



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?



What am I ready
to release or
transform?



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

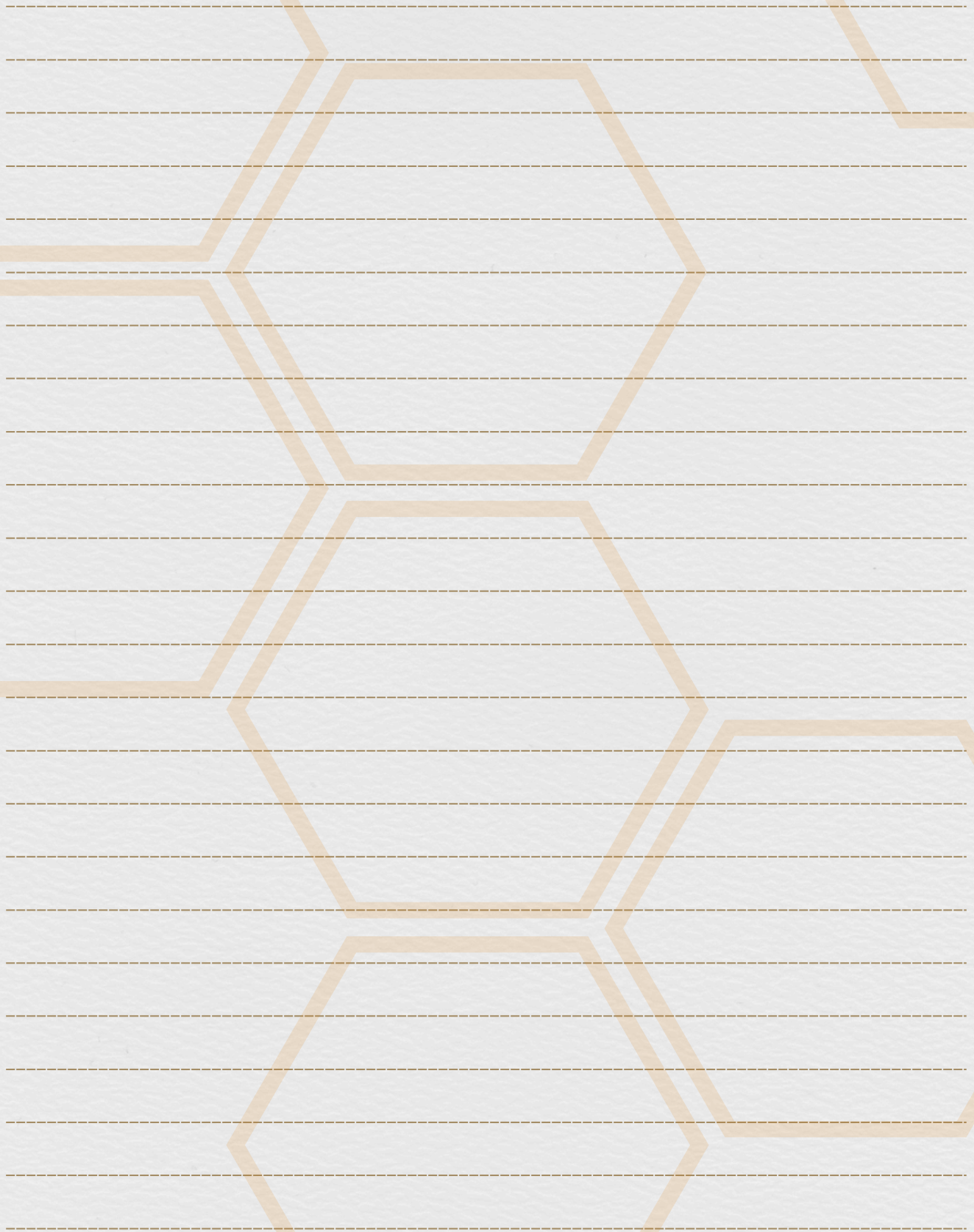


What is asking to
be born through
me?



What do I need to
know right now?

NOTES:



A series of horizontal dashed lines for writing notes, overlaid with a pattern of large, light-orange hexagons.