key designed to help you shed the Haze and return to your own rhythm.

The gates to this Landmark will open for you soon"



DAY 2



Glade of the Hollow

The Ritual of Radiance and Power

The Static feeds on your hesitation but deep within the Hollow, there is a clearing, a Glade where the sun strikes the earth with such clarity that miracles become mundane. Today, we step into the light of the Glade to reclaim your sovereignty and the strength that has been waiting in the stillness.

Before you can stand tall, you must clear the smoke of the Static from your lungs. Place your hands over your Solar Plexus (just above your navel). Close your eyes and feel the natural heat of your own life force vibrating beneath your palms. Take a deep, sharp inhale, drawing in the golden light of the Glade. As you exhale, imagine the Haze leaving your body as grey smoke, dissipating into nothingness.

The Shadow of doubt often whispers that we aren't ready. What is one thing you would do today if you knew the Static couldn't judge you? Describe the version of you that stands fully in the light of the Glade.



"In the sanctuary of the Glade, we harness the essence of the sun, vibrant botanicals and sharp, clearing herbs and this Landmark is nearly ready to be unveiled. The gates will be welcoming your arrival."



DAY 3



Heart of the Hollow

The Ritual of Connection

The Static thrives on isolation, making us feel like solitary trees in a storm, disconnected from the roots of the world. In the Haze, our relationships, with ourselves and with others, can become strained or blurred. But the Heart of the Hollow is the bridge. Today, we open the emerald gates of the heart to invite in compassion and the quiet wisdom of the Great Tree.

Close your eyes and visualise yourself surrounded by a lush, green forest canopy. Feel the air—cool, crisp, and filled with the scent of pine and moss. This is your "Hidden Sanctuary." Place one hand on your heart and the other on your belly. Breathe deeply, feeling the "Swirl of Life" moving between your hands. With every inhale, draw in harmony; with every exhale, release the Shadow of loneliness. Harmony begins within. How does your heart feel when the noise stops? (What resonates with you in your 'Hidden Sanctuary'?)



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"In the Heart of the Hollow, we work with the deep colors of the forest and the delicate contrast of the rose blending the scents of the woods. This piece of the Landmark Series is the heartbeat of our collection."



DAY 4



Whisper of the Hollow

The Ritual of Truth

When we lose our voice, we lose our direction. In the Whisper of the Hollow, we find the clarity of the sky after a storm. Today, we clear the air so your internal "Echo" can finally be heard, pure and undistorted by the world outside. Close your eyes and imagine a vast, clear blue horizon. It is empty, open, and silent. This is the canvas of your voice. Imagine any tension in your throat dissolving into the endless ether. Take a deep breath in, and as you exhale, let out a soft, steady audible hum. Feel the vibration in your throat and chest. Imagine this sound acting like a wave, pushing the Shadow of silence out of your body.

What is the 'Echo' you've been swallowing lately? Write down one truth you've been hesitant to speak. Notice how the Haze thins when you simply give that truth a name on this page!



"In the sanctuary of the Whisper, we utilise the essence of cooling herbs and ethereal blues to mirror the clarity of the stars. . This Landmark is the echo of the Hollow made manifest. The time to find your voice is drawing near."



DAY 5



Wisdom of the Hollow

The Ritual of Knowing

We rely on the noise of screens and the opinions of the Haze to tell us which way to turn. But there is a deeper sight this is the Wisdom of the Hollow. It is the gaze of the Masked Owl, and today, we peel back the veil of the Static to awaken your intuition, allowing you to see the path that has always been there, waiting for the mist to part.

Close your eyes and bring your internal gaze to the space between your brows. Visualise a deep, indigo light, like the sky just before the stars emerge. This is your center of wisdom. Inhale deeply, imagining you are drawing in the clarity of the night air. As you exhale, imagine the Shadow of confusion being pulled back away from your eyes.

Recall a moment when you 'just knew' something without being told. This is your inner Owl. How can you create more space tomorrow to listen to that 'quite knowing' instead of the Static?"



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"In the sanctuary of Wisdom, we work with the deep violets of the twilight and the scents of ancient resins. This Landmark is the guide for your journey. Soon, you will be able to anchor this clarity into your own daily ritual."



DAY 6



Hollow's Zenith

The Ritual of Clarity

The Static told you that you were separate from the earth and the stars, but Hollow's Zenith reveals the truth: you are the bridge between them. When you reach the Zenith, the Haze does not just part; it dissolves. You are no longer just a traveler in the mist; you are the light that illuminates it. Today, we recalibrate to the frequency of the infinite, finding the "Pure Light" that connects your roots in the earth to the wisdom of the stars. Close your eyes and visualise a shimmering halo of golden and white light hovering just above the top of your head. Imagine this light is a direct extension of the Great Moreton Bay Fig, reaching upward toward the cosmic silence. Inhale deeply, drawing energy up from your roots, through every Landmark of your body, until it reaches the crown. As you exhale, imagine your energy expanding outward, becoming one with the sanctuary around you.



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"Look back at the last seven days. How has your frequency shifted since you first turned the Key? Write a short message to yourself to read the next time you feel the Haze returning and remind yourself of the path back to the Zenith."



DAY 7



Your Invitation

Your 7-day recalibration is complete, but the gates are only just beginning to open. You have your Key.

Very soon, the Landmark Series will be unveiled in full, allowing you to bring the physical ritual of the Hollow into your own home. You have walked the path. You have felt the shift from the Static to the stillness, and you have begun to hear the "quite knowing" that lives within your own frequency. But the journey doesn't end at the Zenith, it is simply where the true Coddiwomple begins. This 7-Day Guide was your first recalibration, my gift to you to use as often as you like.

Now, we are preparing the physical tools to help you anchor these frequencies into your daily life. Recalibration is not a destination, it is a practice. Every time you choose to step out of the Haze and into your own light, you strengthen the roots of your own Great Tree. We are honored to be the keepers of the tools that will help you stay there."

Regards - The Alchemist



Follow The Hollow ...

