

How to Make an Intuitive Diagnosis Using Remote Viewing

Guided Meditation Script (Approx. 10 Minutes)

Welcome.

Today you will learn how to make an intuitive diagnosis using the awareness of Remote Viewing.

The purpose of this meditation is to develop intuitive perception, energetic awareness, and the ability to observe subtle information while focusing on another person.

In Remote Viewing, we learn to gather impressions beyond ordinary perception.

We learn to observe information calmly... without force... without fear... and without judgment.

You are learning to become an observer of energetic and intuitive information.

Today we will move through several stages of the intuitive diagnostic process:

First — focusing on the person.

Second — receiving impressions.

Third — asking intuitive questions.

And fourth — scanning the body layer by layer using Remote Viewing awareness.

Close your eyes.

Take a slow deep breath in...

And slowly exhale.

Again...

Breathing in deeply...

And breathing out completely.

Relax your shoulders.

Relax your jaw.

Relax your hands.

Allow your breathing to become calm and natural.

Now imagine yourself entering a Remote Viewing state.

A calm state of deep observation.

Your mind becomes quiet.

Your awareness becomes clear.

You are becoming both the observer... and the receiver.

Stage One — Focusing on the Person

Now bring into your awareness the person you wish to observe.

You may focus on their name.

Their face.

Or simply the intention of connecting with them energetically.

Quietly repeat their name in your mind.

Allow your awareness to focus gently on their energetic presence.

Do not force images.

Simply allow impressions to arise naturally.

Observe what comes first.

Sensations...

Feelings...

Words...

Colors...

Images...

Pressure...

Emotional impressions...

Or energetic movement.

Simply gather information.

Without analysis.

Without judgment.

Stage Two — Receiving Initial Impressions

Now allow the first intuitive impressions to become stronger.

What do you notice about this person's energy?

Do they feel tired...

Heavy...

Anxious...

Blocked...

Calm...

Emotionally overwhelmed...

Or energetically balanced?

Notice where your own body responds.

Sometimes intuitive information is received through the body itself.

Observe sensations carefully.

Pressure.

Tightness.

Warmth.

Coldness.

Heaviness.

Movement.

Or emotional impressions.

Simply observe.

You are learning to receive information through Remote Viewing awareness.

Stage Three — Asking Intuitive Questions

Now begin asking quiet internal questions.

Ask slowly.

And pause after each question.

Allow information to arise naturally.

Ask:

“What area of the body needs attention?”

Pause.

Observe impressions.

Now ask:

“What emotional energy may be affecting this person?”

Pause.

Observe.

Now ask:

“What imbalance is most important for this person at this moment?”

Pause quietly.

Allow impressions to arise naturally.

Do not force answers.

Trust subtle information.

Now ask:

“What does this person most need in order to restore balance?”

Pause and observe.

Notice whether information comes as feelings... images... words... sensations... or intuitive knowing.

Stage Four — Scanning the Body Using Remote Viewing

Now imagine your awareness beginning an energetic body scan.

Like an intuitive X-ray.

You are calmly scanning layer by layer.

Without fear.

Without judgment.

Simply observing information.

Focus on the head and brain area.

Observe impressions there.

Now scan the throat and neck.

Observe sensations or energetic density.

Now move to the chest and heart area.

Notice emotional impressions... heaviness... pressure... warmth... or energetic movement.

Now scan the lungs.

Observe the breathing energy.

Now scan the stomach.

Observe whether emotional tension or energetic heaviness is present there.

Now move to the liver.

Observe carefully.

Notice whether the area feels dense... blocked... heavy... or energetically active.

Now scan the kidneys.

The intestines.

The pelvis.

The spine.

Arms.

Legs.

And nervous system.

Observe each area slowly.

Calmly.

Like an energetic scanner collecting subtle information.

Now move deeper.

Imagine observing the body at the cellular level.

Notice whether certain areas feel bright and flowing... or dense and stagnant.

Simply gather impressions.

No analysis.

No judgment.

Only observation.

Now ask internally:

“What is the most important information I need to understand about this person today?”

Pause quietly.

Allow the final impressions to arise naturally.

Now imagine golden healing light surrounding both you and the person.

The light creates balance... protection... and energetic harmony.

Take a slow deep breath in...

And gently exhale.

Feel gratitude for your awareness.

For your intuition.

For your ability to observe with calmness and compassion.

Slowly begin returning awareness to the room around you.

Feel your hands.

Your feet.

Returning grounded... balanced... and present.

And when you are ready...

Open your eyes.