

The value of practicing automatic writing can bring closure to parts of your childhood that may need to be healed. Using automatic writing to speak to your wounded younger self can give you the love and acceptance you didn't receive as a child, but you can now offer yourself. So, let's get into how to utilize this tool to its total capacity when using the technique of automatic writing.

The Technique

1. Allow yourself to be open-minded.
2. Find a place where you won't be disturbed or distracted.
3. Take a moment to clear your mind. Listen to calming music if desired.
4. Inhale deeply, hold your breath for the count of four, and exhale to the count of six.
Repeat three times.
5. Invite your younger self to have a conversation with you. Be mindful that your inner child may be resistive because there may be mistrust that an adult would even take the time to listen.
6. Tell your inner self it is safe to express themselves and reassure them that you *want* to hear what they say. Repeat the breathwork if needed to alleviate any resistance.
7. Using your dominant hand, ask your child what name they want to be called.
8. Placing a pen in your dominant hand and writing down a question to your younger self, ask them what they need or want to tell you. Switch the pen to your other hand and wait for the answer. Try not to second guess yourself. It will come from your inner child, who is wise and all-knowing. Allow the solution to flow through.
9. Continue the conversation until you feel complete in the process.
10. End the session by expressing gratitude to your child for the trust and willingness to participate in the exercise.