

ROOT HOLLOW COMPANION #1

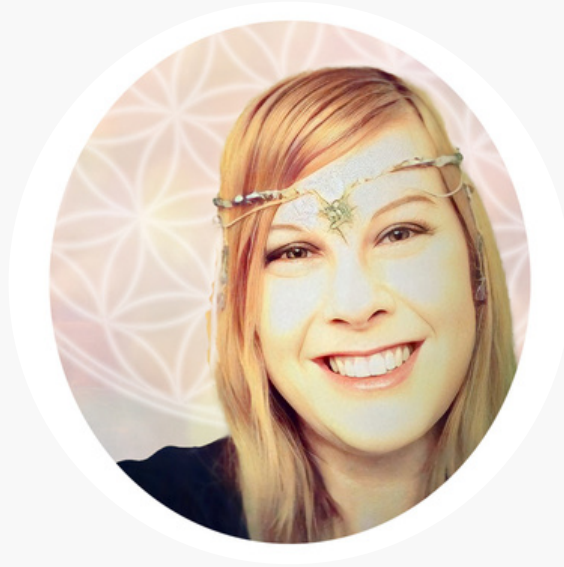
THE SHINING ONES: HONORING THE ANCIENT ONES OF THE OTHERWORLD



HEDGEFAERY
HERBALS

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WELCOME TRAVELER...



You have found one of the Root Hollow Companions.

Each Companion has grown from a different Hollow within The Hollowed Hills and offers an invitation to slow down, observe, and deepen your relationship with the living Earth.

There are no lessons to complete, no perfect way to practice. Only an invitation to wander slowly. Listen deeply.

Return often.

The roots have a way of leading us where we need to be.

UNTIL WE MEET AGAIN...

May these pages accompany you upon your sacred path
and whenever your heart feels called...

There will always be another Hollow waiting to welcome you home.

Many Faery Blessings,

Joanna



WHO ARE THE SHINING ONES?

Across the old Irish and Celtic stories are tales of The Shining Ones—the Tuatha Dé Danann, a people of extraordinary wisdom, artistry, healing, and deep relationship with the land.

They are woven throughout the ancient landscape as guardians of sacred places, keepers of memory, and caretakers of the mysterious threshold where the visible and invisible worlds gently meet.

Their stories continue to remind us that the Earth is not merely a resource to be used, but a living community to which we belong. This companion is not about summoning the Otherworld but about remembering our relationship with this one.

In times of upheaval, the old stories tell us that the Shining Ones withdraw, not in abandonment, but in waiting — until humanity is ready to listen again.

THE MEDICINE THEY OFFER...

We are living in a time when many people feel deeply disconnected. from the rhythms of the seasons, the wisdom of the plants, from one another and most importantly the living Earth itself.

The old stories of the Shining Ones offer a different way of seeing. They remind us that healing begins not through control, but through relationship. Not through mastery, but through humility.

Their stories invite us to cultivate:

-  Reverence for the land as a living being
-  Beauty as an act of healing
-  Reciprocity rather than consumption
-  Listening before speaking
-  Wonder without expectation

Perhaps this is their greatest teaching: That every small act of care helps restore the ancient relationship between people and the Earth.

In folklore, the Shining Ones were rarely encountered through spectacle. Instead, their presence was often sensed in our quietest most sacred moments. The hush that settles over an ancient woodland. Sunlight filtering through the branches. The scent of wildflowers carried unexpectedly on the breeze. The feeling that, for a brief moment, the world has become more alive.

Whether these moments are understood as spiritual encounters or simply invitations to deeper awareness, they encourage us to slow down enough to notice the beauty that has always surrounded us.

Ways to Honor the Shining Ones

Connection is not achieved through elaborate rituals or extraordinary experiences, it grows through simple acts of relationship.

You might begin by:

- 🌿 Sitting quietly beneath an old tree.
- 🌿 Caring for a patch of wild land or your own garden.
- 🌿 Leaving a small offering of fresh water, milk, honey or seasonal flowers with gratitude.
- 🌿 Creating something beautiful simply because beauty belongs in the world.
- 🌿 Walking slowly, listening more than seeking.

The threshold opens most gently for those who arrive with kindness, patience, and respect.

A RITUAL OF HONORING

You will need (simple and optional):

- a candle
- a small bowl of water or soil
- something beautiful (stone, flower, leaf, art object)

Opening:

Light the candle.

Place your hands on the Earth (or the bowl before you).

Take three slow breaths.

Say softly, or inwardly:

"I come to this threshold with respect.

May my presence bring no harm.

May my heart remain open.

May I remember that this Earth is alive, and that I belong within its great living weave."

Spend a few moments offering gratitude to the land beneath your feet, the waters, the plants, the creatures seen and unseen and those who have tended this Earth before you.

If you have brought an offering, place it gently upon the ground or beside your candle. Remain in stillness and just listen. Notice what the land offers in return. Perhaps birdsong, silence or nothing at all.

Every experience is enough.

Say:

May this offering be received with love and gratitude

May healing move where it is welcome.

Closing

Thank the Shining Ones — whether you felt them clearly or not.

Extinguish the candle.

Say:

The threshold remains.

I walk gently.

A Closing Blessing

May your footsteps honor the Earth.

May your hands tend beauty wherever they wander.

May your heart remain open to both the seen and unseen.

May wonder become a daily practice.

And may you always remember...

The old alliances were never truly lost.

They have been quietly waiting beneath the roots, ready to be remembered once more.

This offering approaches the Shining Ones as spiritual allies rooted in land-based tradition and personal experience.

It does not claim authority, lineage, or exclusive access, and is offered in respect, humility, and care.

RECORD YOUR EXPERIENCE

After your ritual, be sure to take notes on your experience. This way you can look back and gain more insights at a later time after the energies have had time to integrate.

DATE:

WHAT DO I WANT TO REMEMBER ABOUT THE EXPERIENCE?

HOW DID I FEEL AFTER THE RITUAL? IS THERE SOMETHING I REALLY WANT TO REMEMBER?

ADDITIONAL NOTES:

A large, empty white rectangular box, likely intended for handwritten or typed notes. It occupies the central portion of the page, below the 'ADDITIONAL NOTES:' heading and above the footer.

THIS ROOT HOLLOW COMPANION IS ONE OF
MANY GROWING BENEATH THE HOLLOWED
HILLS.

WHENEVER YOUR HEART FEELS CALLED,
RETURN AND WANDER ANOTHER HOLLOW.
THERE WILL ALWAYS BE ANOTHER STORY
WAITING BENEATH THE ROOTS.

*Rooted in Earth • Guided by the Stars • Remembering
the Otherworld*

ENTER THE HOLLOWED HILL...

The Hollowed Hill area of Hedgefaery Herbals is a growing collection of earth-based teachings, seasonal rituals, plant wisdom, celestial guidance, meditations, and creative companions inspired by the mysteries of the living world.

Drawing inspiration from the ancient Celtic stories of the Hollowed Hills—those liminal places where the veil between worlds grows thin—this is an invitation to slow down and remember our place within the great living weave of Earth, sky, and spirit.

Rather than following a prescribed path, you are invited to wander through the Root Hollows, each one offering its own doorway into a different aspect of nature-based practice. Some hollows are filled with the wisdom of the plants, others with ritual, the Otherworld, the stars, the voices of Wild Kin, or the quiet pulse of the Earth itself.

These companions were created to be returned to often. Allow them to unfold slowly, just as the seasons, the forests, and the roots beneath our feet reveal their wisdom over time.

An invitation to deepen your relationship with the Earth and to remember that the greatest wisdom is rarely found by reaching higher, but by growing deeper.

May the roots guide your journey, and may you always find your way home.

Welcome beneath The Hollowed Hill.



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