

Automatic writing is the process, or product, of writing material that does not come from the conscious thoughts of the writer. The writer's hand forms the message, and the person is unaware of what will be written. It is sometimes done in a trance state. Other times the writer is aware (not in a trance) of their surroundings, but the actions of their writing hand.

Therapy - Automatic writing is used as a tool in Freudian psychology and in related "self knowledge" studies, where it is seen as a means of gaining insight into the mind of the automatic writer through their subconscious word choices. It was primarily used by Pierre Janet in France, and later by Morton Prince and by Anita Muhl in the United States.

Religion - Automatic writing is used in Spiritualism and the New Age movement as a form of channeling. One of the best-known automatic writers was Helene Smith, an early 20th century psychic who felt that her automatic writing was the attempt of Martians to communicate with Earth. She claimed she could translate their Martian language into French.

The ideas of Helene Smith influenced the Surrealist movement. Andre Breton, leader of the Surrealist movement, pioneered its use within the movement and produced several important pieces of automatic writing, most famously, Soluble Fish. The Surrealists dubbed her "The Muse of Automatic Writing"; in the Surrealist deck of cards, Smith is the "Genius of Knowledge." Automatic writing became a part of the Surrealist's repertoire of games, and it soon developed into a number of other Surrealist games and tools that greatly influenced the movement, such as automatic drawing, automatic palimpsest, and a variety of marker-word games. Free writing later gained popularity with writers and poets, both as a means of stimulating creative thought and as a technique for overcoming writer's block.

Skeptics point out that automatic writing claimed to be of supernatural origins is a parlor game that has little more effect than to spark creativity in the minds of the participants. They claim, as with other paranormal phenomena, that the subconscious of those performing the writing is the only thing influencing their actions and that there is no solid evidence that any messages are coming from anywhere other than the minds of the person holding the pencil. This is referred to as the ideomotor effect. Spiritual medium, dream interpreter, psychic medium, clairvoyant, counsellor, Support, guidance, Karen Ellyard, Gold Coast, Queensland, Brisbane, Reiki, Angel, Meditation and teaching. As there is no scientific evidence supporting the use of automatic writing in therapy, its usage to release repressed memories is suspect as well. While unconscious ideas are expressed in automatic writing, skeptics point out that it is unlikely that they are any more profound than the writer's conscious thoughts. Skeptics argue that there is no evidence that the "true self" lies in the unconscious any more than it does in normal consciousness.

Doodling is a form of automatic writing as it is generally not consciously focused writing. Many people doodle spirals which are associated with Sacred Geometry.

We attempt automatic writing for several reasons. First - to get information about our personal life.

Second - to confirm something from some who exists on the other side or has deceased.

The answers can be surprising ... but always be cautious as with any tool of divination chosen - such as the ouija board.

If you have emotional problems - you may not like the messages that come through. Your consciousness - being in lower frequency due to emotional problems will attract a lower frequency entity.

If you like drama - and consider your life to be in drama - don't channel.

When attempting automatic writing you may use a writing implement, computer, or any other means of communicating through the written word. Many people prefer the computer as they can type quickly without filtering the information coming through. When reread - even a typo can mean something.

To divert the focus of the writer - shifting from left brain logical thinking - to right brain intuitive thinking - take a pencil in hand, place it against a piece of paper as if about to write something. Then turn your attention to something else, such as watching television, reading a book, or talking with someone. For many people, their hand will write coherent material.

Much of this goes to 'control' and how much you are willing to give to a non-physical entity.

The amount of time spent on automatic writing can vary with the person and the session.

Words, sentences or whole paragraphs may appear. Often, the writing is illegible - the text appearing jumbled - without proper grammar or punctuation - mostly run-on sentences.

Messages can be written in a language - or hand writing style - not recognized by the writer and signed by someone unknown.

A picture or symbol may be written.

Some automatic writers know who is giving the messages while others do not. If the energies feel comfortable to you then you will soon learn who the entity is and why he/she is writing with you.

If you feel the least bit uncomfortable with the entity or the information received STOP!