

Contents

Chapter 1	
An Introduction to Automatic Writing	1
Chapter 2	
What is Automatic Writing?.....	11
Chapter 3	
Who and What You Can Contact.....	41
Chapter 4	
Fine Tuning Your Writing with Astrology	69
Chapter 5	
Preparing Yourself to Contact	
Other Intelligences	103
Chapter 6	
Doing It! (In 15 Easy Steps)	137
Chapter 7	
If At First You Don't Succeed.... ..	175
Chapter 8	
Doing Automatic Writing for Others	209
Chapter 9	
Interpreting Your Automatic Writing.....	217
Chapter 10	
Summing It All Up.....	241
Glossary	243
Suggested Readings.....	259
Addresses.....	263