

# Automatic Writing Lessons

Automatic Intuitive Response™ – Slade Roberson | Shift Your Spirits

## Automatic Intuitive Response™

Courses in Divine Dialoguing & Communicating with Spirit

By Slade Roberson | [Shift Your Spirits](#)

### Course #1 – [Talking to Your Spirit Guides](#)

- Establishing the Four Intentions of Psychic Development
- Attunement | Guided Meditation
- Power Object Programming
- Identifying Your Psychic Abilities
- Spirit Dialoguing – Vocalization Technique

### Course #2 – Automatic Writing Lessons

This course represents an advanced form of synthesizing your inherent psychic abilities, your intuitive channel, and your relationship with your guides with the language used by your Thinking Mind or Intellect.

All the specific tips and techniques associated with these Automatic Writing Lessons are repeated for you here in this text format workbook. There is also an Advanced Topics section at the end of this report where you can read and study about how to incorporate the use of divination tools into your spirit-guided writing sessions and suggestions for working on these exercises with a partner or with a group.

The attunement you received during the guided meditation in the first course, and the power object that you programmed to use when communicating with spirit, are still valid, and still working as the foundation for these new exercises. You do not necessarily need to revisit the guided meditation, but if you are new to these classes and have purchased Automatic Writing Lessons as a separate course, you have not yet received the attunement; you may wish check out the [Classes page](#) on [sladeroberson.com](#) and look for *Talking to Your Spirit Guides*.

Both courses are available as a package called [Automatic Intuitive Response™](#), which includes the guided visualization/ attunement, the instructions for choosing and programming a power object, the lecture on Dialoguing and the vocalization technique found in course #1 Talking to Your Spirit Guides, as well as the Automatic Writing

Lessons in this lecture and instructions on timed exercises. Additional bonus features in the full Automatic Intuitive Response™ package include a digital PDF booklet with complete notes from all the lessons.

## Tool – Timing Device

To the power object, notebook or computer, we are now adding one more essential tool – **a stopwatch, alarm clock, egg timer or other timing device** – which you will use during the automatic writing exercises.

Time constraints are essential elements for capturing and working with the relative speed of the intuitive channel, compared to the ego-driven, Thinking Mind that you have learned to accept as the dominator of your language faculties.

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# Automatic Writing Lessons

## Typing versus handwriting

Intuition occurs in various parts of the body, not necessarily the brain or thinking mind. You may receive intuitive impulses via various energy centers or chakras. Because you want to capture, translate, and use your intuition in a language format, on cue, you will be employing the hands as extensions of the heart chakra in conjunction with the throat chakra, the communication center.

Writing bridges the connections between the hands, the heart, and the throat as well as the mind functions of vocabulary and language.

The bottom-line difference between handwriting and typing, or whether or not you choose to employ one, or the other, or both – is a matter of *speed*. If you are already adept at keyboarding or touch-typing, I encourage you to use a computer in your automatic writing sessions because it balances the use of both hands equally.

Comfort is certainly a factor. Many people claim that they can achieve, or that they experience, a “different” state of mind when they are writing in longhand. Maybe it’s the intimacy of your own handwriting or the tactile sensations of the pen and paper... Of course, take into account also that you do want to disassociate from your personal voice. For me, personally, that energetic distance from the Self is better reflected in the impersonal, digital screen, where all voices, all hands, are homogenized. I can also type much faster and with fewer errors than I can write longhand.

If typing slows you down, or if you feel you have to expend extra energy in order to use the technology – if you are less comfortable at the keyboard – then by all means, use pen and paper. What you are going for is the most automatic, subconscious extension of your communication process.

You don’t want to *think* so much as you want to *do*; so what is the most effortless and direct way for you to think straight to paper?

If you do choose to write longhand, you may wish to balance the hand chakras by literally holding the pen or pencil in your dominant hand and your power object in the other.

Other students have told me that they like to take a moment to hold their power object when they begin a channeling or automatic writing session, passing it from hand to hand as a preparatory meditation. You might also wish to tune your heart chakra by singing the deep *aaahhh* sound, low and loud enough, that you feel the vibrations extending down your arms from your chest. This physically activates your hands.

Remember that simply having your power object somewhere near you or in your line of sight while working will automatically trigger your subconscious to recall the Four Intentions that were programmed during your attunement.

Let me also mention again that, for some people, working in a journal that is too beautiful or precious or intimidating may inhibit your channeling sessions; for others, there is great power in working with special, dedicated materials. Obviously, this is a matter of personal preference. Just keep in mind that the material produced during automatic writing sessions are not necessarily intended to be finished, polished, or published. You want to write in an environment where you can be productive first and free to make errors. Sometimes, the errors and typos themselves can be useful information. Release the need to edit or to correct anything when you are in the midst of automatic writing.

### **Why the time constraints work**

More than anything, it's the timing factor that trains your brain to jump in and capture that brief, lightning-fast, automatic, immediate moment of intuitive clarity. Once you capture that moment, jump on the right train, take the first step down the right path, you can bring in your Thinking Mind to elaborate and explore further.

Have you ever been near a lake when the water's calm, and suddenly you hear a splash -- a fish has briefly jumped or surfaced -- you may even catch a flash of motion out of the corner of your eye, and your head immediately jerks around to center on the spot... You see the ripples of the disturbance spreading out. The ripples continue to move across the surface, very slowly compared to that initial splash. You can watch the ripples spreading for quite sometime, but you may have missed the source action of the initial disturbance -- because it happened so quickly. You didn't catch it. You didn't see

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what kind of fish may have jumped. Maybe the splash was made by someone throwing a rock, or by an object falling from the sky -- you didn't catch that part.

Your intuitive impulse is the initial splash or disturbance in the still surface of the water that happened so quickly. Your thinking process is the contemplation of the ripples that continue to spread from that point, very slowly by comparison. You have only a split second to witness the automatic intuitive impulse; you have plenty of time to mull it over and think about it, wonder what it could have been, wonder what it means...

But in a very real way, your spirit guides are much more likely to deliver brief, powerfully short, simple, no-nonsense information. The clarity and the lack of embroidering or embellishment is one of the clues by which I identify their impulses.

My thinking mind, my ego, my fear, my anxiety is the blow-hard voice -- that voice drones on and on, filibustering, 24-7, without a break, and there is a LOT of repetition. There is a lot of magnification too, just as the way the ripples or wake on the water grow and slow at the same time, becoming less sharply defined even as they become relatively larger and move across a greater distance.

# Automatic Writing Scenarios

I want to give you the breakdown on how I personally use automatic writing techniques, which I hope you'll apply to multiple scenarios. Your creativity is your divinity. Words are the handles with which you manipulate thought forms. Words are the magic wands you carry within you.

Here are some of the scenarios in which you may wish to use the timed automatic writing technique:

**Creative writing and blogging** - You can apply adapted forms of these techniques to your productivity as an author -- no more writer's block, no more overwhelm and procrastination. Remember that anything you write and share (publish) with others is a deeply spiritual creative act -- regardless of the specific content or context.

**Setting intentions and/or uncovering a clarity of intention** - We're often "unclear" or undecided because there is a "real" question or a deeper energetic layer behind our words, beneath the superficial questions. Feeling confused or torn often requires unraveling the question or scenario or challenge. Sometimes, it's simply about reframing the question in the most authentic way -- revising what it is we're really trying to get at.

**Communicating and corresponding with other people in your daily life** - All of you, as lightworkers and conscious souls, will find yourself in the position of reading for others and counseling them, whether that ever becomes a professional role for you or is simply a deeper expression of your life purpose and how you serve other people. As your skills develop, your energy will radiate out, and you will draw even more people to you because of your sensitivity and awareness, or the level at which you serve will become more intense. This energy returns, in a circle -- the more you practice your divinely guided insight by using it for others, the more your awareness will unfold.

**Channeling your authentic voice or higher self** - I pull Self-Talk out here as its own form of communication; even the most secular, agnostic, clinically therapeutic, or non-mystical schools of thought still acknowledge and rely greatly on the psychological entities and archetypes that make up the whole self.

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For many, these channels of information may be identical or greatly overlapping with concepts of God and/or spirit entities; your exploration of these layers may reveal themselves to be layers within layers, the deeper you go; the layers may separate further over time... Then again they may not.

You can still develop relationships with them (these layers of self, these voices of self) at any level that works for you.

The most practical way to conceptually approach these layered channels and voices and entities is always as *within* you. Whether they are ego, or higher self, God, or angelic beings, they are like programs installed within your mind and spirit that may be opened up, accessed, run, as a kind of spiritual computer or consciousness "browser."

They may never feel "outside" you, even when they appear to be literally, physically external...

**Channeling your spirit guides and angel guardians** - This is perhaps the most sophisticated perception, or the most child-like and imaginative, depending on your comfort level, and personal belief. You may think of this an advanced mosaic, puzzle-piece view of a whole image, just as an organism can be broken down and viewed as cells. Like DNA or holograms, individual components contain the whole picture or blueprint -- you may access spiritual consciousness at the universal, macro, or micro level and the information remains the same.

Obviously, what determines who or what you're talking to, and why, is established by your intentions and the context -- if you want to access your creativity, engage your creativity; if you want to access God, have a conversation with God; if you want to talk to your guides, invite your guides to talk to you... Whomever/Whatever you ask is who answers. You are always "right." Inevitably.

Practice some, any, or all of the various techniques and mix-and-match the circumstances. Anything that works, works. Anything that doesn't work for you... skip it. The only "right way" is the way that's right for you.

# The “Rules” of Execution

## **Vocalizing | Writing**

Any of these techniques or exercises can potentially work by vocalizing or by writing. Pay attention to your responses, as they may not come in the expected or desired format. These exercises are designed to produce results in language, but don't discount physical sensations, visions, emotions, or external synchronicities.

## **Typing | Writing Long-hand**

Speed is the first determining factor; comfort the second. If you are more comfortable writing with pen and paper, and you can write faster than you can type -- write. If you can touch-type faster than you can write, by all means, type.

## **Scheduling Your Sessions**

Rather than stopping what you are doing and working with one question in the moment, save your questions up throughout the day or week, and set aside a time where all you do is run through the questions you've accumulated.

Work with a schedule or "time of day" that is most conducive to prayer, meditation, channeling, journaling, etc. The consistency "trains" the brain.

Scheduling your sessions also supports a healthy degree of emotional distance. In the heat of the moment, fear or other emotional investments make it more challenging (even impossible) to achieve clarity.

## **Set Quantity Rules**

Work with groups of 3 or 5 (or 10 or 12) individual questions or circumstances to explore. Sometimes, if I have one major issue, I will present one question with two follow-ups. Dig a little for confirmation or connection, but don't be a broken record. For your follow-ups, try alternate ways of stating the question or presenting the problem; ask follow-ups in the form of "What am I missing?" or "What am I likely to be surprised by



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that I'm not looking at?" or "What other issues is this connected to in my life at this time?"

## **Timing Yourself**

If you are working with individual questions, one at a time, set a timer for One minute. Stop and start after each one. I can't police your method, but the trick is to NOT think -- don't give yourself time to think. Again, jotting down the question and coming back to it at another time will help achieve a little distance.

## **Multiple Targets**

I achieve the best results by lining up a whole lot of targets and firing at them in quick succession.

Create a list of 5 questions and set your timer for 5 minutes, and go through them one right after the other, without pausing.

When doing the timed exercises (or even if you're not timing yourself) write "My guides say..." and if nothing comes, keep typing "my guides say my guides say my guides say..." over and over until other words begin to come. The idea is to immediately begin moving the pen or the fingers on the keys and keep them engaged.

If nothing comes with one question, skip to the next, just like a game show -- "Pass!"

Try placing the "most important" or "significant" questions further down in your list, so that you can get in the groove with a few "throwaways" near the beginning. Just like target practice with a hand-gun, or a batting cage -- the first few shots you fire off may help you orient for a bulls-eye on the third or fourth, know what I mean?

## **The Best Formula**

Most of my students report that they complete a list of 5 questions well before the 5 minute buzzer sounds. If this is the case for you, take the time and cut it in half.

For example, 5 Questions in 2.5 Minutes.

The ultimate goal is to make the time constraints as challenging as you can manage. The best formula for these automatic writing sessions are a higher number of questions combined with a briefer amount of time.

Try creating a list of 10 questions and set your timer for 5 minutes.

## **Alternatives to "My Guides say..."**

"My guides show me" or simply the all-powerful "I feel" - if you've already determined that your impulses tend to be, say, emotional, physical sensations, or visionary flashes, then use "I feel I feel I feel..." or "I see I see I see..."

If the first time you try this, you end up with a page full of "My guides say..." typed over and over again for 5 minutes -- so be it. Remember how many times it took you when you learned to ride a bike, dive off a diving board, pull up on water skis, or stay up on roller skates. This is no different.

## **Open Ended Questions**

Wherever possible, compose your questions in such a way that they cannot be answered with just a Yes or No. Even when asking Yes/No questions, be aware of how the answers often continue with "Yes, but..." or "Yes, if..."

## **Low-Rules Version | Free-for-all**

If you have performance anxiety or the individual rules and regulations of these exercises feel too complicated, or you find yourself spending too much energy trying to "obey" the parameters -- throw most of them out and go for a Free-for-all automatic journaling session.

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If you can't "perform" to the parameters, at least try maintaining two absolute bottom-line rules:

- Set a strict time limit
- Write something -- anything -- from the first second to the last, without picking up your pen or taking your hands off the keyboard.

Turn your "lack of something to say" into a mantra until it breaks --

*"My guides say my guides say I'm writing because I don't know what to write but I'm typing til I get something ..."*

Babble, if you must.

## **Sketching | Drawing | Doodling**

A true free-for-all is to simply doodle or draw.

I've heard that drawing primitive angels or winged forms in a childlike manner calls angels. Some child-psychologists and art therapists literally use this simple technique with children.

## **Re-invoke | Re-charge | Plug-in**

Whenever you prepare for a session, briefly recall our attunement from class #1 before you begin. Have your "magic key" or "power object" at your side. Touching it once, holding it for a moment, or just having it in your line of sight is enough to "put you there."

## **Creative Writer's Intuitive Response**

If you are a writer or blogger, you may benefit greatly from employing these basic techniques as part of your writing workflow, with no channeling or (necessarily) mystical intentions involved. This is the pure form of this technique, taught to writers as a part of blueprinting and outlining longer texts that write themselves. The blueprinting and organization is a bit more involved and a topic for another tutorial, another time, in a different context.

But I want to share it with you so that you can understand the origins of the technique and how it involved for me from a creative writing process into an automatic writing process.

Essentially, once your book is blueprinted and your outline is in place, you use the following technique to flesh-out or produce specific pages or shorter section topics. It is certainly ideal for an article-length piece, such a blog post or essay.

First, you define your thesis statement, your intention for the piece by asking What point do I want to make? What do I want my piece of writing to communicate?

Say you're writing an article for a cookbook or a cooking blog:

Example: "Craisins or dried cranberries are a great alternative to raisins in oatmeal cookies."

Identify 3 keywords that you know will appear in your piece or that somehow apply to what you want to convey.

Example: alternative, delicious, innovative

Re-frame your statement in a question format, so that the answer would be your thesis statement from above:

Example: What ingredients can you put in oatmeal cookies for people who don't like raisins and nuts?

Here are the rules of execution:

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- 2 of the 3 keywords must appear together in the first sentence.
- The third must appear within the first paragraph. (Or somewhere close to the beginning of your draft; within the first three to five sentences.)

Set your timer for 5 minutes

Go!

For now, as you're first working with these timed exercises in the context of spirit guided writing, don't concern yourself with identifying keywords first. I'll explain how to incorporate keywords and divination tools in the bonus section at the end of the course booklet.

## Psychic *Hits*

Hits are the individual pieces of information or details that resonate, that have some significance in the physical realm. The important thing to know about hits is that they often do not reveal themselves up front. You don't always know what will prove to be a hit. You don't make sure in advance. The only way to identify a psychic hit, and to gain confidence in your ability to channel them, is to take action on the information you receive. This is absolutely true when you are reading for yourself. When you are reading for someone else, you require her feedback to identify the hits.

Hits are not end results; they are the clues you must follow to arrive at the end results. Without taking action on the information you receive, in faith, you may never know the hit for what it is. This is why teachers in this field are constantly preaching that you must take action.

Because of the tendency of hits to resemble Easter Eggs, little incidental treasures hidden in plain sight, it's important to refrain from editing. Even typos, errors, or seemingly random tangents may prove to be hits. If you over think or edit in your initial automatic writing drafts you may inadvertently annihilate the hits.

This is why, again, I encourage you to work in a very rough-draft or raw, forgiving environment. Messy, sloppy, bad spelling, bad grammar – channeling is the one context where you will find me encouraging error-filled writing.

Rather than listening to me lecture about the automatic writing exercises themselves, and the advanced topics, at this point I want to refer you to the PDF booklet where you can read, study, and begin practicing the automatic writing techniques.

There are so many potential variables, and again, the technique itself is not complicated – you will learn more by working with them on your own and adapting them to your end. Use my timed execution formula as a foundation, but beyond that, get creative. Adapt the concepts and techniques and pay attention to any impulses to customize the process.

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Ultimately, this is where you begin to perform automatic writing or where you may begin to incorporate my timing constraint method into your already existing practice.

Stay tuned to [Shift Your Spirits](#) for announcements of future free teleseminars devoted to discussing your results from working with the Automatic Intuitive Response™ | Divine Dialoguing modality.

Instead of devoting a live call-in event to the course materials, I look forward to talking to those who are already working with the techniques. We'll discuss any questions you may have, but more than anything, I can't wait to hear about the unique, creative ways that you are using Divine Dialoguing.

Please email your questions, feedback, and success stories to [contact@sladeroberson.com](mailto:contact@sladeroberson.com)

# Exercises

## Practice Exercise – Big Cosmic Questions

If you could ask a question on behalf of All Humanity, what would it be?

Don't shy away from choosing something really Big, Cosmic, Existential, Philosophical, Mysterious, "Un-Answerable," or Mind Boggling.

A few parameters to keep in mind as you compose your question:

- \* Choose an open ended question - a question that cannot be answered with just a Yes or No

- \* Avoid time-specific, predictive, or prophecy questions - things that require an answer in dates or time frames. Guides often deliver disappointing and confusing responses in compliance with linear time. Remember, that time is an abstract, human construct that may have no relevance to spirit guides.

- \* What, Why, or How would be better than When or Should

Create a list of 10 Questions. Remember, I suggested that you work with longer groups or lists of questions, all at once -- this keeps you from focusing too much intellectually on one question and allows for more rhythm or groove.

The time constraint, distributed across the list of questions, will also force you to jump in past the thinking, over-analyzing mind, and grab the most useful bottom line answer and keep going.

A channeling colleague of mine once suggested to me a way around the rambling, running monologue that beats around the bush and circles endlessly through a lot of words -- The answer already exists; you simply pluck it out.

When working on your own with automatic writing, you may get in a groove and write pages of information. If I were to tell you "Take that page and sum it up in one sentence. Give me the headline" -- ask yourself what that headline may be. ALL pieces of writing have a thesis statement or a point. Even entire books can be reduced to a one-liner or a blurb.



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Please use the Time-Constraint for this exercise!

If you don't get anything on the first 5 minute buzzer, then I would prefer that you do the full list of questions, multiple times, or multiple rounds.

When vocalizing these kinds of questions, most people will receive an answer "My guides say..." that fits within one exhalation of breath. The answers are usually NOT long; they are brief. If you're a speed demon typist -- cool! Ideally you only want responses that are a few lines long for each question.

Remember, this exercise is intended to be entirely fun and experimental. These types of questions are free of personal individual investment or attachment and to some degree they are "impossible" to get a "correct" answer. There are no wrong answers.

For the remainder of the exercises, you will be moving into personal, individual issues; this is a playful warm-up, intentionally too grand for expectations.

Place your questions on separate pages beforehand so that you can "get ready" before opening them and thinking about them too much before you start.

If you copy and paste the questions, you will get better responses if you read the questions out loud as you go.

Remember to start each answer with "My guides say..." or "My spirit says..." or "Spirit says..."

Set your alarm for 5 minutes and answer all (10) questions, from start to finish, within that time. (Feel free to do the full exercise two or three times from beginning to end if you wish - hey, that's still only 15 minutes out of your life to play this game!)

Go with whatever you get – no matter how random or irrelevant or bizarre or commonplace the response may seem.

## Personal Questions, Intentions, & Issues

As I've suggested at various points in these lectures, you will likely achieve the best results if you collect your questions throughout the course of, say, a week, and dedicate a session to answering all the questions in one sitting.

There is an art to framing your questions, intentions, and issues – improving your word choice – in such a way that you receive the highest quality response.

You may note that, as you jot down your questions and think about how you might best phrase them, you may begin to receive bits and pieces of information or insights in advance of your dialoguing sessions. I often hear from people who schedule readings with me that composing their questions to submit to me in writing, before the actual reading takes place, produces epiphanies. You may receive unbidden flashes of intuition or inspiration, passively, without necessarily “trying” – answers start to trickle in, you wake up from dreams about what you're asking, synchronicities occur in your everyday waking life, you notice divine signs, or you otherwise stumble upon the answers you seek when you least expect it.

If and when this occurs, go ahead and write them down or at least say them out loud. Consciously giving voice to or claiming your intuitive impulses will increase your overall development.

Sometimes, what you think you're asking about initially is really something else – there are deeper energies at work that may manifest in specific areas of your life that are actually tied to other, pervasive patterns of behavior or concern. For example, you may compose questions about an area of your life where you're struggling, such as your career or finding a job, and begin to note cues and signals and events that point to relationship issues or self-esteem. You may feel blocked in your personal relationships or home life, and begin to receive impulses related to work-life balance, or general self-esteem.

As you work on a list of questions, consider that some of these thoughts and impulses may be related and would make excellent follow-up questions. You may start out with one, two, or three major issues you want to explore, and wonder how you may

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fill out a list of ten questions. Compose some additional questions about relationships between your seemingly diverse issues.

For example, you start out with two questions –

Question #1 concerns your *career*; Question #2 concerns a *romantic partnership*. Say these are the only two questions you have at the present.

Here's an opportunity to immediately frame a third and fourth:

Question #3 could be “*Are the difficulties I’m experiencing in my career related to my relationship?*”

Question #4 could be “*What other areas of my life are currently being affected by this energy that I’m not consciously aware of?*”

Question #5 could be “*Is there a common event or source point where the energy behind my career issues and relationship issues began to manifest?*”

Question #6 could be “*What is the next best step or right action that I can take at this time to address both my career and my relationship simultaneously?*”

Don't feel you must rush into these automatic writing and dialoguing sessions – prepare for them; treat them and schedule them as special weekly events. Work on your questions over the course of a few days; edit them, improve upon them, add to them.

I know you'll be eager to try out these techniques, but give yourself at least a day to plan your first session of personal questions. That's why I also highly encourage you *not* to skip the warm-up exercise Big Cosmic Questions – you'll have a chance to experiment with the timing constraints and practice the execution of an automatic writing session with issues in which you are not so emotionally invested.

There's also nothing keeping you from repeating the same list or refining it and working with essentially the same questions across multiple sessions.

Once you have your first list of 10 Questions, sit down with your computer or your notebook, with your power object, take a moment to re-invoke or recall the attunement, and get your timer ready. Again, you may wish to already have your questions written on individual pages, ready to go; if you're typing on your computer, just list them in a document with a few lines in between. As you answer each question, the document will expand to whatever length or space you require.

You may also wish to read the question aloud before typing the answer starting with "My guides say..." or "My spirit says..."

For 10 Questions, set your timer for 5 minutes and go through all questions. See how far you get.

You will likely finish before the time is up and have a nice sentence or two for each response.

### **The Second Pass**

Once you have completed a first pass through the list, you may wish to repeat the entire exercise, adjusting the time constraint slightly, according to whether you found that you need a little more or less time on the clock.

Once you have something, a brief shining sentence or common sense response to start with, then you have managed to capture the intuitive response and it is "safe" to bring in your thinking mind to bear. You may wish at this point to work on the questions individually – to extend your response, starting with what you already have.

Pick up an individual response wherever your initial intuitive impulse left off and set your timer for a full minute or perhaps even 5 minutes. Continue working with individual questions and the answers you've begun, devoting your attention, your focus, and the time constraints to one question at a time.

If at any point, you're really starting to cook, to get into the flow, and the words are coming – whether they feel like intuition or simply your thinking mind elaborating further – go with it! Keep going, ignore the buzzer – write until you run out of steam or reach a natural pause.

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Again, the time constraint or alarm is meant to help you capture that initial, quick, intuitive impulse. Once you have something to work with, your thinking mind can be very useful in elaborating, embroidering, embellishing further. You want your thinking mind to weigh in – just after your intuition has a chance to establish the conversation.

After a lengthier second pass through the list, you may find that you now have pages of information that you can take into other areas of your life and develop further – you may have the draft of a new article or story; you may have the bones of a project plan before you; you may have uncovered the heart of a conversation you need to have with another person, or correspondence you're eager to share.

Save these sessions, unedited and keep them as a journal of your progress. If you wish to use the channeled material in some other context, copy and paste it into a completely new document, or rewrite it on a separate page so that the initial raw session is preserved.

## Working with a Friend or in a Group

If you have a friend, or better yet, a group of friends with whom you can share these techniques and exercises, by all means do them with another person.

I teach Circle Workshops in which we do all these timed automatic writing exercises in a group. Working with even one other person is the perfect way to move beyond the relative isolation booth of your own mind. Your privacy can feed your insecurity or doubts, whereas nothing will reveal psychic hits faster – and build your confidence more – than having other channeled material with which to compare your own.

If you do decide to work with other people, I encourage you to listen to the guided attunement from *Talking to Your Spirit Guides* together.

Something you should consciously tweak when working with other people is to *pluralize* response statements to include the collective group of your guides. When you work in a group that has shared the attunement, you actually have access not only to your own individual team of guides but to the guides of your partners as well.

For instance, change all “My guides say...” statements to “Our guides say...” to represent that you are retrieving from a collective group of spirit entities.

You will be literally shocked by the similarities and corresponding details – the hits – that you will channel in response to a shared set of questions.

If you are interested in finding a like-minded partner with whom you can do collaborative email readings, please contact me and let me know. I will establish a list of those interested and do my best to introduce you to one another. Also, let me know if you would like to be notified the next time I host a Circle Workshop.

[contact@sladeroberson.com](mailto:contact@sladeroberson.com)

# Automatic Writing Lessons

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## Incorporating Divination Tools & Keywords

At some point in the future, I plan to do a more intensive course on divination, as well as a professional intuitive certification program, but I want to go ahead and give you a few tips on how to incorporate divination tools such as Tarot, runes, or any oracle card deck into this automatic writing technique. My ultimate goal is to get you to retrieve information from a place within you that is not prompted by an external information source, such as cards or other tools, because it's very easy for the tools themselves to become "crutches" – where you rely too much on the decks without developing your inherent psychic abilities.

Still, divination tools are especially useful when trying to read for yourself; they help establish impulses or parameters that appear to be "outside" your power.

To incorporate your favorite oracle card deck or runes, go back to the original creative writer's response exercise where you identify 3 keywords that must be used during the timed exercise.

If you approach tools like runes or oracle cards within the context of providing you these 3 keywords, you can then use them as a jumping off point for synthesizing the intersections of meaning on an intuitive level.

If you already use cards or runes or something similar to read for yourself or communicate with your guides, then go ahead and begin playing with them in this context.

"Throw the author's accompanying book out" or rather, take the simplest essence of each card and work with those as if they are the 3 keywords or phrases in the Creative Writing Response technique.

Many popular oracle card decks these days have the Major Keyword printed on the card. Or the accompanying book of meanings will present a keyword or title for each card. Example: "Connect with nature" or "ground yourself" or "contemplate forgiveness."

You may substitute the Keywords in the exercise with these simple, brief phrases, as is.

You may reduce them to one word -- "ground yourself" becomes "grounded."

You may substitute the meaning of the card for something or someone you know immediately that it refers to -- for example, if you pull a card that means "connect with nature" and you know that for you, personally, connecting with nature means "go hiking" or "weed the garden" then use those associations --

"hike" or "garden." If you feel the card is referring to a person you are asking about, substitute that person's name. Example: "contemplate forgiveness" comes through in a reading where you are asking about a fight you're having with your girlfriend Wanda, then use "Wanda."

Remember that the rules for using the keywords in the timed exercise are:

2 of the 3 keywords or phrases must appear in the first sentence of your channeled answer; the remaining word anywhere within the first paragraph, or somewhere relatively close to the beginning of your draft.

### **Bibliomancy | Stichomancy – Bible Dipping or Book Divining**

Use a bible, dictionary, or any book to divine or retrieve keywords. Dive for three random keywords with a blind-pointed finger, and then use those three keywords in the context of the automatic writing exercise above.

### **Yes | No Divination**

Channeling, Divine Dialoguing, and Automatic Writing techniques, as I use and teach them, allow you to retrieve clairaudient information beyond simple Yes and No answers. The responses are intended to be "wordy," which is why you are encouraged to frame your intentions and questions in an open-ended format.

Close-ended questions, questions that can be answered with Yes or No, are beyond brief. Your intuition is so fast that it Yes | No responses are often the hardest of all to detect accurately.

I also find that Yes and No is rarely the end of it... Spirit most often responds to me with Yes, but... Yes, if... No, but... No, not if... There's nearly always more to the story, and a near-infinite number of conditional variables that make a simple, clear, absolute Yes or No difficult to depend on.

Dowsing, or pendulum divination, is one of the best ways I know to retrieve Yes or No responses. Using pendulums or Yes | No oracles, with all questions tediously structured into series of close-ended questions, you can work through an enormous amount of complex circumstances – but you are always limited to *only* Yes or No; hardly a conversation.

You can use nearly any oracle system to retrieve Yes | No responses – pendulums/dowsing, muscle testing, dice, coins, cards, runes, sticks, stones, straws... You may find it a bit more "advanced" but you may also rely on the same natural intuitive senses – clairvoyance, clairaudience, claircognizance, clairsentience – to receive Yes | No responses from your spirit guides or your Higher Self – it's a matter of establishing a system of identifying, what, for you personally, constitutes affirmation or negation.



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Although I consider clairsaudience my strongest meta-sense, the intuitive ability that comes to me most naturally, the one I have consciously worked to develop, and the one I use most consistently on a regular basis, my spirit guides give me Yes | No responses in a purely clairvoyant form.

For simple Yes, generally affirmative responses, I see a quick flash in my mind's eye of a face smiling, blinking, and faintly nodding.

When the answer is No, I generally experience total silence, or a lack of response. Sometimes, a clairvoyant flash of the same face in the mind's eye almost-imperceptibly shaking its head from side to side.

I spoke with a client recently who told me that she sees a clairvoyant image of a Yes | No tick box form – the answer appears with a check mark or X in one box or the other.

Others have reported body sensations or twitches that apply to Yes | No responses.

I want to impress upon you that you may not *hear* Yes | No voices, so don't have that expectation.

When you are communicating with your guides, explain to them that you want to establish an agreed upon sign of Yes | No. Ask them to present a Yes response; then ask them to present you with a No response. Be hyper-aware of what you receive, and when you are confident that you have an idea of "what" or "how" Yes | No is communicated to you, acknowledge the responses and tell your guides to use these signs or impulses going forward.

I would suggest that you use some divination tool as a way of confirming Yes | No, establishing an agreed-upon personal method beforehand; but again consider that there is always something more to the story. There is nearly always an *if* and/or *but* in there somewhere, depending on the context. Keep in mind that context could generally be a matter of linear time – "at this time" – "Yes, at this time, if..." or "No, at this time, if..."

**Coins** – a classic coin toss with a simple Heads or Tails system can be established.

**Dice** – a roll of a single die or dice, with Even or Odd numbers differentiating between Yes | No.

**Cards** – use a 3 card draw with a 2 out of 3 system for interpreting Yes | No. You can perform this with any card oracle deck, or even with a basic playing card deck. Some suggested parameters might be:

- 2 out of 3 upright cards vs inverted cards

- 2 out of 3 of same/similar suit or color

Play with the possibilities; get creative. Make up your own system, tell your guides how you wish the system to work and adhere to it. You must be consistent with how you interpret the Yes | No divinatory responses or else your guides may be confused. You are in charge. You set the rules.

I don't recommend using the simple Yes | No oracle as a complete act of divination, in and of itself. Use it as a jumping off point for divine dialoguing or automatic writing, or use it as a method of receiving confirmation. Don't let Yes | No become a crutch, but a means of retrieving one word in a longer conversation.

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