

Discover Your Unconscious: Automatic Writing

*Discover
Your
Unconscious
with
Automatic
Writing*

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Part I: Introduction

What is Automatic Writing

Automatic Writing is primarily a method to explore the unconscious, but it can also help answer life's toughest questions as well as give you uncanny advice.

How Do You Do It?

Automatic writing is essentially turning off your conscious mind and allowing your pen (or fingers if you are typing) to move and write *without* any conscious interference. It is a skill you can learn to use as you quiet down your conscious mind. For some people it comes very, very easy; for others it'll take a little practice.

Warning!

This program is kind of *crazy*. I'm warning you. It's something I've done since I was young, but maybe five or six years ago I started to use it almost daily. The program will give you deep insight, some of which may be unsettling (but always extremely useful!) The program can further, if directed that way, unlock your unconscious mind, and the unconscious can be a little scary at times - it's not very well "mannered." So be prepared.

What is Actually Happening during Automatic Writing

You are allowing your unconscious mind to take over. You can look at this a few ways (all may be true at once). It is your brain simply running on autopilot, or you could say it is just your non-material unconscious mind speaking. Some would say it's spiritual in nature as it seems to have answers to questions that the brain alone shouldn't know the answers to. I call it "Nature's Self." That is the "entity" that is doing the writing. I'll explain why I call it that below. At any rate, whatever is happening - you'll find that with automatic writing it's like having your own personal sage or mystic at your disposal.

What Automatic Writing is Not

A few things to remember here, in regards to what automatic writing is *not*:

- 1) It is not "channeling." The answers are coming within you
- 2) It is not a technique that will ever recommend or suggest violence, lying, hate, revenge, etc. If it does, go visit a mental health professional.

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- 3) The answers in automatic writing are never “grandiose” - the answers will genuinely tell you what you are good at, and what needs work. The answers will not tell you that you are the king or queen of the universe, or a special being with magical powers! If they do, then you are doing it wrong, and I suggest seeing a mental health professional.
- 4) It will not tell you only what you wish to hear - sometimes the answers actually may *not* be what you want to hear. Rest assured though, the answers are always helpful, insightful, and their full meaning will make sense over time.
- 5) If something like the shadow or dark side arises while you do this, those archetypes should be listened to, but remember that they are part of the “jungles” of evolution. So they aren’t very civilized.

Why Call It Nature’s Self?

Because it’s not your soul, or some spirit on the other side. It’s a part of nature, it’s an aspect of the collective unconscious (and a little more than that.) Its wisdom stems from the brain’s evolution throughout time. Interestingly, if you practice automatic writing long enough, you’ll find that Nature’s Self can answer questions that it should not be able to know and predict things that seem impossible. But chalk it up to incredible pattern recognition abilities.

Benefits of Automatic Writing

- Deep insights into your life, answers to perplexing questions
- Deep insights into your relationships, ways to let go of problems and rekindle love
- You will gain insights into your unconscious and the nature of the psyche
- You can access advice about success and career and so forth
- You can find answers to metaphysical conundrums and moral questions

Part II: How to Write Automatically

Step 1: Computer or Pen

You can use a pen or computer to engage in automatic writing.

Step 2: Be a Witness

When I engage in automatic writing, I pose a question, and as I tell people, I just get “stupid.” I just don’t think, I just go into the witness, and allow the fingers to type. It’s sort of like watching a movie, or transcribing a movie.

Step 3: Ask Anything

What can you ask about? *Anything.*

- You can ask about personal problems (life, money, work, health, love).
- You can ask to speak to unconscious elements like the shadow or Anima/Animus or the wise old man or woman.
- You can ask about world affairs, state of a nation/city/etc. (Note the self is wise and “centrist” if you will, centrist in the sense that it is centered on universal principles and it never engages in political extremism (at least in stable political systems)).
- You can ask for visions (more on this below).
- You can ask about spiritual problems and dilemmas.
- You can ask for relationship advice, family problems, advice for work or school, about money, and so forth.

Note that sometimes Nature’s Self will say, “I have no answer to that.” This is rare, but it does happen. You can rephrase the question or move on if such takes place.

Step 4: Be Honest and Pay attention

You’ll know when you start to use your conscious mind as you engage in automatic writing. When you do, you have to stop and reset. As you get better, you can write paragraphs or even pages without stopping. You’ll find some days, not much is said by Nature’s Self.

On the other hand, on some topics with some questions, you’ll feel almost an “explosion” from the unconscious - it will want to talk and have a lot to say. Some of my most intense experiences came when exploring the shadow and Anima/Animus. It was like an avalanche. Also a meaningful dream or vision can cause a flood of automatic writing in order to explain the meanings. I should note that it is as if the unconscious almost gets *excited* for you as you make progress!

Step 5: Deepen Understanding

As you engage in automatic writing, go deeper and ask follow-ups, ask for clarification, ask Nature's Self to elaborate, ask it to rephrase, or just ask it to repeat.

Step 6: Go and do it!

Go and do it! Try to do it everyday, or every other day!

Again remember the warnings:

- Answers will never recommend violence, lying, hate, revenge, etc.
- Answers will not be “grandiose” - the answers will genuinely tell you what you are good at, and what needs work.
- Answers will never claim to be a “spirit” from some other realm.
- Answers actually may not be what you wish to hear.
- The meaning of the answers may only make deeper sense over time (also, a narrative will start to form, it seems to have a teleological purpose.)
- You may get slightly different answers to the same questions at different times, the answers adjust based on current life context and your personal progress

Part III: Visions and Art

Now, the next aspect of automatic writing is that you may start to have powerful dreams or visions! Very often, I also end my sessions by asking Nature's Self to “give me a vision,” and it will thus dictate visions. This is a part of unconscious work I just love!

Let me give you an example of a vision that was given to me after asking. And then I'll show you how I create art and analyze the vision.

Step 1/Day 1: Ask for a vision

I asked for an image and this is what Nature's Self presented to me - as you can see, the “visions” can be pretty detailed and extensive:

The image is the parting of the earth and to look down and see the Pearly Gates and clouds of heaven, and to look up and see God the Father seated upon a stool that is made of gold. About Him are angels that have dog tails wagging to fly, and there is an image of a saint held by God, with a man's face on it. There are werewolves in the distance and they are set fire to by the stares of angels

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high in the sky. The ground is covered with four leaf clovers out of which come the sparkles of the celestial realm, and there is music that plays and sweet smells through the land. The human aspect of reality is depicted as a manikin with clothes on with a serious face surrounded by Spirits. The Spirits laugh and dance and point, mocking the serious humans. There is a skeleton that has feathers for bones, and there is a feathered eagle with bones for wings that flies in the distance and is proclaiming "Glory be to God, the Highest is in the Lowest and the far away is in every inch of everything!" In the middle of the image there is a lilac and a heart and the blood of Christ is dripping onto the head of a sinner, and the sinner is crying not in pain but for redemption, and the Blessed Virgin smiles and holds the entire image around the outside of the piece. There is a unicorn with the wings of a butterfly and a catapult sends demons to the horizon forever to be gone.

Step 2/Day 2: Quick sketch

So after I get the vision dictated to me, I make a very, very quick sketch. This is the first step to turning it into art, and I do this as fast as possible! Usually, as I'm getting the vision told to me, I start to see it in my mind. [Note: I did not draw the Virgin Mary imagery in this version.]



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Keep in mind, sometimes the image uses Christian or Buddhist or Hindu or Taoist or Atheist imagery, etc. - the unconscious has no real religion or belief system.

Depending on who you are, however, your visions may have certain proclivities. This one happened to employ much Catholic imagery. The question asked for this vision was in regards to a person who needed healing, and what healing would look like for that person. Nature's Self tailors answers.

Also, sometimes as stated, you may have a vision *spontaneously* show up in your mind or dream. When that happens it is especially important that, as fast as possible, you draw a sketch of it - you can always come back to it later.

Step 3/Day 3: Make “Real” Art

This is the 3rd step of making the art. Sometimes I do this over the course of a few days, or I may not make the “real” art until after a long time has passed. I always try to do steps 1, 2, and 4 as soon as possible. To make “real” art - do whatever you wish. I may photobash it, or use AI, or draw it, or paint it, and so on. Be creative, have fun. You could even sculpt it or make a VR world of it if you have the skills. You could also have an artist make it for you! There are no rules! And don't worry about how it looks, just make sure it represents the vision you have had or have had dictated to you.



Step 4/Day 4: Get the Meaning

Finally, I go back and ask Nature's Self about the *meaning* of the art. Sometimes this happens on the same day, sometimes day 4, sometimes weeks later, etc. Sometimes I'll ask for the meaning right after I receive the vision, before I make any art. As an example, here are some highlights of that image and what Nature's Self said of the meaning of the vision above. Keep in mind, *none* of this is conscious thought, it happens instantly with no thinking and any edits are just to fix up my clumsy typing.

Why is the earth parted and heaven is underneath the ground and why are the Pearly Gates present?
Because there is no where heaven is not, even in hell. There are entrances to heaven in every domain.

So what are the werewolves?
They are the animalistic natures of humans.

What are the demons being catapulted?
The karma and evil of the world are the demons, as understood by humans, and healing is such entities being thrown into the abyss, hence they are catapulted from experience.

Why are there smells and music?
In healing, all senses, while in the physical domain are beautiful - sight, sound, smell, touch.

Why does God hold a sinner's face as a saint and why do angels have dog tails?
The Lord Almighty holds the sinner's face as every life is favored by God [though most do not know this], and everyone is headed to God. The angels around God fly on pure love - the wagging dog's tail. As you know, a dog's wagging tail symbolizes pure love. Angels are also dogs in the sense that they hunt the wolves of karma and sin. Their looks alone signal to evil that their time is nigh.

Why are there four-leaf clovers everywhere?

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In healing, luckiness is everywhere, and luck shows that the Celestial realm is real, and moreover, continued, ongoing luck is a sign of the Lord's presence. Hence, the fragrance of the four-leaf clovers is the higher realms of the celestial.

What is the manikin, the skeleton with feather bones, and the eagle with bone wings?

The manikin with clothes represent the common mindset of mankind - very serious and overworked - and the free spirits laugh and mock him to bring him back to life. The skeleton with feather bones, are those who take the body lightly. They are the saints, that is the man who transitions to a spiritual life. The eagle with bone wings is the Lord, who takes death away from man, flies it away, and proclaims the truth to all those in hell and sin: "Glory be to God, the Highest is in the Lowest and the far away is in every inch of everything!" The burden need not be man's alone.

What is the unicorn with butterfly wings?

The unicorn is the rare life and the butterfly wings suggest the delicate things, the "frail" things can lift man to a rare life. First man is the manikin, then he is the man with feathered bones as the eagle/Christ/Lords takes away his bones as boned wings, and then he becomes the rare and rarely seen unicorn that flies to heaven on kindness and softness of soul (butterfly wings).

Why the Virgin Mary and rosary around the image?

Around the entire scene is the Virgin who is pray-cradling this image as she would the newborn Lord, she thus holds the world, and anyone who finds this state is the newborn Lord. It is the maternal love that is the heart of God, she is the heart of God, and there is no heaven without love or Mary [Divine Motherly Love], and the rosary shows that reality is drenched in holiness, encompassed by it, by the worshipping of men and angels all of creation is held together. There are endless waves of angels in every spec of all of existence. Amen.

End.

This vision was uncanny because it was made for a person who had deep ties to Catholicism and this was not at all conscious as the vision poured forth. This was given as a gift to someone in spiritual torment.

A Quick Note on Dreams

You may also have dreams as you do this work that you will want to write down. So follow the same process of sketching the dream, then making it into art, then asking for the meaning. I should note again that you can always ask for meaning *before* you make the real art (I would always make the sketch as soon as possible after you see it in your mind.)

Part IV: More Stuff

Here are some more things to do with automatic writing:

- Ask questions for others
- Ask for visions for others
- Use it to know what to say or do with patients/clients/friends
- Gain insight into patients/clients/friends who are in trouble or need or are lost

More Neat Stuff You'll Find

- Nature's Self is great at turn of phrases
- You can be creative with it: I've had it write songs and poems; you can even use it to outline plots to stories or brainstorm ideas for marketing
- You can do it without writing once you get good at it - I call it "automatic dialoguing"
- You can also try automatic drawing, I've had some interesting results with that (though sometimes, it's just meaningless scribbles!)

Part V: Conclusion

We've all heard the Bible saying, "Ask and you shall receive" - the automatic writing method is, I think, how you can find out what that really means. By learning to quiet the conscious mind and allowing your brain/mind/unconscious/Nature's Self to produce content, you'll find that you get uncanny answers to many of your life's questions.

I've used the Automatic Writing method to explore the depths of my unconscious and the collective unconscious. I've encountered many archetypes, had insights into the nature of the human mind, and even found that through this method metaphysical clarity can come about. Moreover, you can also ask about more mundane things like work and school. I've asked about relationships, for business advice, how to

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handle stressful situations, and more. It never fails me, and it always gives proper suggestions.

When you engage in automatic writing, you'll find (whatever is happening), that this "voice" within you seems to know all about you and the world. It seems to know more than it should! (It's a little eerie!) Further, you'll find it has its "own voice" - what you write won't sound like "you." Oddly, most people's writing takes on much the same tone of almost a wise old spirit.

When you are stuck you can use it, when you are lost, or when you just need "someone" to talk to it is there. Get ready for a crazy experience in learning how to use automatic writing.

Future of Automatic Writing

I'd love to put someone in a brainscan while they do this! Also, I'm coming out with my book of my exploration of the unconscious via automatic writing called *Into the Depths!* Be sure to check DillonFreed.com for the release. You can also leave any questions you have there!

About Me

Dillon Freed has a BA in Psychology and is finishing an MS in Cognitive Neuroscience where he examines consciousness, emotion, and the self. It's important to note the speaker is *not* a mental health professional, please seek professional help if you need it. You can find out more about him at DillonFreed.com.

