



Tap into your potential

AUTOMATIC WRITING

Authored by Yolagi





Table of Contents

- Chapter 1: What is Automatic Writing?
- Chapter 2: How Your Intuition Works
- Chapter 3: The Step-by-Step Technique
- Chapter 4: Guided Exercise
- Chapter 5: Real Student Stories
- Chapter 6: Common Mistakes & How to Avoid Them
- Chapter 7: Next Steps: Join the Course

Chapter 1: What is Automatic Writing?

Automatic writing is a simple yet powerful technique that bypasses your conscious mind and allows wisdom from your intuition – or deeper self – to flow directly onto the page. It's not about having prior writing experience, special talents, or years of spiritual practice. It's about removing the barriers between you and your own inner knowing.

The Basic Concept

When we think about writing, we usually imagine a deliberate process: you think of what to say, edit it in your mind, then put pen to paper. Your inner critic is involved every step of the way. 'Is this good enough? Am I saying this right? Will people judge me?'

Automatic writing silences that critic. You simply write without editing, without planning, without judgment. You let your hand move across the page guided by something deeper than your thinking mind.

And something remarkable happens: wisdom emerges. Words appear on the page that you didn't consciously compose. Insights surface that you didn't know you possessed. Clarity comes through.

Words Carry Energy

Everything – every word, every thought, every intention – carries energy. Words aren't just symbols. They're frequencies. They have consciousness. When you write from your deepest place, from your intuition, those words carry different energy than when you write from your thinking mind.

Automatic writing taps into that higher-frequency, wisdom-carrying energy. It's why the words that come through often surprise you. It's why reading them back can feel like someone else wrote them – because in a way, a deeper part of you did.

Why Now?

We live in a world that values thinking above all else. Logic. Analysis. Planning. The rational mind. But there's a cost to this imbalance. We become disconnected from our intuition. We second-guess ourselves. We spend years not knowing what we actually want or believe because we're too busy listening to the voice that says 'you should' instead of 'you know.' Automatic writing brings you back into balance. It reestablishes the bridge between your rational mind and your intuitive knowing. And from that place of wholeness, life looks very different.

RECONNECT



Chapter 2: How Your Intuition Works

Before we go further, let's understand intuition. Many people think intuition is mystical or only available to certain 'gifted' people. That's not true. Intuition is a natural human capacity. Everyone has it. The question is whether you've learned to recognize it and trust it.

What Intuition Actually Is

Intuition is your direct access to wisdom. It bypasses the logical mind and connects you with knowing that exists beyond rational thought. Some call it your higher self, your soul, your inner guidance, the universe speaking through you, or pure consciousness. The name doesn't matter. What matters is that it's real, it's available, and it communicates.

Your intuition knows things your conscious mind hasn't figured out yet. It sees patterns you can't consciously see. It holds wisdom about your life, your path, and your purpose that goes far beyond what you could logically deduce.

How Your Intuition Communicates

Everyone's intuition has a unique voice. For some, it comes as a feeling in their body—a knowing that something is right or wrong. For others, it's visual: images or symbols appear. Some hear words or an inner voice. Some sense energy or vibration.

Through automatic writing, you'll discover YOUR personal intuitive channel. How does wisdom try to reach you? Is it through words? Images? Feelings? Once you know your channel, you can access it anytime.

The beautiful thing about writing is that it works for all of these. Whether your intuition speaks in words, images, or feelings, those can all come out through automatic writing.

Why You've Doubted Your Intuition

Most of us were taught to trust our thinking mind above all else. 'Be logical. Be rational. Don't be silly.' Over time, you learned to override your intuitive hits. Your gut said one thing, but your thinking mind said another, and you believed the thinking mind.

Automatic writing gently rebuilds your trust in your intuition. You'll see that wisdom really does come through. You'll prove it to yourself through direct experience. And that changes everything.

Set
intentions

MANIFESTING

Chapter 3: The Step-by-Step Technique

Here's the core technique. It's simple, but simplicity doesn't mean it's not powerful. Follow these steps and you'll access automatic writing.

Step 1: Set Up Your Space

Find a quiet place where you won't be interrupted. You don't need anything fancy—just a notebook and pen. Make sure the pen feels good in your hand. Some people prefer specific journals; find what feels right to you.

Step 2: Center Yourself

Before you start writing, spend a minute or two centering. Close your eyes. Take deep breaths. Feel your feet on the ground. You're telling your nervous system: 'It's safe. We're open. We're listening.' This is not about achieving a particular state—just a moment of pause and presence.

Step 3: Ask a Question or Set an Intention

You can ask something specific: 'What do I need to know about this situation?' 'What's my next step?' Or you can set an open intention: 'Show me what I need to see right now.' Or you can simply begin with an invitation: 'I'm open. Show me.'

Step 4: Begin Writing Without Judgment

Put pen to paper and start moving it. Don't plan what you'll write. Don't edit. Don't worry if it makes sense. Your job is simply to let the pen move and follow it. If nothing comes, that's okay—write 'I don't know what to write' over and over until something else flows through.

Step 5: Keep Going

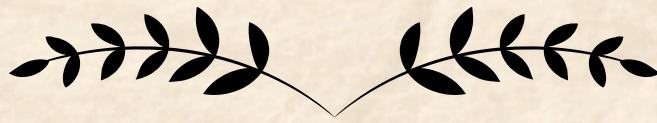
Don't stop for at least 5-10 minutes. The first things that come are often your conscious mind chiming in. Keep writing past that. After about 5-10 minutes, something shifts. Your thinking mind relaxes. Your intuition takes over. That's when the real wisdom flows.

Step 6: Read It Back

After you've finished, read what you wrote. You might be surprised. Don't judge it. Don't edit it. Just notice what came through. Often, in reading it, you'll understand things you didn't consciously know.

That's it. That's the entire technique. It's not complicated because it doesn't need to be. You're not trying to do anything special. You're simply creating the conditions for your intuition to speak—and then getting out of the way.





Chapter 4: Guided Exercise

Now let's try it. If you have a journal and pen nearby, I invite you to do this exercise right now. It will take about 15 minutes.

The Exercise: Access Your Inner Wisdom

- **Step 1 (2 minutes):** Set up your space. Get your journal and pen. Sit somewhere comfortable. You can light a candle if you like, or play soft music. This is YOUR time.
- **Step 2 (1 minute):** Take a few deep breaths. Close your eyes. Feel your whole body relax. No pressure. No goals. Just presence.
- **Step 3 (30 seconds):** Open your eyes and set your intention. Read this aloud or silently: 'I'm open to my inner wisdom. I invite my intuition to speak. I'm listening.'
- **Step 4 (10 minutes):** Write. Without stopping. Without editing. Let your hand move. If you get stuck, write 'I'm listening' or 'Show me' over and over. Don't stop. The goal is not perfect words — the goal is to write past your thinking mind.
- **Step 5 (2 minutes):** Put down your pen. Read what came through. Don't judge it. Just notice. What messages are in there? What surprised you? What felt true?

A Note: If your experience is different from what you expected — if nothing came, or if it felt awkward, or if you're skeptical it even works — that's completely normal. This is your first time. Give yourself grace. Many people feel resistance on the first try. That's your thinking mind protecting itself. Keep practicing. By day three, most people feel a shift.



Chapter 6: Common Mistakes & How to Avoid Them

Mistake #1: Editing While You Write

Your inner critic will try to sneak in. 'This doesn't sound right. This doesn't make sense.' Ignore it. The moment you start editing, you break the flow of your intuition. Write badly if you have to. Write nonsense. Keep writing. The quality isn't the point — access is the point.

Mistake #2: Stopping Too Soon

Most people stop within 2-3 minutes and say 'nothing happened.' But your thinking mind hasn't gotten out of the way yet. Give yourself at least 10 minutes. The real wisdom usually comes after the 5-minute mark.

Mistake #3: Judging the Content

Don't read what you write and decide it's not real wisdom because it doesn't sound mystical or profound. Wisdom is practical. It's often simple. 'Break up with him.' 'Say yes to the job.' 'Rest more.' These are real wisdom.

Mistake #4: Not Practicing Consistently

One session isn't enough. This is a practice. Like meditation, like exercise, like any skill — consistency matters. Write 3-4 times a week minimum. In two weeks, you'll feel a massive difference. In a month, you'll be amazed.

Mistake #5: Intellectualizing the Experience

Don't spend all your time analyzing what came through. Write, then let it sit. Read it again later. The real insights often come hours or days later when you're not thinking about it. Trust the process more than your immediate understanding.



Chapter 7: Next Steps: Join the Course

You've now learned the fundamentals of automatic writing. You understand what it is, how it works, and how to do it.

The next step is to deepen your practice. The 4-Week Automatic Writing Course is designed to take you from 'I tried this once' to 'This is my daily practice that transforms my life.'

In the course, you'll:

- ✓ Learn advanced techniques to go deeper with your intuitive writing
- ✓ Discover your personal intuitive channels and how they speak to you
- ✓ Practice with a supportive community of people on the same journey
- ✓ Get a complete library of prompts and exercises you'll use for life

- ✓ Learn how to use automatic writing for specific situations: decision-making, emotional processing, creative blocks, relationship clarity
- ✓ Build a sustainable daily practice that becomes as natural as brushing your teeth
- ✓ Deepen your trust in your own inner guidance

What's Included:

- 4 live sessions (2 hours each), held weekly
- Guided exercises and hands-on practice time in every session • Centering and mindfulness practices
- A complete library of prompts and methods
- A supportive, judgment-free community
- Lifetime access to all course materials

This isn't about becoming a better writer. This is about becoming more connected to yourself. About trusting yourself. About living from your wisdom instead of your fear.

Are you ready?

Join the next cohort and start your transformation.

Learn more and enroll at:
<https://www.yolagi.net/2342-70d33de9>

I can't wait to guide you deeper into your intuitive
practice.

Namaste,
Yolanda

