

automatic writing



Come explore automatic writing, a technique which can give you access to your higher self. We will practice in a playful way to get words on paper (or screen) spontaneously with no judgement. This practice is a lovely way of expression without overthinking. None of your results are right or wrong, just interesting and often surprising and insightful.

Automatic writing is a tool used to connect directly with your higher self, or for some to connect with your spirit guides or other mentors. With pen and paper ready, the writer allows themselves to relax into a calmer place, to slide attention from busy brain down to heart center, to enter a meditative, channeling or journeying space. Each person is different and refers to this altered state of consciousness differently. The key is to not be thinking with your mind but to open to some other source of info, not your conscious chatter box in your head.

Think of automatic writing as a form of channeling if you wish. You will be channelling your higher self. We're stepping away from our busy brain and sliding down to the wiser, calmer heart center to listen for answers.

To me, automatic writing is a form of meditation. I am allowing myself to calm, ground and center. Then I settle into stillness and listen. Breathe, listen and rest. Don't focus so much on answers. We're truly trying to cultivate a deeper connection with ourselves. All of ourselves..

In this new world, we are physical and spiritual or energetic.

We are visible and invisible. We are practical /logical and magical.

Automatic writing is considered a relatively young practice. It was not common until the later 19th century that many people were literate and had pen and paper in the home. The idea of contacting our higher selves or spirits is age old. Automatic writing brought the idea of direct knowing to anyone who wished to explore. Direct knowing to me means a practice that anyone can do and there is no need to have another "translate" for them. These sorts of practices have always resonated with me as I get to have the personal experience myself. I have a first-hand knowing that of information received. I'm not relying on someone else's life experiences or preferences to translate a message for me.

Automatic writing came to us through the Spiritualist movement. You may know Spiritualists as a Christian (or not) based congregations who believed those who have passed on to the other side have messages for us. This practice was used and mis-used and for a time became perceived as a stage illusion.

André Breton is considered by some as the "father of automatic writing," Breton was a medical doctor, working in a psychiatric hospital during World War I. Fascinated with his patients free and frenzied expression, Breton developed a way of using creative writing to channel the subconscious easily and directly. Breton later found fame as a poet, writer, and member of the Surrealist movement. Sir Arthur Conan Doyle, author of the Sherlock Holmes series, and his wife, used automatic writing to communicate with their son, who died in WWI. In the US, interest in automatic writing peaked in the 1920s. It faded away mostly during the depression but began seeing more popular resurgence in the mid 1970s when automatic writing and remote viewing were being researched by the US government.

While automatic writing still has many skeptics, there are also many who use it as a personal tool to get in touch with their subconscious or higher selves. It is simple to do, and it provides one more tool for anyone to connect with their spiritual aspects with no medium needed.

Today, we all have access to many "divination" tools. I have oracle cards which I use for personal readings sometimes, but I always then have to look up the card deck author's translation of what the cards mean. Of course, we also can just make a personal translation of oracle or tarot cards. Automatic writing to me just provides a clearer and easier message. The writings are not always deep or perfectly clear but with a bit of practice, you might be surprised at the results. In my experience, I am seeking commentary from my higher self, but of course, you can seek insight from any spirit guide or ancestor if you wish. I will offer this one humorous caution that one of my teachers gave me many years ago. She said, " When you are seeking messages from those who have passed on, remember that dying doesn't necessarily make everyone wiser." Dear Aunt Tilly may still be a bit ditzzy even from another plane." When we access information from our higher selves, I feel like I can rely on it or often feel very comfortable with the information I receive.

Remember that this is a tool intended for spiritual development, a means to connect to your spiritual/energetic self. Approach your practice of it as a way to deepen your spiritual practice.

Is this safe?

Let me explain this my way. I do not live in fear of others, in the flesh or out, coming to harm me. I believe that if I can surround myself with a sense of light and love, then I will never be bothered and I haven't been. However, if your viewpoint of the spiritual realm is different than mine, then I just affirm that the best source of information is to channel your higher self and keep the whole practice as an "inside job." I will offer ideas of ways you can protect yourself if you feel that is necessary. I do not use them but we're all different. You do you.

Can I get stuck in an altered state?

No, this is meditation or self-hypnosis. You create the experience. You are in charge of it. You can end it whenever you wish. During automatic writing, I get the feeling I'm watching myself write. When I sense that the writing is concluded and I look at what I have written, I am sometimes surprised at what I read, but I am always conscious. If you hear the phone ring or the kids call you, just as in meditation, you get up and do what you need to do.

What does it feel like?

Each experience can be different. We'll go through some practices so you'll know. I begin by posing a question to my higher self. Often the question is, "what do I need to know?" I write that question before I begin relaxing into a more meditative place. Sometimes while writing the question, I'll get the answer and just keep writing. Other times, I pause, go into a more peaceful state and wait for an urge to pick up the pen.

Sometimes I get an odd peaceful feeling of writing without thinking about what I'm writing. Some times, I feel almost like I'm watching someone else's hand write. For me, it's generally restful and fun.



Is automatic writing always true?

Again, everyone's situation can be different. I take the writing as a hint from my subconscious. Occasionally, automatic writing helps me come up with ideas that I hadn't considered before. That fresh idea opens doors for me to look at things differently. Should I do exactly what automatic writing tells me? No, I think mature adults need to use all their faculties together to be the best they can be. So body, mind, emotions and spirit all together- like different voices on my board of directors. I do not think it is ever purposefully misleading. But be careful how you interpret the writing.

I have not experienced this but have heard others talk about receiving what they called "psycho dramas" in automatic writing. I would suggest if something off the wall comes through, imagine what message your subconscious might be sending that is hidden in this off-the-wall story? As always, just trust your instinct. If automatic writing is helpful, use it. If it doesn't make sense to you, keep it in your journal with your notes and see if it makes more sense down the road.

I have also heard of rare occurrences where automatic writing comes through in a different language. Most interpret these as subconscious pulling out some old memory or even something from a past life. Enjoy what comes, use what fits. Explore this new skill and relax.

When to avoid automatic writing?

It seems sensible to me to avoid automatic writing at times when you're tired, ill, or mental or emotionally agitated. Don't approach automatic writing in a panic if you need decisive information immediately. Calm yourself, feed yourself, get hydrated, talk to a friend. Explore automatic writing when you're at peace and feel balanced and well.

Who to contact?

I always reach out to my higher self. That contact is my most clear, safe, and most knowledgeable about your specific strengths, purpose and preferences. In all my experiences, I have always found that my best direction comes from within. Especially now, as our world has transformed to higher energies, we have more power, more intuition and psychic abilities and connection to the wisdom of the universal or source consciousness.

Your life experience or habits might be to go to guides or angels. If that's what you find your most trustworthy path, then do you. I can't make specific recommendations on those choices but figure you do. Reach out to whoever you might normally call for guidance. But I also want you to consider finding your truth within. There is something so powerful to me of knowing that the connection to all wisdom is right within me. I don't need to call out for some far away entity to help. This is also the easiest connection to make. Just try it, then do what feels best for you.

Note: I like a book from Edain McCoy, "How to do automatic writing." I'm going to include some information here from her book for those of you who want to contact others, beyond yourself.

Type of Entity	Ease of Contact	Reliability of Information
Higher self	Very easy	Very reliable. Only limited by human interference.
Spirit guides	Very easy	Very reliable but they can withhold information that they feel you should not have at this time
Human discarnates	Some difficulty	Depends on the person he/she was and how much he/she knows about the question being asked.
Living beings	Very difficult	Depends on the type of person you are dealing with, how much they want you to know, what sort of psychic defenses they employ and if you are prying
Elemental Non-human, discarnates	Moderately easy	Very unreliable and unsafe
Deities	Impossible	n/a

How to prepare for your automatic writing session

It's not an Olympic event or your daily workout. However it is like preparing for meditation. If you're not a meditator, here are some ideas.

Breathe- a nice long full breath in through the nose and out through nose or mouth is a great warm up. First, get comfortable where you intend to write. I suppose a desk is most common and comfortable. However, 90% of the time, I do it in bed before going to sleep. Yes, sometimes this means I miss my automatic writing session by falling asleep. But sleep is pleasant too? (grin)



It's a good idea to practice this kind of breathing when you're not preparing for a writing session. Practice during the day when you need to calm and center yourself. This way, when we get ready to write, this calming breath feels natural. Honestly, just breath nicely and slow down. Breathing switches on our nervous system's rest and restore mode and it helps you calm. Take a few breaths, then ask your question in your mind.

So get comfortable. Have your pen and journal handy. I write my question down in the journal. Again, I often use "What should I know?" Then I take some nice full breaths. In through the nose if you can, as the nose can warm, moisturize and filter the air coming in. Just breath naturally but think about filling your lungs and letting belly expand. Exhale slowly, maybe extending the exhale so it's longer than the inhale.

Allow your attention to float down from your head (busy brain) into your heart center area. Notice how you might feel different focusing here. Often people notice they calm, and things just slow down a bit when we breathe into that heart center. Now, settle into natural breathing, and listen. You are waiting for some direction to come. This is a practice that gets easier when we continue to develop our skills. So don't push things.

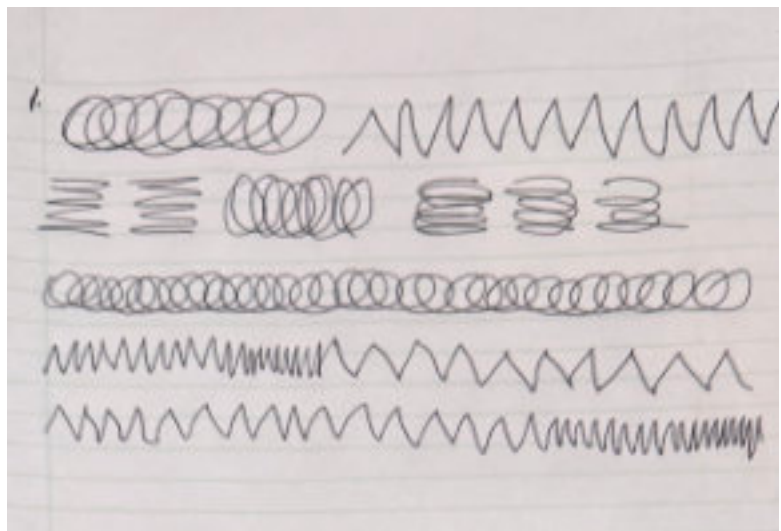
Whatever pops into your head that is not a criticism "this isn't working" or "I'm doing this wrong." It IS working and you are doing it right. It's just a practice that sometimes takes time.

First let's play a bit.

Exercises

1. Doodling circles, zig zigs, lines
2. Stream of consciousness writing.
3. Writing with your non-dominant hand

4. Write out a series of questions.
What do you want some help with? Try to make the question short, clear and maybe not just a yes or no answer.



Remember, messages often don't come in full complete sentences with proper spelling and punctuation. Just write. Sometimes I get one word... like "GREEN!" I try not to think, "Green what?" I just write green, then close my eyes and keep listening. Your writing might be messier than you're used to. You might not be writing on the lines. Just write. Keep breathing and write as long as there is info to write or until you wish to stop.

The first time you try this practice, you choose a place where you won't be disturbed for 30 minutes. In time, it's easier to learn to filter out outdoor noises, the sounds of others in the house. I can do this on the train easily, because I've practiced a lot. Don't make this too hard. Everything doesn't need to be perfect.

Can I write on my computer, tablet or phone?

Sure, do you. My best experiences always come writing by hand but we're all different.

Practice

1. Gather your equipment. I have a favorite journal and a favorite pen. Get 2 pens, just in case. You can write on anything you wish with anything you wish. I find a nice gel pen is smooth and silent. See what appeals best to you. I keep water handy. You might want a favorite crystal or 6 nearby. Set up your desk a bit like you might set up an altar. Stones, light, aromatherapy... whatever feels nice to you.
2. Clear your writing space.
3. Check that your chair is comfy and that you are warm enough as you'll be still for maybe 30 minutes.
4. Sit down, stretch a bit, roll your neck, have a drink of water.
5. If you have any worry about contacting something negative or feeling unsafe, say a little prayer-holding safe space for yourself, shining your light, asking for connection with only kind, wise sources if you're not working with just your higher self. Visualize a fun, informative experience.
6. Think for a few minutes about what to ask. Write your question down in the journal.
7. Start your breathing- calming, grounding and filling yourself with energy.
8. Switch to natural breathing and listen. When you get something, write it down. You might get 1 word, or 3 words, or 1 sentence. Then listen some more. You might get page after page. Keep writing as long as you are enjoying the experience.
9. Thank your higher self, thank whatever spirit you connected with. Be grateful for a fun experience. Breathe a few more deep breaths. Ground yourself with the earth and back into your body.
10. Read what you wrote. Or in my case, I go to sleep and read it in the morning.

What if you don't succeed? Don't worry. Try again another time. Sometimes I get something, sometimes I take a nap. This is a fun, relaxing practice... practice, get it. Grin.

What if I get a picture or sounds or see a scene?

Draw or describe what you're seeing. If you're hearing a sound or a tune, describe that. I get melodies often and just hum them into my phone.

What if my message doesn't make sense?

This is more common than you might think. I keep all my automatic writings in one journal so I can go back to previous writings. Sometimes a message comes in parts, some today, some tomorrow.

Helpful suggestions

- 1- Sit comfortably. Move if you need to move.
- 2- Don't analyze what you're writing. Don't fix spelling.
- 3- Write out fragments as they come. Don't expect anything in particular.
- 4- Try to stay detached from the process, almost as if that hand of yours is busy writing and it's none of your business while it's happening. Just grin, "look at that... how nice."
5. Don't worry about how neat your writing is or if it even looks like your normal writing but you do need it to be legible.
6. Some people like to gaze at a candle while listening for direction. Just be careful.



7. Some people do better with this outdoors in nature.

8. Some like gentle meditative music before or during their writing session

9. Especially when you're starting, stick to one question per session. I almost always use the same one unless there's some specific issue I'm working on. My question, "What do I need to know?"

Results

You can be surprised when you read the automatic writing after you're done. When the practice begins, my handwriting sometimes changes. Sometimes the language... or choice of words sound different than the words I might normally choose. Sometimes the tone of the writing is more formal sounding to me.

You might also have a very common reaction... "Am I just making this all up?" The answer is no and yes. No, you're not just making it up from nothing. It's coming out of you for a reason. And yes, it's sort of a magic, wonderful, playful process and there can be a certain amount of creativity involved. Some people might say we are making all of life up. Don't worry. Have fun with it.

As you practice, you might find you really look forward to your automatic writing sessions. I notice sometimes I have a little feeling of urgency or anticipation when I see my journal on the desk and I know that means there might be something coming through.

Some helpful references

"How to do Automatic Writing- a book by Edain McCoy- this is an older book but feels really practical to me. You'll also find references in the book about using crystals and doing this practice at particular phases of the moon or during special astrological times. Very interesting. Milwaukee Library has it to loan.

Automatic Writing- Art in Action- from Bainbridge Island Museum of Art. - A short video on using automatic writing as a preparation to creating visual art or other creative practices- <https://www.youtube.com/watch?v=Y-7Nemg91eE>

AUTOMATIC WRITING Guided Meditation and Practice- Learn Automatic Writing with Me. Beginners. By Nicky Sutton- Nicky has one of those very soothing, sleepy voices that makes me more go to sleep but you might enjoy it. <https://www.youtube.com/watch?v=E2Exd6RSofI>

The Automatic Writing Experience (AWE): How to Turn Your Journaling into Channeling to Get Unstuck, Find Direction, and Live Your Greatest Life! by Michael Sandler. Michael is a popular metaphysical podcaster. He also teaches automatic writing. IN his podcast he has a very enthusiastic style and is quite bright. I haven't read his book yet but heard part of it on a youtube video.

The Milwaukee Library has 2 books in their resources listing. One is from the late 1800's available as a reference only. I haven't looked into that one yet but sounds interesting.

About suni

Since I was young, I've been on a quest to learn. My mission is to remember and understand the mystical world- seeking insight into mysteries beyond ordinary human knowledge. I've studied sacred writings of many traditional religions, shared in Lakota ceremonies, trekked thru the Andes to learn from descendants of the Incas. I've trained in many healing modalities- energy healing, sound therapy, massage, qigong and more. I've followed the Yogic path beyond the poses to go deeply into meditation and breathwork. I've worked with gurus, shamans and wise men and women all over the world. I've wandered deep into mother nature learning to listen to the trees and receive power from the earth below and the sun and moon above.

Thru all this exploration, I look for simple truths common to many paths. I embrace the power of sound, the wonder of meditation, the strength of our breath and the essential need for self-care on a daily basis. These ancient tools are presented in new ways that suit the energy of our times. I share these tools with you to help you expand, awaken, heal, calm and explore the wonder of the unseen, the less known world.

The most important truth I've learned is that higher wisdom, connection to spirit, awakening, enlightenment isn't something you get from someone else. You came with all that built into you. Life in a world wrapped in fear and greed didn't likely help you find that message. In today's changing world, in the new energies here to help elevate our world- the wisdom, the light you seek is within you. The simple practices I teach are intended to help you connect your physical you and the higher self. That can happen easily and, it grows with practice. The practices are easy and they bring you what you need. Just looking for some hope, or calmness- then you'll find tools here that will help. If you're seeking higher wisdom or to journey to other energetic worlds, that is available to you also.

I am your guide and I share with you what I've learned. You might not resonate with some of the practices. You might really connect and decide to explore further on your own. Great! My path was carved with the teachings of many, many beings and I trust you'll find the path that suits you. Have fun

Image from Wiraqocha temple near San Pedro de Cacha. I served as high priestess for my group of journeyers. Notice no flowing robes, no fancy anything and it was the most powerful ceremony ever for me.

