

/// FREE SIGNAL FRAGMENT · FREQUENCY CARD ///

OBSERVATION

396 Hz

See the hidden. Stay until it shows itself.

GUARDIAN · CELESTIAL OWL

Watcher of the Canopy

The Observation Frequency is the unhurried eye — first to look, last to look away. She watches the canopy so the signal can find its way down; reads the gas between the stars before the stars arrive; and welds each new constellation out of cooling dark. She is also Nebula Oracle, Star Forger, Gravity Priest, Starfall Phoenix: every pin in her set is one face of the same watchful octopus of sight.

11-MINUTE RITUAL

Find a dark, quiet corner. Pick a single object three metres away and let your eyes soften until the outline stops softening. Stay for eleven minutes. Note what your noticing does after the minute-mark.

— A COLLECTIBLE EXPERIENCE — NO MEDICAL OR WELLNESS CLAIMS —

/// OBSERVATION · GUIDED REFLECTION ///

What did staying reveal?

Return to this page after the eleven-minute ritual.

After the eleven minutes, write without editing: What became visible only because you stayed? Name the detail, the feeling, and the next small thing it asks you to notice.

YOUR RECEIVER NOTES

Date _____ Object noticed _____

— KEEP THE SIGNAL CLOSE · FOREST FREQUENCY —