

Releasing Trapped Emotions from the Body Using Remote Viewing

Guided Meditation Script (Approx. 10 Minutes)

Welcome.

Today you will use Remote Viewing awareness to identify and release trapped emotions held within the body.

Many emotions are never fully processed.

Fear... Stress... Grief... Shock... Anger... Sadness...

Over time, these emotional experiences can become trapped emotions stored within muscles, organs, nerves, bones, and even deep within the cells.

Today we allow the body to release what it no longer needs to carry.

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 you are entering a Remote Viewing state.

A calm state of observation.

You are becoming the observer of your own inner world.

Imagine your awareness moving above the body.

Like an energetic scanner.

Like an intuitive X-ray.

You are simply observing information.

Without judgment.

Without force.

Now begin scanning the body slowly.

Focus on your skin.

Notice whether any emotional heaviness is stored in the surface layer of the body.

Observe sensations.

Pressure.

Tension.

Heat.

Coldness.

Or discomfort.

Now move deeper.

Scan your muscles.

Observe the shoulders.

Neck.

Chest.

Back.

Stomach.

Hips.

Legs.

Notice areas that feel emotionally dense or heavy.

These may be trapped emotions held within the muscles.

Now move deeper again.

Scan your bones.

Observe the spine.

Pelvis.

Ribs.

Skull.

Leg bones.

Arm bones.

Notice whether any area feels stagnant or energetically frozen.

Now scan the organs.

Scan your stomach.

Observe whether fear or anxiety is trapped there.

Now scan your liver.

Observe anger... frustration... or resentment stored within the body.

Now scan your heart.

Observe grief... sadness... loneliness... or emotional pain.

Now scan your lungs... kidneys... intestines... and nervous system.

Observe where trapped emotions are being held.

Now move deeper still.

Scan the cells themselves.

Imagine your awareness entering the cellular level.

Some cells may appear bright and flowing.

Others may appear frozen... dark... dense... or emotionally heavy.

Now ask internally:

“What trapped emotion is ready to release today?”

Allow impressions to arise naturally.

No analysis.

Simply observe.

Now imagine healing light entering the body from above.

The light penetrates every layer.

Skin... muscles... bones... organs... cells.

As you inhale... healing light enters the body.

As you exhale... release trapped emotions.

Again... breathing in healing light... breathing out trapped emotions.

Feel trapped emotions dissolving from the muscles.

Releasing from the organs.

Releasing from the bones.

Releasing from the cells.

The body no longer needs to carry old emotional pain.

Silently repeat:

“I release trapped emotions from my body.”

“I release trapped emotions from my organs.”

“I release trapped emotions from my cells.”

“My body returns to harmony.”

Now imagine golden healing light filling every area that has released trapped emotional energy.

The body becomes lighter.

Softer.

Balanced.

Calm.

Take a slow deep breath in...

And gently exhale.

Feel gratitude for your body.

Your body is learning to release.

Slowly return awareness to the room.

Feel your hands.

Your feet.

Returning grounded... calm... and lighter than before.

And when you are ready...

Open your eyes.