

**Autonomic writing:**

- [ Find some nice paper and a pen, or use your computer.
- [ Find a quiet place.
- [ Be in a relaxed, meditative space. Be in your body, look at nature, be grateful-raise your vibration and be calm.
- [ Write your question down, a calm question: Please express whatever is in my highest good about...
- [ Our brain doesn't understand 'highest good' so this is a good question to disengage our brain.
- [ Be general with the questions.
- [ Sense words-hear, feel, know, see them. There are layers of info. Don't think.
- [ Write them down using either hand, or type them out. Don't read what you are writing; just keep writing for 3-5 minutes.
- [ After you are done, go get some tea and then come back and read what you wrote.