

# hermit▼

Welcome and thank you for joining the adventure

I am deeply grateful to count you among the ambassadors and contributors of hermitY. Your dedication and talent are essential to this unique journey. Together, we have the opportunity to create more than just an online magazine: a meaningful experience, a sanctuary where solitude becomes a strength, a space for deep reconnection with oneself.

hermitY is an invitation to explore mindfulness, a delicate balance between modernity and authenticity. Through your testimonials, stories, and contributions, we hope to offer readers suspended moments—precious pauses where chosen solitude reveals its depth and richness.

We welcome diverse voices from around the world, each carrying the essence of solitude and renewal through different cultural lenses:

- 🌿 Japan, where the art of wabi-sabi embraces imperfection and the passage of time.
- 🌵 The Moroccan desert, where the silence of the dunes becomes a moving meditation.
- 🌊 The Pacific islands, where harmony with the ocean invites a deep connection with the elements.
- 🏠 Tibetan hermitages, where solitude is a spiritual path and an inner quest.
- 🌲 The Scandinavian forests, where friluftsliv celebrates nature as a source of balance and peace.

Our vision is simple: To create experiences. To inspire. To awaken the senses. To evoke emotions. To encourage slowing down, stepping away from the digital flow, and rediscovering the beauty of silence, contemplation, and the present moment.

Thank you for carrying this vision with us. Thank you for sharing your perspective, your creativity, and your desire to inspire.

Together, let's bring hermitY to life and transform every word, every image into an unforgettable experience—a space where the soul finds the freedom to breathe.

With deep gratitude,  
The Founder

# INTRODUCTION TO hermitY

**A space for mindful living in a digital world**

**In an age of constant connection, hermitY offers moments of chosen solitude as a way to reconnect with oneself.**

**What makes hermitY unique?**

**1. A living experience**

- **Inspired by the lifestyle and symbolism of the hermit, hermitY is not just a publication—it is an experience. It encourages a fresh perspective on daily life and the world around us.**

**2. Meaningful content**

- **The platform shares articles, stories, and guides to help readers find balance between modern life and moments of inner stillness.**

**3. Guided disconnection**

- **hermitY explores 9 levels of mindful solitude, combining 3 core practices (relaxation, yoga & meditation) with 3 environments (home, nature, remote locations).**

**4. A growing community**

- **We encourage the sharing of personal experiences and insights, offering a space for mutual inspiration.**

**5. A commitment to authenticity**

- **We aim to expand this vision through translations, podcasts, and tools while ensuring content remains genuine and engaging.**

**6. Privacy & respect**

- **We are committed to protecting user privacy and maintaining transparency in data collection and usage.**

# Guidelines for writing on hermitY

## A space for immersive storytelling

Our goal is to invite readers into meaningful experiences through personal stories that explore solitude, mindfulness, and renewal. Each article should feel like a journey into the present moment, allowing readers to engage deeply with the narrative.

These guidelines serve as a framework to maintain a consistent tone and quality across contributions while allowing creative freedom.

## 1. Writing Style & Narrative Approach

- **Personal storytelling:** Articles should be written in first-person to create an intimate, engaging experience.
- **Immersion:** Engage the reader emotionally by placing them inside a unique moment or journey.
- **Tone:** Authentic, introspective, and close to the reader—avoid commercial or impersonal writing.

## 2. Essential Elements to Include

### a) A real-life experience

- Articles should be based on authentic personal experiences that resonate with hermitY's philosophy.
- **Key themes:** chosen solitude, renewal, mindfulness, reconnection with nature, positive isolation.

### b) Sensory Exploration

- **Enrich the narrative with the five senses:**
  - **Sight:** Colors, light, landscapes, visual details.
  - **Hearing:** Ambient sounds, nature, music, silence.
  - **Touch:** Textures, physical sensations (wind, earth, water).
  - **Taste:** Simple meals, tea, authentic flavors.
  - **Smell:** Natural scents, memorable fragrances.
- Use rich and descriptive language to bring the experience to life.

### c) Emotional & Reflective Depth

- Share thoughts and emotions experienced during the journey.
- Explain how the experience impacted or changed your perspective.
- Invite the reader to reflect, but without instructing them what to feel.

### 3. Formatting & Structure

- **Length: 1,000–1,500 words.**
- **Short paragraphs: 3-5 sentences max for readability.**
- **Headlines: Simple and evocative, with capitalization only at the start (e.g., "A day of silence by the lake").**
- **Introduction: A compelling hook that sets the scene and invites the reader in.**
- **Conclusion: A reflective note or open-ended thought, rather than a directive call to action.**

### 4. Content Restrictions & Authenticity

- **No advertisements or product placements.**
- **No real names (use pseudonyms for privacy if needed).**
- **No fully AI-generated content. AI tools may be used for enhancing clarity or grammar, but stories must be original and human-driven.**

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#### Final Thoughts

hermitY is not just a publication—it's an experience. Each story, each image should invite readers into a moment of solitude and reflection.

 Let's create a space where words resonate deeply, where solitude becomes an opportunity for inspiration.