

Body Scan Meditation Using Remote Viewing

Guided Meditation Script (Approx. 10 Minutes)

Welcome.

Today you will use Remote Viewing awareness to scan the body layer by layer... like an energetic X-ray.

This meditation is designed to strengthen body awareness, energetic perception, and deep observation through Remote Viewing.

You are learning to observe the body calmly and clearly.

Without judgment.

Without analysis.

Simply gathering information.

Close your eyes.

Take a slow deep breath in...

And slowly exhale.

Again... Breathing in deeply... and breathing out completely.

Allow your body to relax.

Relax your shoulders.

Relax your jaw.

Relax your hands.

Allow the nervous system to settle.

Now imagine you are entering a Remote Viewing state.

A quiet state of observation.

Your awareness becomes clear... calm... focused.

Imagine your consciousness moving slightly above the body.

Like a scanner observing from above.

You are calmly Remote Viewing the body from head to toe.

Now begin the scan.

Focus on your skin.

Observe the surface layer of the body.

Notice sensations...

Temperature...

Pressure...

Movement...

Energy...

Observe the skin without judgment.

Now move deeper.

Scan your muscles.

Observe the muscles of the face.

Neck.

Shoulders.

Chest.

Back.

Arms.

Stomach.

Hips.

Legs.

Notice areas of tension... warmth... relaxation... or energetic movement.

Simply gather information.

Now move deeper again.

Scan your bones.

Like an X-ray moving through the skeletal system.

Observe the spine.

Ribs.

Pelvis.

Skull.

Arms.

Legs.

Notice the energetic quality of the skeletal structure.

Stable.

Heavy.

Dense.

Grounded.

Simply observe.

Now move deeper into the organs.

Scan your stomach.

Observe sensations there.

Now scan your liver.

Your lungs.

Heart.

Kidneys.

Intestines.

Observe each organ carefully.

Notice energetic impressions... movement... stillness... warmth... or subtle sensations.

Now scan the nervous system.

Observe the flow of energy through the body.

Like light moving through neural pathways.

Calmly observe the energetic communication within the body.

Now move deeper still.

Observe the cells.

Imagine your awareness becoming microscopic.

Viewing the body at the cellular level.

Observe the cells like a field of living light.

Some areas may feel active.

Others quiet.

Some dense.

Others flowing.

Simply observe the information being presented.

You are strengthening your Remote Viewing awareness.

Now imagine a wave of healing light slowly moving through the body.

Through the skin.

Muscles.

Bones.

Organs.

Cells.

Balancing and harmonizing every layer of the body.

The body becomes calm.

Balanced.

Relaxed.

Aware.

Now observe the body as a whole.

One complete energetic system.

Quiet.

Balanced.

Connected.

Take a slow deep breath in...

And gently exhale.

Feel gratitude for your body and awareness.

Slowly begin returning attention to the room around you.

Feel your hands.

Your feet.

Returning grounded... relaxed... and present.

And when you are ready...

Open your eyes.