

Automatic Writing: 5-Minute Exercise

Channeled Connection with Spirit through Writing

Automatic writing is a sacred practice that allows you to quiet the mind and let Spirit speak through your pen. This 5-minute exercise is designed to help you begin opening that channel – gently and with intention.

Before You Begin

Find a quiet, comfortable space. Have a notebook or journal and a pen ready. Take a few deep breaths and invite your angels, guides, or higher self to be present with you. Set the intention that only messages of love and light come through.

The 5-Minute Exercise

1. Close your eyes and take three deep, grounding breaths.
2. Call upon your angels or Spirit team. You may say silently, *“I invite the highest guidance of love and light to come through me now.”*
3. Place your pen on the page. After inviting your guides or loved ones in and feeling their presence, write: *“Dear [your name],”* – then begin.
4. Without thinking or editing, begin to write whatever comes through. It may be words, images, or feelings – allow the flow.
5. When the flow slows or stops, take a deep breath and thank Spirit for their message. Read over what you’ve written and notice how it feels in your heart.

Afterward

Notice how your energy feels after the exercise. The words you receive may be subtle at first – trust them. Automatic writing deepens with practice, and every message is a step closer to your divine connection.

With love and light,

Dawn Marie

Spiritual Teacher & Angelic Oracle

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