

Automatic Writing Intuition Exercise

The point of this exercise is to connect with your intuition. For this exercise, I recommend using a computer with a monitor (as opposed to a laptop) if possible. If this is not possible, don't worry about it. Find a cloth or a piece of paper to cover the monitor with. Some people prefer to use pen and paper, but I find that this is less effective because the process of writing words out takes more time, which allows the conscious mind to interfere and censor more.

Before you start, simply bring the energy of the issue or problem that you are experiencing, and intend to allow the universe to speak to you through your writing. I recommend spending a full minute or two on this step.

Once you've spent a minute or two thinking about whatever you want to release, take a few calm breaths and clear your mind. Get to your center and feel the peace before you go to the next step. You want to be very relaxed and in a meditative state before you begin.

Set your timer for however long you want to do this exercise, I recommend 15-30 minutes, and then start typing. No matter what comes up (or doesn't), keep typing. It's a stream of consciousness exercise, so it doesn't always have to make sense, and it doesn't have to flow.

Keep typing until the timer goes off.

When the timer goes off, finish whatever thought you're typing, and then allow yourself to come back to normal awareness.

When you're ready, look over what you have written. Make note of anything that really resonates with you or that strikes a chord with you.