



ModernZenCo

HOLISTIC WELLBEING FOR MODERN LIFE

Intro to Free Writing

Connect to your guides

By The ModernZen Collective

Free Writing Exercise

Grab your journal or use these sheets. Have a seat. Relax and take 3 deep breaths. Inhales and exhales. Your deepest breaths of the day. Straighten your spine, and feel yourself anchored to the Earth. Close your eyes and take 3 more deep breaths. Option to meditate before writing, or just begin. *Thanks and credit to Gabby Bernstein for this prompt.

Write this. on the top of your page...

Thank you guides (you can add in names of your loved ones that have passed) of the highest truth and compassion for writing through me and telling me what I need to know.

Allow the writing to flow, you can even start with "I don't know what to write."

But keep writing.

You will sense and see either your handwriting change or messages start to come through. You might even write in a different language! Be open and allow your pen to flow.

It is quite nice to do this exercise not only while you are in an elevated high vibrational state, but also listening to calming music without words (so that you are not distracted).

This is a great way to open the communication line with your guides and loved ones that have passed. Be ready to feel and receive unconditional love.

Free Writing Journal

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