

HOW TO USE AUTOMATIC WRITING AS A SHADOW WORK TOOL

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Automatic writing is an inspired writing process that can be used to uncover subconscious fears, blocks, and help in healing unresolved wounding.

In truth, it can bring clarity to just about any situation you can imagine, which is why it is such a powerful tool to have in your personal development and shadow work toolbox.

The first step in the process is to prepare energetically. If you sit down and put pen to paper in a state of mind that is not aligned, chances are there won't be much inspiration flowing.

Preparation could be a short meditation, breathing exercise, taking a walk, or anything that brings your awareness into the present moment.

You will want to formulate one question related to what you would like clarity on. You can start by exploring your triggers or any heavy emotions that are showing up.

Once you have your question, write it at the top of the page and then begin with your response. The key is to not think at all about what you are writing and instead allow the thoughts to form on the paper with little or no effort on your part. Don't overthink it or edit anything you are writing. If you make a mistake just keep going. Stopping to edit or make corrections may break the flow.

Write until there are no words left to be written. When you have finished, read your response and formulate a question from it. Write your next question on the page and once again allow the answer to flow.

Continue this question and answer process until you can no longer formulate a question from your responses. You will be left with a clear answer to your original question. This will then allow you to create an actionable plan with the information you obtained through this process.

Use the space below to practice exploring your emotions or triggers using the automatic writing tool.

A large, empty white rectangular area intended for writing. It is framed by a thin, light brown border. The area is completely blank, providing space for the user to explore their emotions or triggers using an automatic writing tool.

