

Spirit / Automatic Writing

When the spirit does not work with the hand there is no art.

Automatic writing is a way of communicating with spirit using pen and paper. It involves allowing spirit to flow through you directly to your hand in order to guide and create words that you write. Spirit do not enter inside your physical body, but will come very close to you. Their hand will come into contact with yours and then write through your hand that is holding the pen. The words that are written will not be of your own thoughts, and the feeling that accompanies this will be unmistakable.

As they guide your hand you will sense the energy and see the movement. It is important to try to be at ease with it and let the movement of your hand flow to the direction it wants to. I found this to be one of the easiest psychic abilities to develop, and often suggest this to my developing group to try. A spirit connection resulting in writing produced by your own hand is very hard to dismiss.



How To Do It

Before you begin to open yourself up to spirit, it is important to do some method of psychic protection such as a prayer. I use the Lord's Prayer to keep me safe and in the light, from negative energies while inviting only the purest spirits to assist me in my writing.

Sit quietly with your pen and paper in front of you

Allow yourself to be calm and relaxed and try not to focus your mind on anything in particular.

Hold your pen lightly on the paper and in your mind, tell spirit what you wish to know or ask if they have any messages for you. Simple yes or no questions are the easiest to begin with.

Try to let go and be open to it happening.

When I first began to communicate in this way, I recognized quickly that this can be draining for spirit so always try to limit this way of working to half hour only. My guide who is a very strong willed man will tell me when he is tired and write simply that we are done and can we

now talk? He is very creative and often draws the most wonderful things, faces, places and maps are his favourite things and he will draw these images to get his answers across to me. I go out and buy coloured pencils, crayons and drawing pads to have ready for him. To see these images on paper is amazing for me as I have never been able to draw. After a while we progressed to writing, his style of writing is very different to mine, it is very neat, small and tidy and joined up. At times he will write in foreign languages for fun which I would have to revise and decipher.

I often work in this way with my guide, He will offer advice to me and often asks me to seek out relevant books that he feels will increase my learning.

With practice you can learn this too, all you need is patience and an open mind to achieve this. The insights you will receive from spirit will benefit you in many ways.