



Exercise 4: Automatic Letter Writing

Overview

This is a powerful exercise for dealing with unresolved issues with others. This can also be used to help you resolve your own issues.

The process is about allowing what needs to flow, to flow, it is not the content that is important.

This is great for:-

- Dealing with difficult people
- Dealing with unresolved issues with a person who has died
- Dealing with a relationship breakup
- Dealing with the part of you that is not what you want to be
- A letter from your future

Instructions

This can be done on a PC, but it is much better if you can use pen and paper, because it is all about the energy exerted during the process of writing.

You will need a minimum of 10 minutes of uninterrupted time and to sit where you can be comfortable.

The idea is to write to the person (or your past, present or future self) and once you start, do NOT stop for 10 minutes. The aim is to just write whatever comes into your head, without filtering what is going through your mind. Sometimes it may seem disloyal to write what you want, or that you think you cannot write such bad or negative stuff. Let that go, and just write it, because you will NEVER be sending this to any one, the plan is to burn it or shred it, once you are done. You might find yourself running out of things to say, that is normal, just keep writing the last word you wrote, over and over again until your brain gets fed up and the words start to flow again.



For those of you concerned about how the writing looks, this can detract from the process.

Do not worry about:-

- Grammar
- Sentence structure
- Writing style
- Reading it
- Cross out what you have written
- Wandering off topic
- Changing mid sentence

Because the purpose is to download all the unwanted noise in your head (thoughts) and body (feelings), just allowing yourself the opportunity to express itself.

It is important to keep writing for the full 10 minutes, ideally without taking your pen off the paper. If you find that you haven't finished, keep writing for another 10 minutes until you have exhausted everything inside of you.

You can now read through what you have written, without judgement, but be aware of any insights that may have come up. Some or most may not make sense, some of it might not be pretty, but it is the DOING of the writing that is important.

The insights are the most important for you as these might either have given you answers, or provide you with the topic for another round of automatic writing

Once you have done this, you can then burn or shred it safely.

If you feel you need to write another letter do – but **ALWAYS** burn or shred them. These are only for you, they are NOT to be shared with anyone else.

How it Works

By just writing whatever comes to mind, you begin to allow your unconscious (and for those so inclined) and/or higher self to come through. Your conscious mind is working to provide you words to use, and so it can sometimes seem like they are coming out of nowhere.

There is a part 2 – useful for when you are wanting a reply (ie from your future self or a person who has passed?)

Reach out now if you need that one!