

BE BUDDING

HEAL AND WRITE

INTENSIVE

*7 days of intuitive writing exercises
to heal & transform old karmic stories.*

BEBUDDING.COM



BE BUDDING

INTUITIVE WRITER | POET | SOUL PURPOSE GUIDE

Hello Beautiful Soul,

My name is Be Budding and I am an intuitive writer, poet and soul purpose guide.

In this Intuitive Writing Intensive I guide you through the

7 most important themes in life.

Research has shown that journaling is healing, reduces stress and improves your immune system.

By writing in this intensive and guided way you will make a big leap in your transformation process.

It is time to heal and write!

Be Budding

CONTENT

Introduction

DAY 1 - INNER CHILD

DAY 2 - HOME

DAY 3 - NATURE

DAY 4 - PASSION

DAY 5 - WORK

DAY 6 - LOVE

DAY 7 - RELATIONSHIPS

Closure

Introduction

Welcome to the Heal and Write - Intensive.

Download my [Intuitive Writing Guide](#) in which I share more about the principles of Intuitive Writing.

In the guide I share information on how to write from your Intuition.

I advise you to apply these instructions to the exercises in this INTENSIVE.

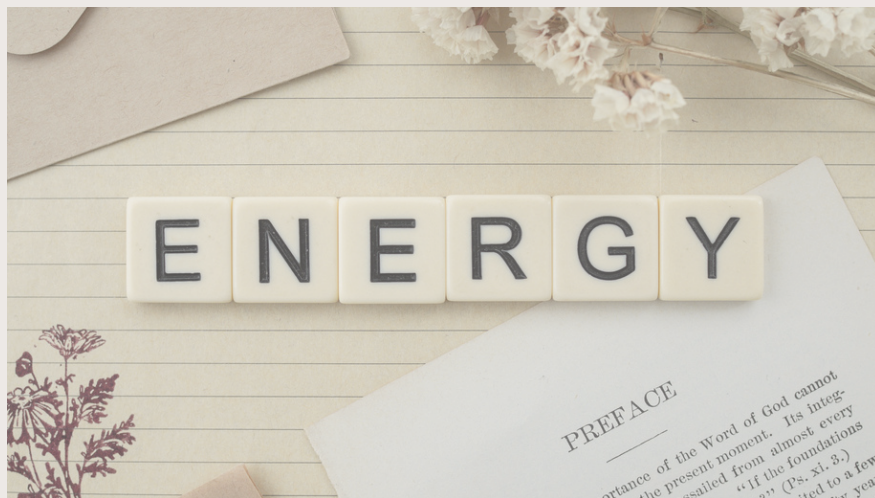
I also share my [sacred space meditation](#) with you. This meditation takes you to the safe place within yourself from where you can do the writing exercises.

Now, continue to the writing exercises to make a shift in your karmic stories and energy.

If you have any questions, don't hesitate to get in touch with me.

bianca@bebudding.com

MUCH LOVE!



Heal & Write

Healing and Growing into something new usually starts as a response to what becomes a “border experience”;

an experience in which an individual feels trapped within the limits of his existing self-image.

This makes the person question the current situation and the associated requirements. What once was safe does not feel safe anymore.

'What is true and what isn't?', is the main question that keeps occurring in this person's life.

This is the start of the souljourney. The search for meaning. Stories built up in an earlier phase of life prevent this person from growing further in his soul, and this is felt.

It is the 'border' everyone encounters in their life at a certain moment.

The question is:

'Are you going to do something about it, or are you going to ignore it?'

Are you going to search for the hidden door, or do you try hard (and harder) to maintain your present situation? This last can turn out into a burn-out, or even worse, a (mental) disease.

We are Nature. Our Body and Soul are connected. When one of them is being ignored, continuously, it will show up in reality in an expression of misalignment.

When you ignore the Call of your Soul your Flower withers....

That is why I am so glad to see you here! You decided different. You decided to honour the voice of your Soul and therefor yourSelf.

You started your Healing Writing Journey!

Heal & Write

These 'old stories' are not a burden though. They are a gift! Those stories are only half- or unconsciously; it is intuitive, silent knowledge.

"The Wound is where the Light enters."

~ Rumi

This knowledge must literally be put into words before creating a new reality for yourself becomes possible.

The process in which silent knowledge gradually gets a voice, begins by feeling the emotions which the 'border experience' evokes. You do this through the Intuitive Writing exercises in this Heal and Write Intensive.

Through these exercises you can compare your circumstances with previous experiences and start developing analogies from which new and higher personal concepts / stories emerge.

With the help of these concepts - answers you have written in collaboration with your Intuition / Soul / Higher / Future Self - you can give the border experience a place in a new story about the sense and significance of your own magical life!



DAY 1 – INNER CHILD

"The most sophisticated people I know – inside they are all children."

~ Jim Henson

Do you know your inner child?

Answer the questions on the next page using the method of Intuitive Writing (see the Intuitive Writing Guide).



DAY 1 – INNER CHILD

How is your relationship with your INNER CHILD in your life at this moment? Is it present or absent in your life. Do you have a love/hate/neutral relation with (the phenomenon of) your inner child? How free do you feel to connect with this part of yourSelf?

DAY 1 – INNER CHILD

How did your current relation with your INNER CHILD come about?

How was your childhood? What kind of child were you? Do you remember your inner child and what does he/she/it want to tell you right now? It is not about what you write is true or not, it is about what you feel. Write without barriers and remember to connect with your sacred space - between time and space.

DAY 1 – INNER CHILD

How would you like your relationship with your inner child to be?

Nothing is right, nor wrong, it is your story. You are the one who gets to choose. It is about getting completely honest with yourself and love every part of yourself to your fullest. Write without fear and shame, but from the love you feel for this little kid within you.

DAY 1 – INNER CHILD

Read your answers on the previous questions out loud. You can also let the answers sink in first. When you feel ready, write about how you feel about your answers. Did they give you particular insights?