

AUTOMATIC WRITING SHOWS THE BRAIN IS CAPABLE OF MAKING YOU THINK YOU ARE IN TOUCH WITH A HIGHER BEING

In the heyday of the Spiritualist or psychic movement, many produced books from "spirits" by automatic writing. The writer felt that some other being was moving their hand. It is felt that these spirits were secondary personalities for none of them showed any proof of being a dead spirit passed on. Mental dissociation was popularised as showing how you could split your self into two so that a new personality could emerge. Sounds like self-inflicted possession of a sort! The idea was that a subconscious personality could be contacted and made to communicate through ouija boards and so on. Many therapists advised against all that as there was a danger of bringing up repressed and forgotten and latent bad feelings and traumas. Sometimes the "spirits" were malicious to the person channelling them or to others. In this it is taken to be showing a different facet to the channeller.

When contraptions such as ouija boards and loosely held pencils were so adept at getting communications it is clear that the mind probably does a good enough job on its own without them by sending you subliminal lies and poison and by acting as if there is another person inside you. The mind simulates God. There is no need for God to explain why you feel accompanied and that there is a higher power. There is - your unconscious or subconscious mind!

