



Exercise 4: Automatic Letter Writing

Overview

This is a powerful exercise for dealing with your unresolved issues with others and yourself

This process is all about allowing you to express yourself in a way that is right for you - your thoughts and emotions, perhaps the way you behaved, and is great for dealing with:

- Difficult people
- Unresolved issues with a person who has passed
- Relationship breakup
- The part of you that is not what you want to be (poor health, money mindset etc)
- And even better, a letter from your future guiding you

Instructions

Make sure when you are writing this somewhere you can be alone – this is supposed to be a deeply personal process, just about you, for you.

Whilst 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 (you in the past, present or future self or the part with the issue) and once you start, do NOT stop for 10 minutes. The aim is to just write whatever comes into your head, without filtering whatever is going through your mind. Sometimes it may seem disloyal to write what comes into your head, 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, either once you are done or within 48 hours. You might find yourself running out of things to say, that is normal and right, 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. (Trust me, this can be where the magic begins 😊)



For those of you concerned about how the writing looks, (you lovely perfectionist you) I get it, but this detracts from the process.

So ignore:-

- Grammar & Sentence structure
- Writing style
- The need to read it as you write
- Wanting to cross out what you have written (your mind is attempting to control what is being said)
- Worrying about going off topic, it is all valid – all of it.
- Worrying about changing mid-sentence

Because the purpose is to download everything, all the unwanted noise in your head (thoughts) and body (feelings), just allowing yourself the opportunity to express itself. So be prepared for tears –if they happen, it is a good sign!

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. (I have written 4 double sided A4 sheets before)

You can now read through what you have written, (suggested, although not necessary, 24/48 hours later) without judgement. It is just what was going on for you, and therefore completely valid. Pay particular attention to anything that came up after you run out of things to say. The chances are, this is the deeper information you may need to be aware of, hear or heal. Some may not make sense, some of it might not be pretty, but it is the DOING of the writing that is important, the downloading of what has been inside of you, for however long.

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, and you are ready, burn, shred or the delete the writing 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 about sharing with anyone else. This is why this can be so powerful – you can write things you have never told 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.

To start your natural conscious mind (which likes to think it is in control) will be guiding your writing. Only when it runs out of what to say, and there is a pause in your writing, will you find that your unconscious mind (that part of the brain where you store all your memories, values, emotions and bodily processes that keep you alive) can break through the interference and bring up what it is you really need to know. A bit like a crowded room where you are trying to listen to someone talk, you know they are saying something, you can't hear it. But when you pay attention and can 'tune' out the crowd, you can begin to hear more.

There is a part 2 – useful for when you are wanting a response

Reach out now if you need that one!