

How to Forgive Using Remote Viewing

Guided Meditation Script (Approx. 10 Minutes)

Welcome.

Today you will learn how to use the awareness of Remote Viewing to begin the process of forgiveness.

The purpose of this meditation is to help you observe emotional pain from a higher level of awareness... release emotional heaviness... and create space for healing, peace, and emotional freedom.

Forgiveness does not mean forgetting.

It does not mean approving harmful actions.

And it does not mean denying your feelings.

Forgiveness means releasing the emotional burden the body and mind have been carrying.

In Remote Viewing, we learn to observe experiences without becoming trapped inside them.

We learn to step back... observe... receive information... and see situations from a wider perspective.

Today you will move through several stages of forgiveness using Remote Viewing awareness:

First — entering a calm observation state.

Second — traveling back to the emotional memory.

Third — observing the person and situation.

Fourth — understanding emotional impact.

And finally — releasing emotional heaviness through forgiveness.

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 observation.

Your mind becomes quiet.

Your awareness becomes clear.

You are becoming the observer of your inner world.

Without judgment.

Without force.

Simply observing.

Stage One — Entering the Memory

Now allow your awareness to gently move backward through time.

Like viewing memories from a distance.

You are safe.

Protected.

And calmly observing.

Allow yourself to move toward a memory connected to emotional pain... conflict...
disappointment... betrayal... or hurt.

Do not force the memory.

Allow the situation to arise naturally.

You may see images... feel emotions... sense impressions... or simply know who the person
is.

Observe the memory calmly.

Like a Remote Viewer observing information from a distance.

You are not reliving the pain.

You are observing it safely.

Stage Two — Observing the Person

Now allow the person connected to this situation to appear in your awareness.

Observe them calmly.

Notice their face.

Their energy.

Their emotional state.

Simply observe without judgment.

Now ask internally:

“What was this person carrying emotionally at that time?”

Pause quietly.

Allow impressions to arise naturally.

Perhaps you sense fear... pain... confusion... anger... stress... immaturity... or emotional wounds.

Simply observe.

You are not excusing their actions.

You are allowing yourself to see the wider picture.

Now ask:

“What lesson did this experience bring into my life?”

Pause quietly.

Allow information to arise naturally.

Observe feelings... images... words... or inner knowing.

Stage Three — Observing the Emotional Impact

Now bring awareness to your own emotional experience.

Observe what this situation created inside you.

Pain...

Sadness...

Anger...

Fear...

Disappointment...

Loss...

Or emotional heaviness.

Notice where these emotions are stored in the body.

Perhaps in the chest... stomach... throat... heart... or nervous system.

Simply observe.

Without judgment.

Now imagine you are viewing these emotions from above.

Like an energetic X-ray.

Observe the emotional heaviness without becoming trapped inside it.

You are the observer.

Calm.

Aware.

Present.

Stage Four — Forgiveness and Release

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

The light creates calmness... softness... and emotional space.

Now quietly say within yourself:

“I choose to release emotional heaviness.”

“I choose peace instead of carrying pain.”

“I release the emotional burden from my body and mind.”

Pause quietly.

Now, if it feels right for you, say internally to the person:

“I forgive you.”

Or perhaps:

“I am beginning the process of forgiveness.”

Or simply:

“I release this pain from my life.”

Allow the words to arise naturally.

There is no pressure.

Forgiveness is a process.

Now imagine emotional cords of pain slowly dissolving.

The heaviness begins to leave the body.

The chest softens.

The nervous system relaxes.

The heart becomes lighter.

Now silently repeat:

“I release emotional pain.”

“I allow healing.”

“I free myself from carrying the past.”

“I choose peace.”

Feel golden light filling the spaces where emotional heaviness once existed.

The body becomes lighter.

Calmer.

More peaceful.

Take a slow deep breath in...

And gently exhale.

Feel gratitude for your willingness to heal.

Forgiveness is an act of emotional freedom.

Now slowly begin returning awareness to the room around you.

Feel your hands.

Feel your feet.

Returning grounded... balanced... and lighter than before.

And when you are ready...

Open your eyes.