HOW TO PERFORM AUTOMATIC WRITING

AND

VISUALIZE PSYCHICALLY

LIKE A PROFESSIONAL INTUITIVE
Dear Reader,

Thank you for subscribing to A Clear Sign.

I am in the midst of writing a book entitled *A Look Over The Psychic's Shoulder*. This free mini-e-book is a sample from Chapter Three.

I hope you find this e-book interesting and learn some new things about Automatic Writing and how psychic information may come in to you.

I wish you the best with your experiences. If you have any questions or concerns or just need help interpreting the information that you have received, please contact me at aclearsignonthepath@gmail.com

Happy Reading!

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CHAPTER THREE OF A LOOK OVER THE PSYCHIC’S SHOULDER

You may be aware that there are any number of ways that you can connect to your Spiritual Team. One such way is Automatic Writing.

By your Spiritual Team, I mean your higher self, personal guardian angels and human (not presently incarnated) spirit guides, and any other helpers such as Ascended Masters that you personally may have access to for answers to your spiritual questions.

Spiritual questions may really be about anything. Just remember that your Team is interested in your spiritual development. This does not mean that you cannot ask them for assistance, guidance or protection on any subject, just keep in mind that they will answer in your highest path and purpose and for the greatest good of all involved. This means that the answers you receive may not always be easy ones to follow. They will however always be positive, moral, and of the highest quality. In the event that you receive messages that are negative, alarming, or illogical in an uncomfortable way, you have not accessed your own Team.

First, set your Intentions.
What do you hope to receive? Whom do you hope to speak to? Intentions are really the critical concern, the fundamental setting of the stage before you begin Automatic Writing.

Have a timer with you. When you first start to practice Automatic Writing, you will want to give no more than one minute per question (you will understand the reason for this better after you do it). If you give it any longer, your ego will take over and run with the question.

Information from your Team comes to you in a brief, brilliant, powerful way - short and sweet. The rest is your ego at work. If you are not concentrating, you will miss it. You will absolutely know it when you hear it, because it is completely different than the way you "think in words" to yourself in your mind all of the time.

Plan ahead by making a list of from 3 to 10 very specific questions to go over with your Team. Make the list before you begin the process of relaxation and deep breathing. Ask open-ended questions, not "yes" or "no" questions. The reason for this is that if you ask closed-ended questions you leave out a lot of possibilities. It is better to structure questions in a “if” scenario.

You will need to find a calm place where you will not be interrupted. Then, close your eyes. Take four deep breaths in, hold to the count of four, and release to the count of eight. Repeat this breathing pattern slowly three times, or additonally until you feel relaxed.
If you practice clearing your chakras, this is the time to do that for a moment or two until you are comfortable.

Ground yourself. This means to plant your feet on the floor and imagine tree roots growing from out of the ground and tying themselves around your feet, keeping you on terra firma. Or, if this image does not appeal, you can imagine your spine growing out from your body and becoming like a solid cord, reaching all the way to center earth and tying off, again keeping you from floating off into the ether. When your Automatic Writing exercise is complete, remember to release this!

Decide in advance if you wish to use a pencil and paper or your computer. I personally write with a pen on notebook paper, and I do not store all of my automatic writing in one place but you may wish to do so. I do not do this because the great majority of the time I am performing intuitive readings for others, which I choose not to keep for future reference (this is a personal preference). You may feel more or less comfortable working in a journal.

I do believe that you should separate any diaries or personal journals from your automatic writing as there is a distinction between the two. Your Automatic Writing is a direct channeling of information from your Spiritual Team. You may be the writer, but you are really a conduit. This is not solely "your" product, unless you are connecting directly with your Higher Self (Ethereal You, so to speak). My point is, don't confuse it with your laundry list, and do keep it for posterity so that you can look back and see how much you have learned and grown over time. Be respectful of the product, because it is a result of divine
communication.

If you have something that you commonly use to set the scene for meditation, such as a candle, or an item that you carry with you such as a stone or crystal, you may wish to use it during your Automatic Writing sessions as a way to remind your subconscious of the kind of information your are seeking, the mood you are setting, and to assist in calming yourself.

There are a few methodologies you can use when performing your Automatic Writing - all are correct and work equally well for the right person. Read them over and decide which is best for you, experimenting as needed.

The first method is to sit down and start writing the moment that the mood really strikes you. This happens when there is an urgent message from your team and/or when an epiphany is about to come through for you and you can feel it on the tip of your tongue (or it's tickling your brain) but you just cannot quite pinpoint it.

The second method is when something is truly weighing heavily on you and you need some advice and direction on your next action steps.

The third method is when you want to learn who is on your team and to obtain a specific message from each member or from your Primary Guide (the one who has been with you from birth). Perhaps you want to know which angels are working with you presently, or the name of your guides, or if you are working with a Group. All of this information can be obtained
through automatic writing.

The fourth method is when you are making a choice. There are many other methods of divination that can be used for this, such as dice, Tarot, angel cards, and pendulums, but Automatic Writing can work well, too.

Now that you are ready to begin, specifically ask to speak to your spiritual team only. I usually phrase this as,"My Higher Self, Angels and Guides, and any entity which may be presently working with me in the spirit of Divine Love, Light, and Truth." You may phrase it any way you wish, but do not skip this step, because you do not want or need to be contacting just any old spirit - believe me, you must specify. Otherwise, the information you get will be useless - it is like the equivalent of asking a child about astrophysics - they may answer you with nonsense and you will not know any better, or they may sound "as if" they are giving you valid advice but they are not. So eliminate this concern by specifying.

I actually do my Automatic Writing with my eyes closed. You may of course, choose to keep them open so you can see what you are doing! Here is why I do this - depending on which entity I am speaking with, they may come through in a variety of ways, and I concentrate best with my eyes closed in complete silence. That way I can "hear" what is being said and "see" what is being shown. Naturally you may also encounter smells, physical sensations in a part of your body, tastes in your mouth, emotions, synchronicities or suddenly "just know" information. If you are not familiar with your Team, you do not know which one may come forward to answer a certain question. You may also have Transit Guides who are here to help.
you with a specific issue in your life, and you may be asking about that issue through your Automatic Writing. If you've never met this guide before, you don't know what form the communication will take. If it happens to be through sight in your mind's eye, and you have your actual eyes wide open, you are going to completely miss it.

So here is what I suggest. Warm up by rubbing your hands together as if you are trying to get warm in winter. Active your heart chakra (you can do this simply by setting the intention, visualizing it, or literally touching your heart with your hands). Start with your hands on the keyboard or place your pen in the upper left of your pad, and see how things begin to flow. If you initially hear information, note that you may have to close your eyes at some point to see if you have visuals in your mind's eye as well, if you didn't start off that way.

Do Not Stop Writing. Keep your fingers or pen moving at all times, even if all you have to write is:

My Guides Say My Guides Say My Guides Say

Keep going until you have asked all of your questions, and have also followed up on anything new that came to light. Depending upon your individual way of accessing intuition (which channels are open) and/or how your Team is communicating with you, you may experience one or a variety of inputs to get your answers.
I do expect that you might:

See any number of interesting things in your mind's eye (eyes closed, focusing on looking intently at the back of your eyelids). This could be a vision of:

An angel. You will know them when you see them. They are either preternaturally tall compared to their surroundings, or, if there is no visual backdrop, they will have a quality that is completely unlike your Spirit Guides, who I will get to in a moment. They generally do not speak to you. They may flash words or images at you or even appear holding a sign. They will seem extremely powerful or extremely loving, or both. Either way, it's "to the 100th power" compared to Guides.

A Spirit Guide. Spirit Guides look like you and me. They held human form previously. Usually they appear as they looked in their most recent life, their most significant life, or the life most relevant to your concern. You may not see them, but you probably will if you use this Clair (if you have developed the ability to see things in your mind's eye or imagination). Write down what they looked like to you or even draw them or doodle them- it will provide clues as to what they are here to help you with.

A picture of a scene in your mind. Sometimes this will be super clear like you're watching a movie or looking at a photograph. At other times it might look more like a shape or dots that are floating or flashing by you. Notice if they turn into the shape of something or which direction they are going in (up or down, left or right). Pay particular attention to anything
that flashes at you or looks like lightning, and what you were asking about or feeling at that precise moment.

I also expect that you may hear things in your "mind's ear" (your head). This can be anything from a song starting to run through your mind to actual words being spoken as if you are having a conversation with someone. You are. Do not be alarmed by this - asking to receive intuitive information is a very different thing from suddenly "hearing voices" in the psychiatric sense (obviously, seek professional medical help if you have any concerns about this or cannot differentiate between the two).

I expect that you may start writing and come out with some very crazy or odd things. Do Not Stop Writing. No one is going to see this; you can tear it up afterward if you want to. The Flow of the Information is what you are going for here, and sometimes it takes a while until the good, valuable information starts to come through.

I do NOT expect you to actually visually see a spirit guide or angel standing in front of you, either like a real person or in a gauzy ghost-like version (it does happen to some people, so don't freak out if it happens to you, but it is unlikely).

You may see and hear absolutely nothing. This is okay. You may simply find that you are writing without knowing precisely where or how you got the information. This is another completely legitimate way of accessing information.
When your timer goes off, remember to un-ground yourself as mentioned previously. Clear your mind completely by getting up from your writing area and do something else such as washing your hands or going to do something physical. You can return to review what you've written at a later time.