

AUTOMATIC WRITING

Meditation or quiet time before you begin can be very helpful in opening yourself up.

1. **Write at the top of your page who you want to invite to communicate with.** For example: "I invited my higher self to communicate with me."
2. **Write your question.** For example: "What do I need to know for my highest good at this time?"
3. **Set a time limit.** 10-15 minutes is a good place



- to start. You can always continue past your time limit if you are flowing along.
4. **Just keep writing!** If you feel "stuck" I find it useful to write the same word or phrase over and over again until the flow picks up again. Choose a word or phrase of your own

that will be a signal. For example: "Chocolate is sacred" or "Bunny rabbit, bunny rabbit," or just "one-two-three." The flow will begin again. Another way is to write that last word you received over and over again.

5. **End with gratitude.** Thank who you were communicating with.