

***Non-Dominant Handwriting Explanation :**

When you write with the non-dominant hand, you have a direct connection to the right side of the brain. The right side of the brain houses your intuition, your spirituality and your creativity. The left-brain houses the logical, analytical side. Non-dominant handwriting is an effective way to communicate with your team of Holy Spirit helpers.

Where did Rebecca learn the power of Non-dominant handwriting?

She invested a year-and-a-half studying directly with Dr. Lucia Capacchioni who has written many books that use journaling and non-dominant handwriting as a form of free therapy. Books like *Power of Your Other Hand* and *Recovery of Your Inner Child* are available on Amazon.

If Rebecca could recommend only one technique in the whole wide world to increase psychic awareness, it would be writing with the non-dominant hand. Do it every day for six months and you won't believe your results. Combine this with regular HPT and you will grow by leaps and bounds! It's incredible and it's easy.

The dominant hand is the one you write checks with. It doesn't matter if you're right- or left-handed. The dominant hand is the one you eat with and write checks with. Some people say they are ambidextrous; the one you write checks with is your dominant hand.

* NOTE: Non-dominant handwriting is NOT "automatic writing." A spirit will not possess you and move your hand. This is wisdom that comes from your own self; the right side of your brain. Just write slowly, one word at a time. As you grow accustomed to doing this, non-dominant handwriting will be easier and easier.

And BTW... the right side of the brain has not learned how to lie yet so you get direct access to a lot of truth by doing this.

Beginner's exercise

1. Using unlined paper, turn it so it's 'landscape' (wider across the bottom).
2. Write your name with your non-dominant hand.
3. Put the pen back in your dominant hand and ask, "How did that feel writing with my non-dominant hand?"
4. Put the pen in the non-dominant hand and let the answer flow.

Second exercise

Now you are ready to take non-dominant handwriting a step further and address a sub-personality.

1. With a pen in your dominant hand, write: "Dear Inner Wisdom, how can I move forward on my path more easily?"
2. Put the pen in the non-dominant hand and let the answer flow.

