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### Automatic or Inspired Writing

The process of Automatic or Inspired writing, can be quite a personal process. Yes, I'll offer methods here – and know that creator's choice will always prevail in any of your personal practices.

When I first engaged in Automatic Writing, I was in Psychic School in 2010. I kept thinking it would be far more dramatic than it turned out to be! I kept thinking that spirit was going to move my hand across the paper. I tried the 'write with your

non-dominant hand' process too. As I've said, in this time period I kept thinking it would happen by external forces, until I realized I needed to approach it differently. Now – this has been and can be achieved, by many. I found though, that I was in a struggle with control that I needed to clear, before I could really make this process more helpful and useful for me. I laid down my auto writing pen for a few years, and picked it back up in 2013.

My approach in 2013 was far more fruitful! I approached it in the morning, prior to consuming caffeine. This helped me to stay in a more meditative state, before I got into the bulk of my workday. I would write a question at the top of my journal, something like – how may I best be of service today? Or something more specific like I'm invoking my guide to help me write. What is your name?

Then I would drop into a meditative state. A very light, trance state. When I felt an intuitive pull to write again, I would. I would then write another question, drop back into that state, await the pull to answer, and then I would do so. And so on.

Often, it wasn't until I went back and read my passages later, that I recognized that what I had written didn't sound like my voice. It was in those moments, that I realized that I was communing with the divine and allowing the diving to course

through me and to address my queries.

In the case of channeling, or communing with a Guide, as you sit to write – specifically call them in.

Gather a journal, pen and some water. Sit comfortably. Intend that you are going to connect to a spirit guide. Decide what area of your life you would like to invoke a spirit guide from. A guide for writing, intuition, love, career, focus, etc. Once you've decided upon a focus, write on the top of your page – I'm invoking the Guide that supports me in \_\_\_\_\_.

Get quiet, close your eyes, allow your energy to settle into your body. Now imagine what you would like to ask this guide.

Write out – what is your energy signature?

Then rest in waiting for the response to be written.

Write out next – how may I be of service to you?

Then rest in waiting for the response to be written.

And so on.....

After you've done this auto writing exercise to invite in/invoke/commune with a guide, set aside some time later to go back and read what came through.