

Automatic Writing

Automatic writing is one of my favourite techniques for channelling. It is a little different from the techniques you've learned so far, because primarily it uses claircognizance.

Through automatic writing, you can 'download' information from spiritual sources and transcribe it as it comes in, bypassing the conscious mind. The information comes into your mind in the form of energy and your task is to translate this energy into words. Translating the information that comes to you is quite easy, as long as the conscious mind is not involved in this task.

In order for this technique to be successful, it is necessary for the conscious mind to be completely put to one side, as you enter an intuitive 'flow' state. If you have done any type of writing in the past, you may have experienced this creative flow state before — it is when your words seem to flow forth effortlessly and you do not have to think about the structure of what you are writing. In automatic writing, the information will come out in fully formed, coherent sentences that are perfectly structured. Yet rather than having been written by your conscious brain, they just 'arrive'.

If you have experienced this process yourself at any point, you may have been surprised by how quickly and effortlessly you produced the piece of writing.

Creative writers are practised in putting the conscious mind to one side as they channel their creativity into words, so writers tend to do very well in mastering this process. In many ways, automatic writing is not very different from creative writing. The main difference is simply that through automatic writing, you are not channelling your creativity or your imagination. Instead, you are channelling spirit.

Here is the process you can use for an automatic writing session:

1. Bring up a blank word document or get a pen and paper (I prefer typing as it is quicker for me, but feel free to choose whichever you are most comfortable using).
2. At the top of the page, write down and call on the source of guidance you'd like to channel, such as "Alanagh's Spirit Guides".
3. Do the breath-work exercise to clear your mind.
4. Begin writing an answer to the question you are asking. Always begin with "*My spirit says*" or "*My spirit is telling me*" if you are channelling your Higher Self or "*My Spirit Guides are telling me / my Spirit Guides say*" if you are calling on your Spirit Guides. If you are calling on a client's Spirit Guides to talk to you, write out "*Jane's Spirit Guides say*" (as an example).

If you are not ‘getting’ anything, keep typing — write about how you aren’t getting anything and break into a monologue if need be. For example: write out “*My spirit is telling me, my spirit is telling me, my spirit is telling me, my spirit is telling me*” until you actually ‘get’ something coming through.

5. If there is something you don’t understand in the material which comes to you, feel free to ask, “*Is there any more information I need to have around this?*” or “*Is there anything else I am missing around this issue?*” and continue channelling.

Some Tips and Requirements for Automatic Writing

TIMING

Some people don’t like automatic writing because they are unsure about whether they are really channelling Spirit. Automatic writing works best when you do not have time to think about what you are writing. I recommend you use a timer and give yourself a time limit for channelling using automatic writing.

PRODUCTION AND INTERPRETATION

Automatic writing is composed of two stages: the writing and the interpretation. Just as you need to interpret dreams that you have, often you need to re-read the channelled information and draw out the themes and threads underlying it.

PUT THE MIND TO ONE SIDE

Do not allow the thinking mind to interfere and punch holes in what you have written. The more you can repress the thinking mind during this exercise, the more insightful the writing will be.

In addition, allow yourself to explore and play with this technique; do not put pressure on yourself to obtain something in particular. In order to become comfortable with it and be more experienced in using this technique, you will also need to give yourself permission to ‘get it wrong’. When I am doing a reading, my mind can occasionally interrupt with objections while I am channelling. The conscious mind does not want you to look silly or be wrong, so to the mind, this process seems a risky exercise; do expect some objections from that part of you. Instead, it is best to bring energy of lightness, play and exploration to the exercise as much as you can.

After you have done automatic writing a few times, you will become familiar with the ‘voice’ of the Spirit Guides and you will develop a sense for whether or not you are in fact channelling these

beings. Usually you need to do it several times before you develop that sense, so give yourself time to explore with this.

Personally, I use automatic writing to speak with my Higher Self and Spirit Guides. My Higher Self speaks with more authority than I do in my writing voice. The information channelled from my Higher Self is very high-vibrational, with an expanded understanding and perspective. When I say that the information is high-vibrational, I mean that it raises my vibration and usually comforts, guides or clarifies in some way that feels good.

Doing this exercise is a bit like flying up to the sky, taking a bird's-eye view of a situation and coming back down to earth to deliver that clear and insightful perspective. Because you are taking in a broader perspective when you ask your Higher Self for information, your Higher Self or Spirit Guides may start bringing in other issues that are linked to the issue you're discussing. They may begin to draw comparisons and make analogies using their expanded perspective.

Homework

Your homework for this chapter is to choose three questions to answer in three minutes, following the process given above.

I find that 'issue' or 'problem' questions are very good to use for automatic writing (eg. questions such as *"How can I improve my relationship with X"* or *"What are the root causes of such-and-such a situation?"* If you have any questions like these, they would be good to use for this exercise.

An Alternative to Automatic Writing

Here is a very simple yet very effective exercise that you can use as an alternative to automatic writing, which utilises your clairsaudience.

ASKING YOUR SPIRIT GUIDES OUT LOUD

1. Find a question.
2. Write down your highest intention for your question – what you do want to know? For example, *"I want to know my next steps in my business"* or *"I want to know how to improve my relationship with my sister."*
3. Then put your hand on our heart and ask your question out loud. In the very same breath, say, *"My Spirit Guides say..."* and say your answer without thinking. Don't even give your brain time to think between the question and the answer.

If you prefer, you could do this question for homework instead.