



MEDIUMSHIP: AUTOMATIC WRITING

ABSTRACT

Automatic writing is one of many forms of Mediumship. For us, it begins with a question.

Phillip Falcone

December 2020 ISA Meeting.

A little history about the development of mediumship within Spiritualism. This began as a series of public seances. That's what the Fox sisters brought to us with the Hydesville incident, the advent of the public séance. Today, we call them messages or spirit greetings, but they are public seances. This is how Spiritualism gained its popularity as it developed. As it progressed, so did the methods of mediumship, which is what automatic writing is. Automatic writing is one method, just as cabinet mediumship is another method. Some of the practitioners were caught up in what we can only assume to be competition, trying to outdo one another. So, we had a lot of sensational displays of mediumship. I've read where one person did automatic writing with both hands simultaneously.¹ Both sheets of paper had writing in two different styles which is expected. Have any who are right-handed tried to write with the left hand, or those who are left-handed tried to write with the right hand? They're completely different. I taught myself to write with my left hand and its very different from writing with the other. Using both hands does not make it any better, but it is a sensationalized display of mediumship. In my experience as a member of the Independent Spiritualist Association, this is something frowned upon. I did blind billets and was chastised for it. As I think about it, it is a good idea to discourage such displays. Perhaps the occasional vulgar display may be acceptable but shouldn't be performed on a regular basis.

During the pandemic we've acquainted ourselves with cybertechnology. So, it's only natural we should extend this experience towards our communications with those in Life's Other Rooms. We've demonstrated some direct electronic means, this time we'll use it indirectly in the form of automatic writing. We can only share what I've experienced. We can only teach what we've experienced. We can make you aware of what we've read and that's what we'll begin with.

¹ I read this when introduced to Spiritualism. At this time, I searched for information regarding the aspects of mediumship. Unfortunately, I no longer possess the source of this information making it questionable.

While clearing out information on some old computer disks, I discovered a file labeled ISA literature. I'm not sure if this is material I purchased or if it's from when I was the Educational Trustee attempting to digitize and update the material. While reading through one of the teaching seminars, I believe it was the 4th Teaching Seminar when the Reverend Vavrinek was the Educational Trustee, he discussed automatic writing. This is roughly what he said.

When developing automatic writing, it's best if you select a time that you are going to do this and follow through. Regularly once a week is adequate, twice a week is fine, and anything beyond three times a week may be considered extreme. Also, when it comes to sitting, five to ten minutes is sufficient, fifteen minutes is good, twenty minutes and beyond again is too much. He also recommends sitting with a teacher, or someone who is familiar with automatic writing. Today that may be difficult. We don't practice this very much. He also indicates this is a low form of spirit communication and cautions against becoming reliant upon it. Continuing with how to do this, set up a place to do automatic writing, set a time, and if possible, have someone who's able to sit with you. He suggests holding a soft lead pencil.

In a separate presentation by the Reverend Cosie Allen, from the NSAC, suggests using an ink or a felt tip pen. It doesn't matter what tool you use as long as it's sensitive enough to catch the scribblings or tracings as your hand moves across the paper. The idea is that spirit takes control of the hand and writes. Rev. Vavrinek also goes on to say, expect nothing the first few settings. Eventually, you will begin to get scribblings, and then something that may be considered words. He also explains, sitting for this could take years to develop. It's become apparent, in this age of technology, that discipline is not something many want to develop. There is a method, and that's what you look for, the method toward development.

We're going to present to you what we've experienced. There are a couple of approaches to automatic writing. One has been presented at the first at the First Spiritual Church of Prayer. In preparation, we recommend meditation. We're a big fan of meditation and always recommend meditating before doing any kind of psychic work. The more you meditate, the better your ability to put yourself into the proper state.

I agree with the Rev. Vavrinek, between five and ten minutes is sufficient, anything beyond 20 minutes isn't going to improve anything. We're not saying it's worthless, but it's not going to make things any better. Meditate, and then set yourself up. What we did at the First Spiritual Church of Prayer was prior to a short meditation. I asked everyone to focus on a question. You can write this question down or you can speak it aloud or whisper it. I do not recommend asking questions mentally. For the simple fact, during meditation, what's the one problem we experience, particularly for those who close their eyes? Distractions, they come at us as images, snippets of conversations, arguments, plans for the day, etc. all this stuff is nothing but distractions. So, write the question down or speak it aloud or whisper it. The idea behind this to direct our focus or intention. Then, be patient and attentive to what you may be impressed with. You may be impressed through a sound, a voice similar to your own, thoughts similar to your own or an experience of a different nature. This is where discernment comes into play. This is where you learn if you know yourself. If you do, then you'll be able to discern your thoughts or voice from those of another. If you don't know yourself very well, you won't be sure. Ask the question, rest, listen or watch and be attentive. Write down what comes to mind, no matter what it may be.

That is one method, this is another. Some of you may be familiar with the guided meditations I've formulated. I don't just sit down and put them together, at least not the words. I'll be writing or researching, when all of a sudden, I'm impressed with thoughts that are not my own. I stop what I'm working on, close my eyes, put my hands on the keyboard, and just type. When the words slow down, or when they stop, I open my eyes, and make

any necessary corrections. I'm not a perfect typist. I'm barely good enough to keep up because there are red and blue marks all over the page.

These are two methods that allow you to develop automatic writing, three including what Rev. Vavrinek shared. We encourage you to discover which of these methods work best for you or use them as a foundation to develop your own. We also recommend using this method as a means of exploration into the deeper meaning of Spiritualism.

We're going to have a guided meditation. Some of you may find the words and music, even the video to be distracting, we apologize for that. Think of it as a timing method. What we would like you to do, is focus on love. Don't think about it, feel it. We want you to remember the sensation. Remember when you felt love. That is the most important thing to remember, when you felt loved and to rest there. We're always taught how potent and powerful love is. Well, you're going to find out. We don't want you thinking about it because then you intellectualize it. Remembering how it felt and resting in it is far more powerful. That is the power we want you to experience. As we meditate, we'll be meditating with 'Resting on a Bench,' because it will help with your intention. Write your question first. Direct it towards someone you are familiar with or would like to speak with or hear from. This is how you call them. That's the direction we're going to go, that's the intention. Rest in the sensation of love, remember it, and rest in it. I'm not going to call you out, because the guided meditation will do that. After it ends, listen, watch, expect to be impressed upon by another.

Image:

Typewriter by Devanath from Pixabay

© 2020 by Phillip J. Falcone. Used with permission to print this version of Mediumship: Automatic Writing.