

Automatic Writing



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.

Surrealism - The ideas of Helene Smith influenced the Surrealist movement. Automatic writing is the most direct of Surrealist techniques. (Surrealism is a cultural movement that began in the early 1920s, and is best known for the visual artworks and writings of the group members.) Surrealism developed out of the Dada activities of World War I and the most important center of the movement was Paris. From the 1920s on, the movement spread around the globe, eventually affecting the visual arts, literature, film and music of many countries and languages, as well as political thought and practice, philosophy and social theory.

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.

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.

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.

Words, sentences or whole paragraphs may appear. Often, the writing is illegible – or the text appearing jumbled - without proper grammar or punctuation - mostly run-on sentences. It is up to you to make it readable.

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!

Automatic Writing Independent and automatic writing are two forms of physical phenomena that have developed over the centuries.

In automatic writing, a medium holds a pencil in their hand over a sheet of paper. After connecting with a spirit entity, the hand and pencil it holds move across the paper, spelling out words and sentences. For automatic writing to be authentic there needs to be evidence of personal identity of the spirit entity from which it comes. Automatic writing often starts out as barely-decipherable scribbles which, with practice, learn to resemble actual handwriting. It is often not the same handwriting as the medium. Automatic writing can also be done on the computer – although the learning curve for Spirit seems to be the same, whether it's using your hand to write or figuring out how to type!

Independent Writing Independent writing is a similar phenomenon, but the medium often does not come into contact with the writing material. Instead, two slates, for instance, are bound together with a piece of chalk in between them and placed in the séance room. During a séance, scratching can be heard on the slate and, when unbound afterwards, messages or pictures from spirit are found. The museum in Lily Dale, N.Y., has some incredibly beautiful and intricate slate drawings.

Many mediums demonstrated the phenomena of independent and automatic writing. Among them are Pearl Curran, who channeled Patience Worth and received a Pulitzer Prize for one of her novels, William Stanton Moses and Andrew Jackson Davis.

Along with independent and automatic writing there are similar phenomena in direct painting, sketching and music. Lizzie and May Bangs were well known for their direct spirit paintings and several of their portraits are displayed in Lily Dale.