



# Ask the Bees

JOURNAL PROMPT

HOSHINDO  
HIVE  
HOLISTICS

# ASK THE BEES: A SACRED RITUAL

This is a ceremonial invitation to enter the field of the hive with curiosity and reverence. The bees are beings of light, messengers between worlds, keepers of ancient wisdom and teachers of embodied truth. Create your space as a sacred conversation.



## PREPARING THE SPACE:

Find a quiet place and get as comfortable as possible. Position yourself in a patch of sunlight or light a candle. Let your gaze be soft or allow your eyes to gently close. Keep your journal close. Imagine this to be a space where the invisible becomes felt and the bees can speak to you in their own way.



## VISUALIZATION:

Imagine yourself sitting near a hive. Feel the warmth and the presence of the bees, a low hum reaching your ears and felt in your chest. With your hand on your heart, speak inwardly or aloud: "I am listening." Allow yourself to receive.



What would you  
have me remember?

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What am I ready  
to release or  
transform?

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What do I need to  
hear that I have not  
been willing to  
receive?

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What is asking to  
be born through  
me?

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What do I need to  
know right now?

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## NOTES: