



Inspirate Writing: Tool for Transformation

BY JOANNE DiMAGGIO

Edgar Cayce said it is our birthright to communicate with our Source and listen to that still small voice—a voice that guides and inspires us to find the answers that lie within. Through the ages, souls have sought ways to initiate that longed for, two-way conversation. Inspirational writing is one such method—a tool, as Cayce put it, "... of individuals grasping for attunement to the divine." (3653-1)

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When I enrolled in the Masters Degree program at Atlantic University, being a writer, I was excited to see that AU offered a creative writing track. When it was time to declare my Culminating Project, it seemed only natural to explore inspirational writing as a transpersonal tool. I had no idea that at the end of my year-long research project, I would discover the power of this form of divine communication and witness firsthand its potential for transforming lives.

Inspirational vs. Automatic Writing

What exactly is inspirational writing and how does it differ from its more widely known counterpart, automatic writing? Inspirational writing is a form of channeling—a method of communication that accesses information from a Higher Source emanating from one’s soul. Some people believe that Source is God. Others credit guardian angels or spirit guides, while still others believe it is higher self or subconscious mind. It doesn’t really matter what you call it. In the end, it is a connection to the Infinite—to the All That Is.

While working on my Culminating Project at AU, I discovered there was widespread confusion and misconceptions about the dynamics of the processes of “automatic” vs. “inspirational” writing.

To understand the difference between the two, we need look no further than the Cayce readings. Many writers came to Edgar Cayce asking how to improve their craft. More often than not, they referred to doing *automatic* writing. Cayce made it clear that the difference between the two was in their purpose. He considered inspirational writing as coming from the Source within, thus a means for soul development. Automatic writing, on the other hand, came from an outside source, often composed of low influences whose intent is not always for one’s highest and best.

When asked if the development of automatic writing would establish a better contact with God, Cayce answered, “For this body, we would not give automatic writing as the channel. Rather the intuitional, or the meditation and then writing—knowing what is being written, if it’s chosen to be inscribed in ink.” (440-8)

He consistently drove home the message that inspirational writing was the preferred method of communication with Spirit.

Do not attempt to write as one who would do automatic writing. Do attempt to write as one who would be directed by inspiration, but let that inspiration come from Him, who is light, and the course of knowledge; and thus may the individual in its choice and in its activities be so surrounded by the Christ-consciousness, manifested by and through Jesus of Nazareth, that there will be ever helpful forces. (5277-1)

Writing with the Muse

Writers have been using the process of inspirational writing for centuries. The Bible, the Koran, and the Torah are all said to be written in this manner. These spiritually enlightened works are not written *by* any one person, but are said to come *through* that

person. By entering an altered state of consciousness—whether through prayer, trance, or in a dream-like state—the writer becomes the vessel through which Spirit shares its message.

Many famous artists, writers, and composers often identify a moment of inspiration when they gain an insight that is different from anything in a waking state. While in this reverie, elevated to the place where universal wisdom resides, they produce extraordinary work, yet struggle to name the source of their inspiration.

English poet Percy Shelley acknowledged his inspiration came from beyond his conscious state. Rudyard Kipling accessed his inner helper by a form of meditation he called “drifting.” Madame Blavatsky claimed that the great Masters helped her write *The Secret Doctrine*. German poet Goethe said he wrote the novel *Werther* unconsciously, as if he were asleep. English poet William Blake felt as if he had written *Milton* from dictation without premeditation. And the list goes on.

Endless Options

In inspired writing sessions, some writers “ask” questions that pertain to their Earthly existence—the *why*, the *how*, the *when* of everything. From why one is suffering from a particular illness to understanding the pain of a broken heart, these questions are typically asked in prayer.

Because inspirational writing is a form of prayer, it can be applied to all aspects of life. The answers are expansive, going beyond the simplicity of the question to a higher understanding. Asking about an illness may bring an answer that a doctor cannot give, such as the root source of the circumstances that brought about the illness. This deeper knowing of *why* something has happened often has little to do with one’s conscious thoughts. Inspired writing creates an entirely new perspective, gently prompting the writer to peel away the layers of the obvious to the more obscure origins of an issue.

There are so many ways that inspirational writing can be a tool of transformation. Cayce said, “To know the truth is to make you free.” (323-2) In searching for the truth about my possible 18th-century past life, I used inspirational writing as a way of allowing my subconscious self to reveal the issues and circumstances I faced then, and I compiled a 600-page manuscript outlining details of my life in 1802!

As a mode of healing, inspired writing can be used in service to others. Meditation, relaxation, and creative visualization are essential elements in the process of inspirational writing, enabling the writer to achieve a transcendental state of mind, which can lead to awakening psychic abilities. The same process used in writing can be applied to other art forms, such

Inspirational Writing Techniques

Getting Started: Establish a Writing Ritual

- With practice, nearly everyone succeeds at doing inspirational writing. Based on the advice given by Edgar Cayce, and on my own 25-plus years' experience, here are the steps to gain optimal results.

Find a Sacred Place

- Quiet, privacy, soft lighting, and a comfortable place to sit are the primary requirements for doing inspirational writing. When looking for that ideal space, feel out the energy of the place you are in. Sense where you feel peaceful and centered, and then claim that space for your own.

Set the Stage

- Once you have the right space, surround yourself with items that enable you to go into a deeper state of meditation. In a reading, Cayce said, "Here is one entity who may write, not automatic but rather inspirational writing, shutting itself away and attuning itself by very distant music, and especially bells." (3653-1) You may find that aids—like music—will remind you of your sacred journey and deepen your connection with Spirit.

Same Time, Same Place

- With our busy schedules, it is difficult to connect with Spirit at the same time and place each day, but Cayce suggests doing just that:

First, under the circumstances and conditions that surround the body, it would be well that an hour or period be chosen for such activities when there is quiet, and when the mental and material body may become perfectly relaxed . . . And such periods should be chosen as an exact period. Say (as an illustration), 10:00 to 10:30 o'clock in the evening, the period is chosen . . . Enter then in this silence, each evening, at this specific time. (282-5)

Pen vs. Keyboard

- It's a matter of personal preference. Experiment with both. Scribble with different pens and pencils until you find the right one and then write with it over a period of a few days. Then switch to the keyboard, and decide which feels right.

Focus on an Ideal

- Cayce says one must be true to one's convictions. When asked in a reading what could be done to raise the quality of the seeker's writing, Cayce replied:

There is self, there is the force without thee. What

seekest thou? Art thou opening thyself to any, or art thou one that has set a standard, an ideal? Like begets like, whether in the mental, spiritual or physical realm. What seekest thou? Answer that in self, and we may find that as ye seek ye may know. This is to every soul: Once to every soul is given the knowledge that thou hast a definite purpose to perform in everything that has come under thine own consciousness. What hast thou done about it? (317-7)

Meditation Is Key

- Inspired writing is a form of meditation. As with any meditative practice, when doing inspirational writing it is important to find a quiet place to go within. Cayce talked about the importance of finding a quiet time to write with Spirit.

Then, enter into the silence with some form of rote that is rather in the form of a prayer, or as an affirmation to the inner self, that the forces or powers that may manifest through self at such a period may ever magnify the presence of not only constructive influence, but from the throne of grace and mercy itself. (282-5)

Say a Prayer of Protection

- Saying a prayer for protection before working with Spirit is imperative. Everyone should do it—whether you're an established psychic or a novice at metaphysical work. As stated in the quote above, Cayce strongly urged saying a prayer or affirmation to magnify the presence of constructive influences.

[Ed. note: Common prayers of protection include the Lord's Prayer and the 23rd Psalm. The A.R.E.'s noon staff-led meditation uses this prayer, adapted from Cayce reading 262-3: As I open myself to the unseen forces that surround the Throne of grace, beauty, and might, I throw about myself that protection that is found in the thought of the Christ.]

Get Ready to Write

- Inspirational writing is a spontaneous process. For it to succeed you have to get out of the way. If you try to manipulate or force the words, you will disrupt the process. Write (or affirm in your mind) the intent for the session. Open your eyes halfway so you can see the paper or screen in front of you. Keep your wrist relaxed. Hold the pen or pencil loosely in your hand. If you are working on a keyboard, poise your fingers above the keys and wait.

Allow the Message to Proceed

- Getting started is always the most difficult part. It is important to be patient; but, most of all, keep the

writing process going. Begin by drawing ovals. Eventually the words will follow. It is important not to get discouraged, but just go with the flow. When I have given classes on inspired writing, those who failed to get a message the first time around admitted they were afraid to let go and get out of the way.

Write the message as it comes, recording the first thought that enters your mind. It is not unusual to get run-on sentences with no punctuation. Do not let your internal editor start to criticize the writing or the grammar.

Remember, inspirational writing is between you and a highly evolved, loving Source that is anything but critical. It does not bully you, nor does it tell you what to do, but instead gently offers guidance on options to consider. It does not challenge you or use foul language. If this happens, stop writing, say the prayer of protection again, and reinforce your white-light protection—in Cayce's words: "Surround thyself, ever, with the white light of the Christ-Consciousness, and all of these will pass away." (2559-1)

Wait Before You Read

- Often when you put the writing away and go back to it later, it has a totally new meaning. Cayce strongly recommended setting aside messages to read another day:

What is given, or that [which] as an impelling influence causes to write, write; and do not re-read, but put away for at least the period until it is given from within to review or to go over that which has been given . . . Do not grow weary if in turns with self nothing comes for perhaps days, or that much is given at one period in the beginning and little or nothing later. Be true to self, not to read nor have read that written—until it is given thee to do so. (282-5)

While inspired writing can be fairly straightforward and should not require interpretation, you may want to take a moment to reflect on the message and see if it resonates to you. Does it expand your wisdom? Does it amplify your truth? Does it awaken something deep within? Does it contain that spiritual "AHA" moment? Has Spirit filled in the blanks and given you a deeper understanding of what's really going on in your life? The purpose of guidance is to initiate a shift in your thinking. Ask yourself if the writing has done that for you.

It is not necessary to master all of these steps before doing inspirational writing, but incorporating these practices will help you achieve a deeper level of soul writing.

as music and painting. Because it is an intuitive, stream-of-consciousness technique, it frees the imagination to break loose from an idea and go in a direction the writer or artist may not have considered.

I have applied inspirational writing to commercial ventures as well. I created a line of greeting cards by meditating on a famous quotation and then allowing the response "copy" to come through. Of the five cards I produced, one was cited by the International Greeting Card Association's Award Committee for its "creative excellence" and was one of six worldwide finalists in the sympathy card category.

Inspirational writing is ideal for exploring esoteric philosophies. One summer I asked about the difference between Universal Laws and the Ten Commandments. The experience was astonishing. One of the most memorable quotes I ever received came from one of those sessions. It stated, "There is no Universal Law that begins with Thou Shalt Not." In a conscious state, I never would have written something so profound.

Inspirational writing can be used in psychoanalysis and healing. Many psychiatrists and other health care professionals use a form of inspired writing to enable their patients to access the deep-rooted issues that may not surface during a more traditional therapy session. Writing is cathartic, producing insight and self-understanding. It's a safe avenue to explore truth, leading to a shift in perspective that, in and of itself, can be a powerful tool for healing.

Inspirational writing, as a tool of transformation, is first and foremost an ideal means to initiate soul growth and in that regard, its options are as endless as they are valuable.

Conclusion

Inspired writing is a gift that God tucked into our backpacks when we made our journey to Earth. It is our toll-free, phone-home card that has no limits and no expiration date. For me, it is a never-ending source of wisdom and joy because I know guidance is always available, no matter what my mood may be, no matter what time of day, no matter where I am. There is a sublime comfort in knowing I am never alone. That is something you, too, can experience when you pick up your pen and journal and then knock on Spirit's door. Someone is always home. 🙏

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Joanne DiMaggio is mentoring the online eGroup **Inspirational Writing**, June 1-28. Visit EdgarCayce.org/egroups for more information.



She will also speak at the conference **A Spiritual Roadmap for Enlightened Living: Edgar Cayce's Tools for Transformation and Guidance**, August 19-21, at A.R.E. HQ in Virginia Beach. Call 888-273-0020 or visit EdgarCayce.org/conferences for more information.