

Two Types Of Writing: Processing Writing and Writing Spirit's Messages

Introduction

For many months the people in the group have been writing updates and ongoing reports of what's been stirred up inside of us. We've written of our struggles, judgements, trials, tribulations, victories and insights. We've written of how we view ourselves, how we're stuck in the same patterns and how our minds have overtaken us.

This type of writing through opening and exposing ourselves and being witnessed by our peers has helped us gain clarity, insight, relief and wisdom. It's a courageous form of writing; to bare our souls, warts and all, to our peers.

Every time a person has written (and I do mean *every* time), the person has felt lighter and more relieved of a burden. Every time a person has read these writings, they've also gained in some way.

Processing Writing

I'm going to call this type of writing, that is *very* useful, processing writing. Let's take a look at the word processing; which is used often these days. Processing, by the dictionary, means 'the action of going forward.'

Processing originally came from two Latin words. The first syllable relates to going forward. The second syllable relates to yielding – so going forward and yielding is to process.

When we use 'processing' in the group we're often referring to being in the midst of a lot of emotions and a lot of thoughts. We're often lost in the emotions and thoughts. It can seem like we're going backwards and being pulled under. It can feel like anything but going forward.

When processing, we keep going forward (or at least keep going on) accompanied by our uncomfortable emotions and by our erratic, confused and/or judgemental thoughts. At the same time there comes a point in all of this morass of emotion and thought where we need to yield. Some part of us needs to give up, to let go, for us to go forward. We're stuck in our emotions and thoughts. It feels like we're being ground up. Some shift is needed for us to go forward. The shift is to yield; to give in, to give up, to let go. There is an energy behind and deeper than our current emotions and thoughts. This deeper energy wants to come through. It's only in giving up and surrendering (yielding) during a deep process that the process can go forward. Otherwise we're stuck in our emotions and in the thoughts of our mind.

It's in this place of letting go that the insight can pour into us. The hard shell of stuck emotions and fixed, judgemental thoughts has been cracked. God (Spirit) can now pour through.

The writing that we're doing in the emails is primarily processing writing. This is good. It brings us to a deeper place. It helps to crack the shell of mind and emotions.

Writing Spirit's Messages

The writing that Charles has recommended that we do in our journals is very different from processing writing. He wants the writing that comes through us to be messages, guidance, advice and clarity from our Inner Wisdom. Our Inner Wisdom can be viewed as from God, from our Spirit Guides, from our soul or from whatever words work for us about this Source of deep inner wisdom inside each of us.

Charles says that in this second type of writing that processing writing is not needed. He said that God (or Spirit or our soul) already knows all that is inside of us. God (or Spirit or our soul or our Guides, Helpers or Angels) doesn't need us to write down our uncomfortable emotions and our chaotic or judgemental thoughts.

The writing of Spirit's messages is a way of writing where we receive messages and insights from our Inner Wisdom. Often when writing Spirit's messages the words will begin to flow without asking any questions. When the words flow, without

asking any questions, this is the act of receiving what Spirit wants to tell us; without any agenda on our part (like wanting an answer to a question).

We also can ask questions. Dialogues between ourselves and our Inner Wisdom can occur from repeated questions. Not every question will be answered. It may be a wrong question or it may not be the right time for us to know the answer.

Each person grows in their own personal and unique relationship in receiving messages and insight from their Inner Wisdom. This relationship of being receptive to our Inner Wisdom develops differently for each person.

We've had many, many deep intuitive insights come to us throughout our life. Some of these deep intuitive insights have been 'game-changers;' guidance we've acted on that put our life in a new and different direction. These intuitive thoughts often come out of 'nowhere.' (Nowhere is also now here).

Writing Spirit's messages is a physical act. It brings intuition onto paper, concretely in the material world; not just staying in the world of thought. There are ways to help these messages come onto paper, into our journal, and into our lives. Being receptive and open to 'help from Above' is a good start. Being quiet helps. Being willing to set our individual ego and will aside helps. This is especially helpful in following, and not just in receiving, the messages from Spirit (God, our Guides, our soul – whatever words best work for us).

Charles has said that if the advice or direction is not followed, time after time that it's given, then Spirit will be giving less and less advice or direction. We've heard the Bible verse of 'don't cast your pearls to swine.' The verse goes on to say: "Ask, and it will be given to you; seek, and you will find; knock and it will be opened to you. For everyone who asks, receives; and the one seeking finds; and to the one knocking, it will be opened." (Matthew 7:6 - 7:8).

The relationship gets built over time between us and the Source of Spirit's messages. If we regularly write in this way, with sincerity of heart, if we listen and follow, then more and more will be revealed to us. We'll be tested. There'll be times when the advice is hard to follow. Charles has also said that if we get in our writings to jump off a bridge, use common sense. Spirit's messages will never be for

our harm or to injure another. There can be some very tough love messages at times, though mostly sweet love will come in the messages.

This relationship grows and deepens over time. Like any relationship the more that both parties put into it, the deeper and more rewarding the relationship will be. Spirit is willing to put 100% into this relationship. How much will we put in?

Consistency of writing is very important. Don't expect a deepening of a relationship if we attend to it just once or so a week. Sincerity already has been mentioned. Also patience is needed. Spirit needs to see that we're willing to set aside our small ways to follow this deeper Guidance.

Meditation prepares one for receiving messages and for asking questions. Sometimes writing will spontaneously be there, without first preparing by quieting and by meditating. There is no formula to follow. Sincerity, consistency and being receptive to the messages and to act on the messages will deepen this way of writing.

Conclusion

This article has addressed (from one point of view) processing itself, 'processing writing,' and writing the messages from Spirit. It's up to us to listen and to follow the best guidance that we have. Writing Spirit's messages opens and deepens a direct channel to our Inner Wisdom. This relationship is built over time. We're watched as to how sincere, consistent and receptive we are to these messages. Writing Spirit's messages as a form of writing may not be for you. You may have your own best way to access and follow your Inner Wisdom. For me, this way of writing, of writing Spirit's messages, is my most true Guide in my life.