

Online Immersion with Sam

Meditation | Classes | Healing Sessions

Woo Woo Wednesday's

AUTOMATIC WRITING

Automatic or Inspired writing is a great way to start to tap into wisdom and guidance from your Higher Soul Self and/or Spirit Guides through writing. It allows you to 'download' their perspective subconsciously transcribing it as it comes in. It can be a profound experience.

Automatic writing assists us to gain guidance, inspiration, insight, clarification and messages from your guides, guardians, higher soul self, angels and loved ones in the spirit world.

How To Do Automatic Writing

The basic recipe for automatic writing is that you open a word document on the computer or get a pen and paper if you wish and you type/write a question.

Now detach from getting an answer, instead commit only to typing or writing continually, without stopping even for a moment for the specified time.

Let go of needing it to make sense, let go of needing to get a legible answer, simply write and keep writing, without reading it back or thinking about it. Just write, write, write and continue to write....anything!

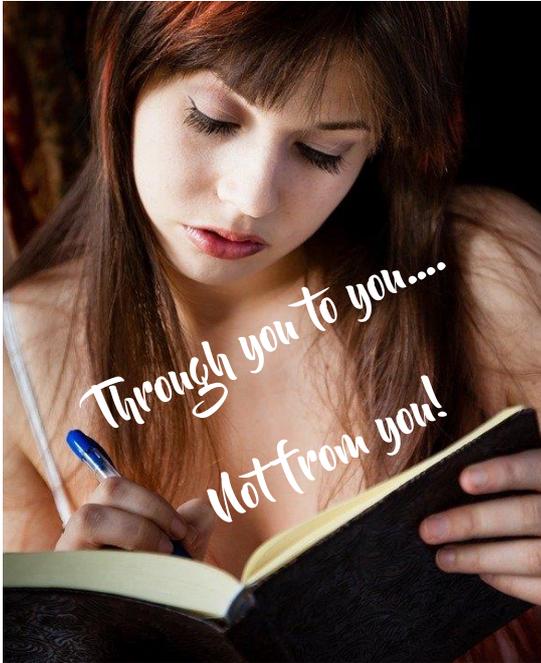
In many ways, doing automatic writing is like being 'in the flow' while writing. It's the state when you have many creative ideas and they all seem to fit together quite nicely, and you can transcribe them coherently and quickly – and often it feels quite exciting. Yet at the same time, your conscious mind is not labouring away – it feels effortless, light and inspired. You can also be in that state when you do automatic writing – not so much in a creative writing sense, but in an intuitive sense.



Online Immersion with Sam

Meditation | Classes | Healing Sessions

Woo Woo Wednesday's



Who Does Automatic Writing

Many psychics and mediums I have worked with use forms of Automatic or Inspired writing to write books, gain information on cases they may be working on etc. Many of you will know the book by Neale Donald Walsh, Conversations with God. This book is a form of Automatic writing.

Perhaps you know the book Conversations with God (which is incidentally one of my favourite books). It is supposedly a channelled work, although I think the author Neale Donald Walsh actually channelled his Higher Self. If you've read that book and you were surprised at how insightful and progressive some of it was, know that your Higher Self has got some equally interesting things to say, if not about our world, then definitely about your life and where you're going.

Why do Automatic Writing?

Because it helps us move the logical mind out the way and listen and be guided intuitively. It provides us with a way of accessing and channelling information, as I said earlier many famous people I have worked with have written whole books and training courses this way. It is a way to connect with our soul self, to gain wisdom and clarity for the journey forward and this is a great way to become a channel through which your woo woo team (your guides, guardians, higher soul self, angels and loved ones in the spirit world) can communicate with you.

Tips for putting the mind aside and doing automatic writing successfully

1. Create a Sacred Space that honours and supports the connection



Set up a sacred space to connect and write. Create a space where you are not going to be interrupted or disturbed. Light a candle, burn some incense, focus your breathing and your thoughts to be present here and now. In addition to all these things, I also need to listen to hypnotic music. It helps block out all the other noise in my head and just focus on be in the present moment.

Online Immersion with Sam

Meditation | Classes | Healing Sessions
Woo Woo Wednesday's

2. Connect with your Woo Woo Team



Call on your Woo Woo Team. Ask them to come close and guide and inspire your words. Do you have a particular question for them? Set your intention, connect to your team with that intention: "Guides, guardians, Angels or Higher Self come close to me now, overshadow this process, inspire this process, and guide me. Allow my logical mind be set aside for the duration of this exercise. May your presence be clearly felt at this time. Thank you"

3. Just start writing and don't worry about what you're writing at first.

The key is to just keep writing, even if you are writing the words "I don't know what I should be writing but I am just going to keep writing". Just start writing about anything that comes into your head, just as you would if you were journaling about your day. The trick with this is to get used to writing (if you are not already). The more you're used to writing, the easier it is to get into that 'flow' state when writing, where you can channel your soul self.



4. Setting a timer while you do it can be helpful



This is so that you don't have time to think about what you're writing or give up writing if it doesn't start to flow.

5. Don't allow your mind to interpret the information while you're getting it

You can interpret it afterwards. But know that it is totally normal for the mind to butt in and judge information in the process. So, know the role of the mind, acknowledge it for doing its job but don't give it too much attention while you're doing this exercise.

Online Immersion with Sam

Meditation | Classes | Healing Sessions

Woo Woo Wednesday's

How do you know if you're really connecting to your Woo Woo Team?

In my experience, channelled information tends to be high vibrational in nature. It will often comfort you, provide clarity or will raise your mood in some way. If it feels negative or feels heavy, you're probably not channelling but rather just tapping into your own emotional body, and logical mind. If this happens just keep going, keep writing because it will click over. It is like having a stitch from exercise the best way to seal with it is to keep moving.

What you channel via writing will usually not sound like your voice or if it does it will be different in nature. Mine speaks with authority and sounds completely different from the voice that I 'think' in. It is firm, yet supportive.

3mins
is all it takes

Automatic Writing Exercise:

Write this question down: "What do I need to know right now?"

I will time you and want you to write continuously for 3 minutes.

*Do not re-read as you are writing just keep writing anything,
even if it is the question over and over again.*

