

Remote Viewing of Your Body



Remote viewing of your body helps to find balance and uncover underlying emotional or energetic blockages that may be affecting your health, enabling a more holistic approach to healing and well-being.

As a medical intuitive and holistic medical doctor, I have found remote viewing to be an invaluable tool in understanding and healing the body. I regularly practice remote viewing and teach others how to do it themselves.

Many people think remote viewing only applies to external places, like a city, building, or forest. In reality, though, the same technique can be used to connect with your own body.

Energetically, we are all connected, and when we enter the energy field, there are no boundaries—whether you're connecting with the energy of a distant place or tuning into your own physical body.

Remote viewing gives us access to the subtle energy systems within, helping us understand imbalances and areas in need of healing. Through this method, you can tune in to what truly aligns with your energy—whether it's selecting the right foods, meditation practices, or even choosing a doctor or healer whose energy resonates with yours.

This approach ensures that the choices you make are in harmony with your body's needs. Ultimately, remote viewing your body enables natural healing, bringing you into balance not only with your internal systems but also with the external influences around you.

How Remote Viewing Can Support Your Health and Healing

- 1. It Helps to Understand Your Body:** You can use remote viewing to connect deeply with your body, observing its energy, sensations, and any areas that need attention.
- 2. It Helps to Understand Your Mind:** You can use remote viewing to observe the energy of your thoughts and emotions, allowing you to see them clearly and then transform them.
- 3. It Helps to Understand Your Soul:** You can use remote viewing to observe the energy of your soul—beyond the needs and desires of your ego. This allows you to connect more deeply with your soul's true purpose.
- 4. It Helps You Choose the Right Practitioner:** You can use remote viewing to help you select the right health practitioner—whether a doctor, psychologist, healer, or physiotherapist—whose energy aligns with your values and resonates with you.
- 5. It Helps to Sense the Energy of Prescribed Medications:** You can use remote viewing to assess how a medication's energy aligns with your body, providing insight into its potential effects on your well-being.
- 6. It Helps to Sense Treatment Compatibility:** Remote viewing helps you intuitively assess whether a treatment, technique, surgery, or procedure aligns with your energy, ensuring it supports your body's natural healing rhythms before committing.

How to Use This Guide to Remote View Organs and Body Parts

1. Identify the specific organ, body part, or system you want to view remotely.
2. Refer to the guide and locate the organ, body part, or system in alphabetical order (see below).
3. Read the steps provided for viewing it distantly.
4. Repeat the process, building on your previous findings until you gain deeper insights.
5. Compare your findings with medical tests if possible. The more physical confirmation you receive, the more accurate and masterful your remote viewing becomes.
6. Before viewing the organ or body part, Google "anatomy of [name of organ/body part]." For example, if you need to remote view your ear, search "anatomy of the ear" on Google, and you'll find many images to guide you. Spend 2 minutes looking at the picture to familiarize yourself with it. You don't need to be an anatomy expert, but remember: "Energy flows where attention goes." The better you understand the anatomy, the easier it will be to perceive it remotely. Try it and see how it works!

When you remotely view a body or organ, you are connecting with its hologram—its energetic representation. To deepen your understanding of this concept, I recommend reading the chapter titled "My Approach to Remote Viewing" in this book. It will help you revisit the foundational principles of holographic viewing. By connecting to a target, including your own organs, you're engaging with its hologram—an energetic reflection of the organ itself.

The same applies to the mind and soul—when you connect remotely, you engage with their current energetic reflections.

A hologram is what you see when you break the body down into its smallest particles. Here's how it works: a body part or organ consists of cells, which can be broken down into molecules, molecules

into atoms, and atoms into energy. At this level, you perceive the hologram, which is the energetic representation of the organ or body part.

To access this, you only need to calm your mind and connect to the energetic field.

The calmer your mind, the more attuned you become to sensing the energy within and around you. To practice, try selecting an organ or body part to focus on remotely and explore it through remote viewing.

Don't take yourself too seriously — let go, have fun, and play with energy. Approach it as if you're a child learning something new, with lightness and curiosity.

Good luck!

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- Below is a list of organs and body parts in alphabetical order.
 - Choose an organ or body part and read the description to learn how to perform remote viewing on it.

Arms

Arms represent our ability to embrace life, handle challenges, and connect with others through giving and receiving. Remote viewing the arms goes beyond physical observation; it allows us to perceive the subtle energy patterns that shape how we reach out, hold on, and manage responsibilities. Remote viewing the arms allows us to explore these energetic dynamics and identify imbalances that may affect how we handle things, give, and receive. When viewing the left arm, you connect to your feminine energy of receiving and nurturing, while the right arm is linked to masculine energy, focused on giving and action.

Here are five steps to remotely view and sense the energy within your arm, with suggested times for each step, to deepen your understanding of its role in your well-being.

1. Relax and Set Your Intention (3 minutes)

Start by taking a few minutes to relax your body and clear your mind with deep breathing. Inhale slowly and deeply, then exhale gently, allowing any tension to melt away. Next, search for "arm anatomy" on Google and spend a moment observing the muscles, bones, and ligaments in the images. Familiarizing yourself with the arm's basic structure will help you focus inward. Set a clear intention to connect with the energy inside your arm. As you continue with deep, calming breaths to centre yourself, say the affirmation: "I am tuning into my arm," allowing your focus to deepen as you prepare for the remote viewing session.

2. Visualise a Beam of Light from Your Third Eye (4 minutes)

Spend 2 to 4 minutes visualizing a beam of light coming from your "third eye" (forehead area). Picture this beam extending out and connecting with your arm, wrapping it in light. This creates an energetic link between your consciousness and the subtle energy within your arm.

3. Tune into Physical Sensations (4 minutes)

Focus on your arm's physical sensations. Notice its weight, warmth, tension, or any tingling sensations that arise. Pay close attention to the subtle movements or changes in how your arm feels

without overanalysing. Just observe the sensations.

4. Use Your Inner Eye – Your X-ray Vision (4 minutes) Use your focused attention to scan your arm, moving through each layer—skin, muscles, bones, and blood vessels—without judgment or analysis. Simply feel and sense the energy, being fully present as you observe any areas that stand out or need attention. Allow the energy to guide you wherever it needs to go within your body. Over time, you may begin to see your arm's tissue from within, a phenomenon known as the "inner eye"—the ability to observe your organs from the inside.

5. Document and Reflect on Your Observations (5-7 minutes)

After observing your arm with no judgment, take note of everything you saw and felt. Record all details, as they may be useful when you remote view your arm again in the future. Repeat the process on the next day and the following days, adding to your observations until you develop a deeper understanding and connection with what is happening inside your arm. Remote viewing your arm is not just a diagnostic tool, but also a way to promote healing. By sensing energy and visualizing the structures of your arm, you support its healing and help bring it into balance.

While taking notes, observe if you noticed any areas of increased energy or blockages. This reflection will help you refine your sensitivity and deepen your awareness within your body.

The process will take about 23 to 30 minutes in total, but you can extend the session, especially if you begin to feel the energy more strongly. As you connect with the energy, you may feel inclined to prolong the session for healing purposes.

Aorta

The aorta, the largest artery in the body, symbolizes the flow of love, joy, and life force, nourishing both our physical and emotional well-being. Just as it delivers blood to vital organs, it represents the essential flow of energy and life force that sustains us. Remote viewing the aorta allows us to connect with this flow, observing and healing any blockages that may hinder the circulation of love, joy, and vitality.

By following these five steps, you can begin to remote view the aorta, exploring both its physical and energetic aspects to promote balance and healing within your body.

- 1. Clear Your Mind and Prepare (5 minutes)** Start by sitting comfortably and taking deep, slow breaths to relax your mind and body. Inhale deeply through your nose, hold briefly, and then exhale through your mouth. Set your intention to connect with the energy within your aorta, seeking clarity and balance. Before you begin your remote viewing session, take a moment to Google an image of the aorta to familiarize yourself with its structure and position in the body. This will help direct your focus and enhance your ability to visualise accurately.
- 2. Focus Your Attention (4 minutes)** Gently direct your awareness to your aorta, sensing the energy flowing through it. Visualise its full structure, extending from the heart to the body's extremities. As you breathe, imagine the air flowing through the aorta, as though you are breathing directly through it. Tune into the sensations that arise, feeling the rhythm of both blood and energy circulating through the body. Allow your focus to deepen as you feel the energy moving and pulsing through the aorta, sensing its steady rhythm and the flow of internal sensations within your body as it circulates.
- 3. Tune into Physical Sensations Inside the Aorta (4 minutes)** Tune into any physical sensations you may feel inside the aorta. Pay attention to areas of warmth, pressure, or any subtle shifts in energy. These sensations may indicate areas of blockages, flow irregularities, or healing points within the aorta. Stay open to any intuitive impressions that arise during this scan.

4. **Use Your Inner Eye or X-Ray Vision (5 minutes)** Activate your inner eye or x-ray vision to look deeper into the structure of the aorta. Visualise its inner workings—its walls, valves, and the flow of blood and energy. See any disturbances or imbalances that may appear in your view. Allow your intuitive sense to guide you as you observe the aorta from a deeper perspective, beyond just the physical.
5. **Document Your Observations (3 minutes)** After your session, take a few minutes to reflect on and document your observations. Record any images, sensations, or emotions you experienced during the session. Write down areas that felt strong, blocked, or in need of healing. This documentation will help you track progress and deepen your understanding in future remote viewing sessions.

The entire process of remote viewing the aorta takes about 21 minutes, but as you begin to connect more deeply with the energy, you may find yourself extending the session. The experience of being immersed in the energy field inside your body becomes increasingly enjoyable, and you'll want to spend more time exploring it. Over time, you'll come to realize that remote viewing is not just a diagnostic tool; it is also a powerful healing practice. By engaging with the energy of the aorta, you facilitate a deeper sense of energetic balance and harmony, promoting both physical and emotional well-being.

Adrenal Glands

The adrenal glands play a crucial role in the body, producing hormones like adrenaline and cortisol that help regulate stress, energy levels, and metabolism. They are deeply associated with our sense of responsibility and self-esteem, influencing how we respond to challenges and manage stress. Imbalances in the adrenal glands can manifest as feelings of overwhelm, fatigue, or diminished self-worth.

Remote viewing of the adrenal glands offers an opportunity to explore the energy patterns and emotional connections linked to these glands. By understanding their function and energy flow, you can support healing and balance within your body.

You can follow these five steps to remote view the adrenal glands, enabling you to connect with their energy and promote harmony in both your physical and emotional well-being.

1. **Clear Your Mind and Set Your Intention (5 minutes)** Begin by sitting comfortably and taking slow, deep breaths to calm your mind and body. Inhale deeply through your nose, hold briefly, and exhale through your mouth. As you breathe, set the intention to connect with the energy of your adrenal glands, seeking balance, vitality, and insight into your stress response and self-esteem. Before you start remote viewing, take a few minutes to Google an image of the adrenal glands and observe their structure and location above the kidneys. This visual grounding will help you focus on the right area and enhance your connection during the session.
2. **Focus on the Glands and Sense Their Energy (5 minutes)** Gently bring your attention to the adrenal glands, located above your kidneys.

Visualise them in their physical location and structure. As you focus, sense the flow of energy inside and around them. Tune into any sensations or impressions that arise, paying attention to how the energy feels in these glands.

3. **Tune into Emotional Connections (4 minutes)** Reflect on how the adrenal glands are linked to your emotional state, particularly your sense of responsibility and self-esteem. As you focus on these glands, notice any feelings of stress, anxiety, or overwhelm. Pay attention to how these emotions may be affecting your adrenal glands and whether there are any areas of imbalance or excess.

4. Use Your Inner Eye or X-Ray Vision (5 minutes) Activate your inner eye or x-ray vision to look deeper into the structure and function of the adrenal glands. Visualise their intricate inner workings, including the release of hormones like adrenaline and cortisol. See any imbalances or blockages that may be affecting their energy. Allow your intuition to guide you as you observe their energetic state.

5. Document Your Observations (3 minutes) After completing your remote viewing session, take a few moments to reflect on and write down your observations. Record any images, sensations, or emotional insights you experienced during the session. Note any areas of imbalance, stress, or energy that felt out of alignment. This documentation will help you track progress and deepen your understanding in future sessions.

Completing this remote viewing session for your adrenal glands is just the beginning of a deeper connection with your body's energy. Repeating this practice regularly will allow you to develop a clearer understanding of your adrenal glands and their role in your emotional well-being and stress response. As you continue, you'll find that each session brings more insight, and you'll start to enjoy spending time within the energy of your own body. With practice, remote viewing becomes not only a tool for understanding but also a space for healing, balance, and self-discovery.

Bladder

People often choose to remote view the bladder because it is associated with emotions related to relationships—particularly themes of boundaries, holding on, and releasing emotional tension. The energy of the bladder can reflect how we navigate our connections with others, especially in sensing and responding to a partner's energy. By tuning into this area, you can gain insights into relationship dynamics and emotional patterns, helping to foster greater emotional balance and understanding.

Here are five steps to remote view your bladder, incorporating focused attention and sensing the subtle energy within.

Step 1: Calm your Mind (3 minutes) Begin by sitting comfortably with your eyes closed, taking slow, deep breaths to calm your mind and body. Before you begin, take a moment to Google a picture of the bladder to familiarize yourself with its structure and positioning in the body. This visual reference will help you focus more accurately. Once you've done this, close your eyes again and tune into the subtle energy flowing within, sensing it as a gentle vibration or warmth. This grounding step aligns you with your inner energy field, preparing you for deeper awareness in your remote viewing session.

Step 2: Focus Attention on Your Bladder (4 minutes)

When you calm your mind, direct your attention to your lower abdomen, where the bladder is located. Visualise this area clearly, bringing it to the forefront of your awareness. As you focus, begin to breathe deeply, consciously breathing in and out through your bladder. Imagine the air flowing directly into the bladder as you inhale, and then releasing any tension as you exhale.

Step 3: Feel the Energy Inside the Bladder (3 minutes) With your focus on the bladder, gently shift your attention to the sensations within it. Notice what you feel—its unique vibration, warmth, or subtle movement. By sensing this energy more deeply, you gain insight into the emotional and energetic patterns associated with this area. Since emotions are forms of energy, tuning into these sensations helps you better understand the emotions connected to the bladder.

Step 4: Scan the Bladder with X-Ray-Like Vision (4 minutes) Imagine that you're scanning the bladder with X-ray vision. Slowly visualise its structure, shape, and energy flow. Move your inner vision across the bladder, noticing any unusual sensations, blockages, or areas that stand out. Focus on observing with clarity and neutrality.

Step 5: Receive and Interpret Information (4 minutes) After completing the scan, open yourself to any messages, insights, or impressions that may arise. Whether visual, energetic, or intuitive, allow the information to flow naturally. Receive it with an open mind and conclude the session by noting your observations.

The suggested time to view the bladder is 18 minutes, but as you continue practicing these steps, you'll find that each session helps you connect more deeply with your bladder's energy and its emotional associations, particularly those related to relationships, boundaries, and emotional release. Repeat this exercise regularly, gradually increasing the time spent in each session as you become more comfortable. With consistent practice, remote viewing your bladder can become both a valuable tool for gaining insight and a powerful way to enhance emotional release, energetic balance, and overall well-being within your body.

Brain

People often choose to remote view the brain because it serves as the central control system of the body, influencing everything from thoughts and emotions to physical movements and overall health. The brain is like the body's "computer," processing vast amounts of information and regulating various functions. By remote viewing the brain, you can access deeper layers of awareness, uncover energy imbalances, and identify areas that may need attention, whether they relate to mental clarity, emotional health, or physical conditions. This practice can offer valuable insights into the state of your brain and provide a pathway to enhancing its function and well-being.

Here are 5 steps to remote view your brain, incorporating subtle energy sensing and performing a thorough scan for various conditions, helping you better understand its energetic and physical state.

- 1. Calm Your Mind and Centre Yourself (3 min)** Begin by sitting comfortably and taking deep, slow breaths. Inhale deeply through your nose, hold for a moment, and exhale through your mouth. As you breathe, allow your mind to settle and your body to relax. Before you begin, take a few moments to look up images of brain anatomy on Google. This will help you visualise its structure more clearly and accurately during your session.
- 2. Bring Your Attention to the Brain (3 min)** Once you are calm, direct your attention to the brain. Become aware of it as an essential organ within your body. Start breathing through your brain, as if the air is flowing directly into it with each inhale, visualizing the oxygen nourishing every part of it. With each exhale, feel any lingering thoughts being cleared away, creating space for clarity and focus. Pay attention to any sensations you may feel as you focus your energy on this area, connecting deeply with the brain's presence and its vital role in your body.
- 3. Sense the Energy Inside the Brain (5 min)** Shift your focus to sensing the energy within your brain. The energy you feel are the sensations in your brain, such as subtle vibrations, warmth, or pressure. Notice how the energy flows through different areas, and how this flow can be felt through the sensations you experience. Observe if there are any blockages or heightened sensations. This helps you connect more deeply with the brain's energetic state.
- 4. Scan the Brain with X-ray Vision (4 min)** Visualise yourself using X-ray vision to scan the brain. Move your mental focus across its different regions, paying attention to both the structure and the flow of energy. Look for any unusual sensations, imbalances, or patterns that stand out. This step allows you to examine the brain in more detail and gain insights into its current state.
- 5. Receive and Interpret Information (4 min)** As you complete the scan, stay open to any messages or insights that may come through. These could be visual impressions, feelings, or intuitive knowledge. Take note of what you sense and interpret it with an open mind. Trust your intuition as

you receive information, and remember that each session offers a new layer of understanding about your brain's energy and health.

In conclusion, remote viewing your brain is a powerful practice that allows you to connect with the energy and sensations within this vital organ. By tuning into its subtle vibrations, warmth, and pressure, you gain insight into its energetic state and uncover any imbalances or blockages. The more you practice, the deeper your awareness of the brain's energy flow will become. Repeating this exercise regularly helps you not only understand your brain's state but also promotes overall energetic balance. With continued practice, you can enhance your connection to your brain and foster a sense of clarity, well-being, and insight.

Colon

People often choose to remote view the colon because it represents the process of letting go of old patterns, releasing emotions, and releasing physical and emotional "junk." Just as the colon plays a key role in eliminating waste from the body, it is also symbolic of the emotional and energetic release we must undergo to free ourselves from outdated beliefs, burdens, and energies that no longer serve us. By remotely viewing the colon, you can gain insight into both your physical health and emotional state, helping you identify areas where release is needed. Below are five steps to help you connect with the energy of your colon and promote healing and emotional release.

Step 1: Calm Your Mind and Centre Yourself (3 minutes) Start by sitting comfortably with your eyes closed. Take slow, deep breaths to calm your mind and body. Breathe in through your nose, hold for a moment, and exhale slowly through your mouth. Set the intention to connect with the energy of your colon, seeking clarity and balance. Before you begin, take a few moments to Google pictures of the colon to familiarize yourself with its structure. This will help you visualise its form during the session.

Step 2: Focus on the Colon (4 minutes) Once you are calm and centred, bring your awareness to the area of your colon. Visualise this part of your body, imagining its shape, position, and energy. Focus on the sensations you feel in this region, and breathe through it, imagining that the air is flowing through the colon. Feel any subtle vibrations, warmth, or pressure that might arise.

Step 3: Sense the Energy in the Colon (3 minutes) Shift your attention inward and sense the energy flowing within the colon. Allow yourself to feel the subtle sensations that arise—vibrations, warmth, tingling, or any other sensations. Notice the energy flow through the colon, and observe if there are any blockages or areas of heightened sensation. Trust that the energy you sense in this area corresponds to emotions or physical sensations related to release and letting go.

Step 4: Scan the Colon with X-ray Vision (3 minutes) Visualise scanning the colon, as if you are using X-ray vision to see its internal structure and energetic flow. Observe the colon's shape, size, and any irregularities in its energy. Pay attention to areas that may feel blocked, congested, or strained. With practice, you may sense any emotional imprints or energetic patterns related to your ability to release or hold on to old emotional baggage.

Step 5: Receive and Interpret Information (3 minutes) As you complete the scan, allow any insights, impressions, or messages to come through. This could be visual, energetic, or intuitive information related to your colon. Take a moment to interpret any sensations or emotional patterns that arise, and trust the process. Write down your observations for later reflection.

The total time for this remote viewing exercise is around 16 minutes. As you continue practicing, you will deepen your ability to sense the energy of your colon and understand its role in releasing old patterns and emotional baggage. Repeating this exercise regularly will help you build a stronger connection to the energy within your body and promote healing. With more practice, you may find yourself extending the time spent in each session, as you grow more attuned to the energy flow and

emotional release that takes place. Remote viewing the colon becomes not only a tool for understanding but also a healing practice, supporting emotional release and energetic balance.

Diaphragm

The diaphragm is a powerful muscle that separates the chest from the abdomen and plays a central role in breathing. It symbolizes the process of expansion and contraction, not only physically but also emotionally and energetically. It represents the area of the body where we process feelings related to our ability to take in life—our breath, our space, and our ability to release tension. Often, the diaphragm is where we hold stress, anxiety, and emotional blocks, as it is intricately connected to our respiratory and emotional systems. Viewing the diaphragm through remote viewing techniques allows you to access deeper awareness of the energetic and emotional patterns that reside there. By learning to remotely view the diaphragm, you can facilitate emotional release, restore balance to your energy flow, and support better physical health, especially regarding your breathing patterns. Below are five steps to help you begin remote viewing the diaphragm.

Step 1: Calm Your Mind and Centre Yourself (3 minutes) Sit comfortably and close your eyes. Take a few deep, calming breaths—inhale deeply through your nose, hold briefly, and exhale slowly through your mouth. As you breathe, focus on relaxing your body and mind. Set your intention to connect with the energy of your diaphragm, seeking to understand any emotional patterns or physical tensions stored there. Before starting, visualise an image of the diaphragm (Google it if needed) to help you focus your attention on this specific area of your body.

Step 2: Focus Your Attention on the Diaphragm (3 minutes) Direct your attention to the diaphragm, which lies just beneath the ribcage. Visualise its shape and position in your body. Imagine the diaphragm expanding and contracting as you breathe, creating space for life force to enter and exit your body. As you continue to breathe deeply, focus on the subtle sensations in this area, noticing any vibrations, tightness, or areas of tension.

Step 3: Sense the Energy Flow in the Diaphragm (3 minutes) Shift your attention to the energy within the diaphragm. Begin to sense any subtle vibrations, warmth, or pressure that arise. Notice how energy flows through this area with each inhale and exhale. Pay attention to areas where the energy may feel blocked or restricted. Trust the sensations that come up and be neutral in your perception, without judgment. This step allows you to connect more deeply with the energetic patterns associated with your diaphragm.

Step 4: Scan the Diaphragm (3 minutes) Now, imagine that you are scanning the diaphragm as if you have X-ray vision, observing both its physical and energetic structure. Focus on any irregularities or areas where the energy feels stagnant or tense. You may also sense any emotional patterns tied to this area, such as feelings of restriction or difficulty in "taking in" life. Look for any energetic blockages that may be preventing the diaphragm from functioning freely.

Step 5: Receive and Interpret Information (4 minutes) As you complete the scan of your diaphragm, open yourself to any intuitive messages or insights. Allow any emotional impressions, physical sensations, or visions to arise. This could include feelings of stress, anxiety, or other emotions tied to the diaphragm. Reflect on what you sensed and trust the process. Write down any insights or messages you received.

Total time for this remote viewing exercise is around 16 minutes. As you continue practicing, you'll deepen your connection with the diaphragm's energy and uncover new insights. Remote viewing is not only diagnostic, but also a powerful healing tool that can facilitate balance and release blockages. Repeating sessions regularly helps you develop a deeper understanding and connection to your body's energy. As you grow more comfortable, you may find yourself enjoying the process and extending your session time. Consistency will enhance both your healing and your overall well-being.

Elbow

People often choose to remote view the elbow because it represents flexibility, both physically and emotionally. The elbow is the joint that allows movement in the arm, symbolizing how we handle the challenges and tasks in our lives. It's associated with the ability to adapt, make decisions, and express ourselves with ease. By remote viewing the elbow, you can uncover emotional blockages or areas where you may feel stuck, providing insights into how to release those restrictions. Here are 5 steps to remote view your elbow.

Steps to Remote View the Elbow:

1. **Calm and Centre Yourself (2 minutes)** Begin by sitting comfortably and closing your eyes. Take slow, deep breaths to calm your mind and body. Inhale through your nose, hold briefly, and exhale through your mouth. Set the intention to connect with the energy of your elbow, bringing awareness to the flow of movement and ease within it.
2. **Focus on the Elbow (3 minutes)** Direct your attention to the elbow, visualizing it clearly in your mind. Imagine the structure of the joint, the muscles, ligaments, and tendons around it. As you breathe, focus on the sensations in and around the elbow, sensing its energy and any subtle sensations.
3. **Sensing the Energy (3 minutes)** Gently shift your focus to sensing the energy within the elbow. Notice any sensations such as warmth, tingling, or pressure. Pay attention to any areas of discomfort or tightness, as these may indicate emotional blocks or patterns that are affecting your flexibility, both physically and emotionally.
4. **Scan the Elbow with Your Inner Vision (3 minutes)** Visualise scanning the elbow with X-ray-like vision. Focus on the internal structure and the flow of energy around the joint. Notice any blockages, areas of imbalance, or energy that feels stuck. Observe how the energy flows through the elbow and if there are any areas in need of attention or release.
5. **Receive and Document Insights (4 minutes)** Allow any insights, images, or intuitive impressions to come through. Pay attention to what you feel or sense. Whether it's an emotional memory, a sensation of tightness, or a visual representation, trust what arises. Take note of your observations and consider how these insights may relate to your physical or emotional flexibility.

The total practice time for this remote viewing exercise is about 15 minutes. As you repeat this process, you'll start to connect more deeply with your elbow's energy, noticing shifts and changes over time. Remote viewing is not just diagnostic—it's also a powerful tool for healing. With regular practice, you can address emotional blockages and achieve greater flexibility in both your body and life. As you become more comfortable with the process, you may choose to extend the time you spend during each session. Consistency is key, and as you deepen your connection to the energy of your elbow, you'll foster healing and growth.

Ear

People often choose to remote view the ear because it represents how we listen and process information, both from the physical world and the spiritual or emotional realms. The ear is not just for hearing sounds; it also symbolizes our ability to trust in the information we receive, process it, and make sense of the world around us. By remote viewing the ear, you can gain insights into your relationship with communication, trust, and how you process external influences.

Here are 5 steps to help you remotely view your ear.

1. **Calm and Centre Yourself (2 minutes)** Begin by sitting in a comfortable position, closing your eyes, and taking slow, deep breaths. Inhale deeply through your nose, hold briefly, and exhale through your mouth. As you calm your mind, take a moment to Google ear anatomy. This will

help you visualise the structure of the ear and understand its different parts, such as the outer ear, ear canal, eardrum, and inner ear. This awareness will enhance your connection during the remote viewing process.

2. **Focus on the Ear (2 minutes)** With a calm mind, bring your focus to the ear. Imagine the shape of the ear, the structure, and the intricate details you've just visualised. Begin to feel the energy in and around the ear. Let your awareness flow to this area and allow the sensations to become clear in your mind.
3. **Sensing the Energy (3 minutes)** Shift your attention to sensing the energy within the ear. Notice any subtle vibrations, warmth, or tingling sensations. Pay attention to how the energy moves or if you feel any blockages. The ear not only processes physical sounds but also absorbs emotional and intuitive information, so observe any sensations that might relate to emotional or spiritual processing.
4. **Scan the Ear with Your Inner Vision (3 minutes)** Now, visualise scanning the ear with X-ray-like vision. Move through the outer ear, ear canal, and eardrum, and deeper into the inner ear. Notice any areas of tension, imbalances, or blockages. Observe the flow of energy and if there are any areas that might need healing or realignment.
5. **Receive and Interpret Insights (2 minutes)** Allow any insights, images, or impressions to come through. Trust what you sense, whether it's related to your ability to trust others, communicate, or process the information you receive. Take note of any emotional patterns, messages, or intuitive impressions that arise during this session.

The total time for this remote viewing exercise is approximately 12 minutes. As you repeat this process, you'll start to deepen your connection to the energy of your ear and its role in your life. Remote viewing is not just about diagnosing potential blockages—it's also a healing tool that helps you align the flow of energy, enhancing your ability to trust and process both physical and emotional information. As you practice more, you may choose to extend the time of each session, allowing yourself to explore deeper insights and healing. Regular practice will not only improve your connection to your ear's energy but will also help you better process information in all areas of your life.

Gallbladder

The gallbladder is often associated with emotional health, especially in relation to unexpressed anger and frustration. People choose to remote view the gallbladder not only to diagnose physical imbalances but also to explore these deeper emotional patterns that may be affecting overall well-being. Remote viewing offers a unique opportunity to connect with the gallbladder's energy and emotions, facilitating both physical healing and emotional release. Here's a structured approach to guide you in this process.

1. **Calm and Centre Yourself (2 minutes)** Begin by sitting comfortably with your back straight. Close your eyes and take slow, deep breaths. Inhale through your nose, hold briefly, and exhale through your mouth. Focus on calming your mind, allowing any distractions to fade. Once your mind is clear, take a moment to Google the anatomy of the gallbladder. Understanding its location under the liver and its role in bile storage and digestion will help you visualise it more effectively during the session.
2. **Focus on the Gallbladder (3 minutes)** With your mind calm, bring your awareness to the gallbladder. Imagine its shape and location on the right side of the body, beneath the liver. Visualise its pear-like structure and its connection to the digestive system. Let your awareness move to this area, feeling its presence and the subtle energy around it. Allow the sensations to become clearer in your mind.
3. **Sensing the Energy (3 minutes)** Shift your focus to the gallbladder and begin to breathe deeply, imagining you are pushing the air in and out through it. With each breath, direct your awareness to this area, focusing on the sensation of the breath moving through the gallbladder. As you continue, allow yourself to tune in until you begin to sense tingling sensations. These subtle feelings are your way of perceiving energy—tingling is how your body responds to the flow of

energy. Trust these sensations, as they are key to understanding the emotional and energetic patterns within the gallbladder.

4. **Scan the Gallbladder with Your Inner Vision (4 minutes)** To activate your inner vision (your own X-ray vision), you need to focus deeply on the gallbladder and visualise it in your mind's eye. Imagine seeing through your body and into the gallbladder, observing its structure from the inside. Look for any areas that appear imbalanced, tense, or blocked with energy. Pay attention to how the bile flows and notice if there are any obstructions that may represent emotional congestion, such as repressed anger or frustration. Trust the images and impressions that arise, as they offer valuable insights into the emotional and energetic state of the gallbladder.
5. **Receive and Interpret Insights (3 minutes)** Finally, remain open to any impressions, images, or intuitive messages that come through. These insights may manifest in various forms—pictures, whispers, tastes, smells, visions, energy changes, or even physical discomfort. Pay attention to whatever arises, as it could relate to emotional patterns tied to anger, frustration, or difficulty in releasing these emotions. Take note of everything that comes to mind about how the gallbladder's energy might be influencing your emotional and physical state. Writing down these impressions will help you interpret the full picture and gain deeper insights into the need for emotional release or the restoration of balance.

This remote viewing session of the gallbladder should take approximately 15 minutes. By repeating this process regularly, you'll deepen your understanding of the gallbladder's energy and its emotional significance. Over time, you'll find that remote viewing is not just a diagnostic tool but a healing practice. As you continue to explore, you'll uncover deeper insights and healing, extending the length of your sessions because you'll enjoy being in your energy field more. With consistent practice, you'll not only gain clarity on physical imbalances but also learn to release trapped emotions, restoring harmony within both body and mind.

Hands

The hands are vital for managing daily tasks and responsibilities, and they reflect how we navigate life's challenges—from simple actions to complex decisions. The right hand, often associated with the masculine, is linked to action, logic, and control, while the left hand, associated with the feminine, represents creativity, intuition, and receiving. Emotional patterns like stress, overwhelm, or difficulties with balance between these energies often manifest in the energy of the hands. People choose to remote view their hands to uncover and release these emotional blocks, gaining insight into both their active and receptive sides. This practice helps bring more ease and confidence into handling everyday tasks while promoting emotional healing and personal growth. Here are 5 steps to remote view the hands:

1. **Relax and Centre Your Mind (3 minutes)** Begin by sitting comfortably, closing your eyes, and taking slow, deep breaths. Inhale deeply through your nose, hold briefly, and exhale through your mouth. As you calm your mind, bring your focus to your hands. Take a moment to Google the anatomy of the hands to better understand their structure—the bones, muscles, tendons, and nerves. This knowledge will help guide your visualization as you connect with the energy of your hands.
2. **Direct Your Attention to the Hands (3 minutes)** With your mind centred, shift your focus to your hands. Visualise their shape, fingers, palms, and the space between them. Feel the physical sensation of your hands resting. Tune into the energy around them and allow any sensations—whether warmth, tingling, or heaviness—to come through. Simply notice how your hands feel in this moment.
3. **Tune Into the Subtle Energy (3 minutes)** Shift your awareness to the energy within your hands. Notice any vibrations, tingling, or shifts in temperature. Pay attention to whether the energy feels light and flowing or if it seems blocked or stagnant. These sensations can indicate emotional patterns such as feeling overwhelmed or disconnected from tasks at hand. Trust these feelings as they offer clues to the underlying emotional states affecting your hands.
4. **Explore the Hands with Your Inner Vision – internal x-ray (3 minutes)** Activate your inner vision (third eye) to see your hands from within. Use your inner X-ray vision to scan through the bones, tendons, and muscles. Look for any areas where energy may feel stuck or where tension is present. Notice if there are particular spots in your hands that feel tight, strained, or

unbalanced—these physical sensations may reflect deeper emotional blocks related to control, responsibility, or fear of acting. Trust whatever images or feelings arise during this exploration.

5. **Reflect and Receive Insights (3 minutes)** Stay open to any insights, images, or intuitive messages that emerge. These may relate to how you approach tasks, handle responsibilities, or express yourself through action. You might sense emotional patterns such as frustration, fear, or uncertainty about making decisions. Write down whatever impressions, sensations, or thoughts arise. This will help you interpret the full picture of how the energy in your hands is influencing your emotional and physical state.

This remote viewing practice for the hands typically takes about 15 minutes. By repeating this process, you will deepen your connection with the energy of your hands and gain valuable insights into how they reflect your emotional state. Over time, you may experience more subtle and profound realizations, not just about blockages but also about healing and growth. Remote viewing the hands is a tool for both diagnosis and healing, empowering you to manage your responsibilities with greater ease and confidence. With regular practice, you'll find yourself enjoying the sessions more, using them for personal transformation and emotional balance.

Hip

The hips are symbolic of the directions we take in life, both physically and metaphorically. They represent our ability to move forward, change direction, and embrace new experiences. Emotional patterns around the hips can reveal feelings about where we are in life, whether we feel stuck, unbalanced, or uncertain about our path. By remote viewing the hips, you can gain clarity about your life's direction, release any emotional blocks, and restore balance to your energy flow. This practice helps you align your physical and emotional states, making it easier to move through life with confidence and purpose.

You can use these 5 steps to remotely view the hips.

1. **Relax and Centre Yourself (2 minutes)** Sit comfortably and close your eyes. Begin by taking slow, deep breaths, focusing on the breath as it flows through the centre of your body—your spine. Feel the air move in and out, grounding you in the present moment. Keep breathing through your spine and feel the rhythm of your breath as it flows up and down, calming and centring your energy. This is called centring yourself, as the breath helps you connect deeply with your body and the present moment. Let any distractions fade as you bring your awareness to your hips. To deepen your connection, Google the anatomy of the hips to better understand their structure. This will help enhance your visualization and allow you to connect more fully with this area of your body.

2. **Direct Your Attention to the Hips (2 minutes)** With your mind calm, shift your focus to your hips. Visualise their shape and position, including the bones, muscles, and joints. Begin to feel any sensations in the area—warmth, tension, or even a sense of heaviness.

3. **Sense the Subtle Energy in the Hips (3 minutes)** Focus on your hips and begin breathing through them, directing your breath into this area. As you do this, stay fully focused on your hips and the sensations you may feel there. Continue breathing deeply through your hips until you start to notice subtle sensations, such as tingling or vibrations. These sensations are your body's way of perceiving and revealing subtle energy. They may reflect emotional patterns related to your sense of direction in life or feelings of being stuck or uncertain. Trust what you feel, as it will provide valuable insights into your emotional state and connection to your life's journey.

4. **Use Your Inner Eye (3 minutes)** Activate your inner eye, which is your ability to see inside the body, and imagine scanning the area around your hips as if you have X-ray vision. Visualise the muscles, bones, and energy flow in this area, looking for any tension, imbalance, or stagnation.

Observe if there are any obstacles that could indicate emotional blockages or unresolved issues related to your sense of direction in life. Trust what you see, as it may reveal areas that need attention or healing.

5. Reflect and Record Your Insights (2 minutes) Stay open to any impressions, images, or messages that arise during the session. These may appear as thoughts, feelings, physical sensations, or intuitive insights. Write down anything you observe, as it will help you interpret the emotional and energetic patterns around your hips and your life's direction.

Remote viewing the hips can offer valuable insights into how you feel about your life's direction and the energy you carry through your personal journey. The more you practice, the clearer and more detailed your understanding will become. Repeating this process regularly will help you release emotional blocks, align your energy, and gain a deeper sense of purpose. With time, you will strengthen your connection to your hips, allowing you to move more freely through life and make decisions with clarity and confidence.

Intestines

Viewing the intestines through remote viewing offers a unique opportunity to explore how you digest not only food but also life experiences. The state of your intestines can reveal how you process emotions, handle past events, and perceive your future. By remote viewing the intestines, you gain insights into emotional patterns that affect your relationship with yourself and your outlook on the future. This practice allows you to uncover any blockages or imbalances, helping you align better with your personal growth and healing. People choose to remote view the intestines to understand and address any challenges in moving forward or digesting life's experiences.

Here are 5 steps to guide you in this process:

1. **Calm Your Mind with Deep Breathing (2 minutes)** Start by centring yourself. Take deep breaths, focusing on directing your breath through your spine to calm both your mind and body. This process, known as centring, helps ground your energy. Next, find an anatomy image of the intestines on Google and study it for 2 minutes to aid in visualization and remote connection.
2. **Focus on Your Intestines (3 minutes)** Bring your attention fully to the intestines, imagining the flow of air as you breathe through them. Visualise the movement of energy as you focus on this area for another 2-3 minutes.
3. **Become Aware of Subtle Energy Inside Your Intestines (3 minutes)**

Pay attention to the subtle sensations inside your intestines, such as tingling or vibrations. These sensations represent the energetic state of the area and can reflect emotions connected to the intestines, such as anxiety, fear, or difficulty letting go. These emotional patterns may manifest physically in the form of tension or discomfort. By noticing these sensations, you can connect more deeply with the energetic state of the intestines.

4. Use Your Inner Eye (X-ray Vision) (3 minutes)

Engage your inner eye to look deeply inside the intestines. The inner eye is your natural ability to perceive your organs from within. To activate it, focus on your intestines, breathe through them, and remain aware of any sensations such as tingling or vibrations. Practice all of these simultaneously for 3-4 minutes. Over time, you will begin to receive impressions from within your intestines—these may come in the form of images, energetic sensations, or a sense of inner knowing.

5. Record Your Impressions (3 minutes)

After your session, write down everything you perceived—images, sensations, or emotions. These notes can be used to interpret later and serve as a reference for future remote viewing sessions.

In conclusion, remote viewing the intestines is not just a diagnostic tool; it also serves as a powerful healing practice. By engaging in remote viewing of this area, you not only gain insight into its physical state but also connect with the energetic and emotional imbalances that may be affecting its health. During remote viewing sessions, you may receive impressions of emotions such as fear, anxiety, or unresolved feelings, which can contribute to intestinal issues. This awareness allows for deeper healing, as addressing the emotional undercurrents alongside the physical can help restore balance and promote overall wellness.

Jaw

The jaw is an area of the body that often holds tension and is commonly affected by stress, clenching, or other issues. Many people choose to remote view the jaw remotely because problems here are frequent and closely linked to emotional patterns, such as indecision, anger, frustration, and the challenges of "biting down" on life's choices. These emotional patterns can create physical discomfort or alignment issues in the jaw, impacting both our ability to communicate and our sense of personal strength and assertiveness.

By following these five steps, you can connect deeply with the jaw's structure, energy flow, and emotional influences. This process offers insights not only into the physical aspects of the jaw but also into the underlying emotional patterns that may be contributing to tension or discomfort in this area.

1. Set Your Intention and Focus (3 minutes)

Begin by setting a clear intention to remote view the jaw, focusing on its structure, energy, and emotional connections. Visualise the jaw's role in biting, chewing, and decision-making, and tune into its energetic qualities of strength, stability, and flexibility. Spend a few minutes quieting your mind and connecting with both the physical and energetic aspects of the jaw.

2. Visualise the Structure of the Jaw (3 minutes)

Use your intuitive "x-ray vision" to explore the physical structure of the jaw, including the mandible, teeth, temporomandibular joint (TMJ), and related muscles. Focus on the movement of the jaw during biting, chewing, and speech. Notice any areas of misalignment or tension. Spend 5 minutes visualizing and identifying any areas where energy might be blocked.

3. Sense the Energy Flow (3 minutes)

Tune into the energy flow in and around the jaw. Focus on areas where tension or stress may be stored, especially related to decision-making or unexpressed anger. Pay attention to whether the energy feels smooth, blocked, tense, or relaxed. Spend 15-20 minutes observing these energy sensations.

4. Explore the Emotional Patterns (3 minutes)

Investigate the emotional patterns affecting the jaw. Emotions like indecision, anger, and frustration often manifest as tension or discomfort in the jaw. Pay attention to any emotional resistance or clenching, particularly around decision-making and assertiveness. Spend 10-15 minutes sensing these emotional influences.

5. Evaluate Overall Health and Balance (3 minutes)

Assess the overall health and energy balance of the jaw. Consider both physical alignment and emotional expression, particularly related to decision-making and communication. Evaluate whether the jaw feels aligned and free-flowing or if there are signs of misalignment and imbalance. Spend 10-15 minutes making a final assessment.

Summarize your findings, reflecting on both the physical and emotional health of the jaw. Consider any areas needing attention and explore steps for improving energy flow, emotional release, and better decision-making. Spend 5-10 minutes consolidating your insights and preparing for any necessary follow-up for healing or balancing the jaw's energy.

Kidney

The kidneys play a powerful role beyond their physical function—they are often associated with deep-seated emotions like ancient sadness and inherited grief. These emotional patterns, which may have been collected over generations, can sometimes influence kidney health. Kidney-related issues are widespread, and treatment can be challenging due to the complex interplay of physical and emotional factors. By using remote viewing, you can gain insight into your kidneys and uncover hidden emotions or energies that may be impacting them. This unique perspective may help you understand what's happening on an intuitive level, opening the door to a deeper awareness of both your physical and emotional well-being. Here, we will guide you through five essential steps to remote view your kidneys, helping you connect to their energy and explore any underlying emotional patterns.

1. **Clear Your Mind and Become Neutral (2 minutes)** Begin by calming your mind and removing all thoughts by focusing on your breath 3-4 min. Reach a state of neutrality, where you feel centred, balanced, and without judgment. This neutral mindset is essential to perceive information accurately.
2. **Visualise your Kidney (3 minutes)** Bring your awareness to your kidneys and visualise them clearly. To aid in this, find an anatomical image of the kidneys so you can understand their shape, position, and structure within your body. Focus on these details for about 5-6 minutes, keeping your full attention on the kidneys.
3. **Breathe Through the Kidneys (4 minutes)** As you hold your focus, imagine you are breathing in and out through the kidneys themselves. Visualise the air gently pushing through them, cleansing and energizing. This breathing helps you build a connection with their energy.
4. **Sense the Energy While Visualizing (4 minutes)** With each breath, tune in to any sensations in your kidneys—these may feel like tingling, vibrations, warmth, or subtle movements. Hold the visual image of your kidneys in your mind as you focus on these sensations, which represent the subtle energy within this area.
5. **Receive Impressions and Record Them (4 minutes)** Allow any impressions, emotions, or subtle messages to surface naturally. You may sense images, words, or emotions tied to the kidneys. Write down these impressions for future reflection and to deepen your understanding of what they reveal.

To fully benefit from remote viewing, repeat the process regularly. Each session builds upon the last, strengthening your connection to your kidneys' energy field. Over time, this familiar space will become inviting, and you'll find yourself enjoying the process. As you deepen your practice, remote viewing becomes more than just a diagnostic tool; it becomes a path to healing. By recognizing and releasing emotional patterns, you create space for the energy to flow freely, enhancing your physical and emotional well-being.

Knee

Remote viewing the knee can offer valuable insights, not only into physical sensations but also into underlying emotional patterns that may be stored in this joint. Many people choose to focus on the knees due to their connection to emotions like feeling "stuck," resistance to change, and difficulty moving forward in life. These emotions can affect flexibility and physical ease, potentially leading to tension or discomfort in the knee area. By remote viewing, you can connect with these emotions, understand their origins, and promote healing. Here are five steps to help you view the knee intuitively.

1. **Clear Your Mind and Let Go of Thoughts (3 minutes)** Begin by releasing all thoughts through deep, focused breathing along your spine. Inhale and exhale slowly, following the breath as it flows up and down your spine. If any thoughts arise, gently dismiss them by saying, "not this thought, not this thought." Continue until your mind is clear and free of thoughts. Once you reach this quiet, thought-free state, you've turned off your logical mind and connected with your unconscious, preparing you for remote viewing.
2. **Visualise the Knee (3 minutes)** Focus your awareness on the knee and begin visualizing it. First, find an anatomical image of the knee and study it for about 2 minutes to create a clear mental picture. Understanding the knee's structure helps you direct your attention effectively, as energy flows where attention goes. This familiarity allows you to connect more deeply with the knee during your remote viewing.
3. **Sense Subtle Energy and Sensations (3 minutes)** As you focus on your knee, begin breathing through it and pay attention to any sensations that arise. These could include tingling, vibrations, warmth, or subtle movements. These sensations reflect the body's energy within the knee and can offer insights into its current state. Often, knee issues are linked to feeling "stuck" or having difficulty letting go of the past. These emotional patterns can be sensed during your remote viewing, and by acknowledging them, you can release them, allowing for healing and movement.
4. **Breathe Through the Knee (4 minutes)** Start imagining yourself breathing in and out through the knee, focusing on it until you activate your "inner eye"—your intuitive ability to see within. With each breath, deepen your connection to the knee's energy and structure. As you exhale, visualise pushing any negative, stuck energy away from the knee, allowing it to release and clear.
5. **Receive and Record Impressions (3 minutes)** As you continue breathing and focusing on your knee, allow any impressions or insights to arise naturally. These may come as emotions, images, or physical sensations. Trust whatever comes up, and be open to receiving messages from your knee. Record these impressions, as they can offer valuable insights for understanding and healing.

To deepen your connection with your knee's energy, repeat this remote viewing practice regularly. As you become more familiar with this space, you may begin to enjoy the experience of being within your own energy field. Over time, remote viewing transforms into not only a diagnostic tool but also a healing practice, allowing you to release emotions and restore balance within your knee.

Liver

The liver is a vital organ closely linked to emotional health and is often associated with holding unexpressed anger. Many people choose to remote view the liver to understand what energy contributed to their liver problems, especially emotional patterns that may be stored within it. Chronic anger or frustration, whether directed inwardly or outwardly, can manifest as physical imbalances in the liver. By using remote viewing, you can connect with the liver's energy, uncover these emotional patterns, and release them. Here are five steps to help you remote view the liver. Top of Form

Bottom of Form

1. **Quiet the Mind (3 minutes)** Begin by calming the brain chatter. Use deep breathing through your head, focusing on each breath until your mind feels empty or silent. This quiet state prepares you to connect more deeply with the liver's energy.
2. **Visualise the Liver (4 minutes)** Bring your awareness to the liver and start visualizing it. First, find an anatomical image of the liver and study it for about 2 minutes to familiarize yourself with its structure. This will help you focus clearly on its shape and position within the body.
3. **Breathe Through the Liver (4 minutes)** Begin breathing through the liver, focusing on this area as you inhale and exhale. Continue for about 3 minutes until you begin to sense subtle sensations, such as tingling, vibrations, warmth, or slight movements. These sensations are an indication of the energy within the liver.
4. **Sense the Energy Inside the Liver (4 minutes)** As you continue breathing through the liver, keep tuning into the sensations within it for as long as you can—ideally 5-7 minutes or longer. This practice helps you sense the liver's subtle energy. Notice any shifts or changes in sensation, as these indicate energy moving and transforming in the liver.
5. **Receive and Record Impressions (3 minutes)** Allow any impressions, emotions, or insights related to liver issues to arise naturally. These may appear as images, physical sensations, smells, tastes in your mouth, or specific feelings. Record everything you receive, as these impressions can offer valuable insights for healing and understanding the emotions trapped within the liver.

Remote viewing the liver offers a powerful way to connect with its energy and uncover any emotional imbalances, such as unexpressed anger, that may be stored within it. By following the steps of quieting the mind, visualizing the liver, sensing its energy, and receiving impressions, you can gain valuable insights into its state and begin the process of healing. Regularly practicing remote viewing can help you release emotional blockages and restore balance, making it not only a diagnostic tool but also an essential part of your healing journey. The more you practice, the more familiar and comfortable you will become with the energy of the liver, allowing you to facilitate deeper healing and emotional release.

Lungs

The lungs play a profound role in our emotional well-being, acting as "emotional sponges" that often absorb emotions from those around us. For this reason, many people are drawn to remote viewing their lungs, seeking to understand and release the accumulated emotional energy that can contribute to lung issues. By connecting with the subtle energy held in the lungs, you can begin to release emotional burdens and feel a renewed sense of openness and relief.

Below are five steps to guide you through remote viewing your lungs, helping you explore and transform the energy that affects your respiratory health.

1. **Centre Yourself with Deep Breathing (3 minutes)**

Begin by centring yourself through deep breathing, focusing on your spine. Imagine each breath flowing gently up and down your spine, creating a sense of calm and grounding.

2. Visualise the Lungs (4 minutes)

Look at a picture of lung anatomy to familiarize yourself with its basic structure. Bring your attention to your lungs, focusing on them until you can clearly visualise them in your mind. (3 min)

3. Sense the Subtle Energy Within the Lungs (3 minutes)

Start breathing deeply through the lungs, feeling the air move within them. Maintain your focus on the lungs until you start sensing sensations like tingling, vibrations, or subtle movements—these are signs of energy within the lungs.

4. Perform an Internal Scan (3 minutes)

Use an "internal x-ray" to scan the lungs, searching for areas that feel blocked or congested. With each breath, visualise the blockages dissolving and being gently pushed away by the flow of air.

5. Receive and Record Impressions (3 minutes)

Allow impressions to come naturally—whether as visions, sounds, smells, tastes, or physical sensations. Record everything you receive, as these impressions provide insights to interpret later. Consider doing another remote viewing session to deepen your understanding and support healing.

Remote viewing the lungs is a powerful way to explore and release the emotions stored within. The lungs often absorb not only our own emotions but also those of the people we're in close relationships with. By tuning into your lungs, you can begin to balance your own emotions with the emotions of others, creating a clearer sense of personal boundaries and emotional health.

Repeating this process helps you build on each viewing session, allowing you to deepen your understanding of the energy within your lungs. Over time, you'll find yourself more connected to and comfortable within your own energy. With regular practice, remote viewing of the lungs can become not only a diagnostic tool but also a healing process that supports emotional resilience and self-care.

Mouth

The mouth is central to how we communicate, express truth, and share our inner thoughts with the world. People often choose to remote view the mouth to understand the energy surrounding their communication—how they speak their truth, the vulnerability involved in sharing openly, and the impact of words on themselves and others. By tuning into the mouth's energy, we can gain insight into our own patterns of expression and heal any blockages that may affect our ability to communicate authentically.

Here are five steps to guide you in remotely viewing the mouth.

1. **Centre Yourself with Gentle Breathing (3 minutes)** Begin by taking a few deep, calming breaths, feeling the air flow up and down your spine—this is called centring yourself. As you connect to your spine, you'll feel grounded and centred. With each breath, release any tension from your body, focusing solely on your centre+ and your breath. Continue breathing until you begin to feel lighter and more at ease.
2. **Visualise the Mouth (3 minutes)** Look at an anatomy picture of the mouth to familiarize yourself with its structure. Then close your eyes and bring your attention to your own mouth, visualizing its shape, position, and parts, including the lips, teeth, tongue, and throat area.
3. **Sense the Subtle Energy Within the Mouth (4 minutes)** Begin by breathing through your mouth, imagining the air flowing gently through it. You don't need to open your mouth—simply visualise and feel the breath moving through your mouth. Focus on your mouth and continue breathing through it until you begin to feel sensations. These sensations may include tingling, vibrations, subtle movements, or even warmth.

This is how you sense the subtle energy within the mouth.

4. Scan Your Mouth like an X-ray (4 minutes) Visualise your mouth and perform an "internal scan" with your focused attention. Explore it layer by layer, as if you're using your own x-ray vision. Look for areas of tightness, tension, or energy blockages. When you find these areas, breathe into them, and visualise pushing the blockages away from your mouth. Imagine releasing the tension and clearing these blocked areas with your breath.

5. Receive and Record Impressions (4 minutes) Stay open to any impressions that may come to you. These impressions can manifest as feelings, images, tastes, smells, sounds, or visions. Each one can offer valuable insight into how you communicate, as the energy of communication directly affects the mouth. Be sure to record everything you notice, as these impressions can reveal important information about your communication patterns and any underlying emotions. Remote viewing the mouth allows you to explore the energy of communication, expression, and the vulnerability of sharing your truth. By tuning into the mouth's energy, you gain insight into how you communicate and the emotions that influence your words. Whether it's uncovering blockages in expression or understanding deeper patterns in your interactions with others, this practice helps you become more aware of the energy behind your communication. Regularly remote viewing the mouth can enhance your ability to speak freely and authentically, promoting healing in both your verbal expression and your emotional well-being.

Muscle Tissue

Our muscles are not only responsible for movement and physical strength but also hold deep connections to our emotional and mental states. Tension, stress, and unprocessed emotions can manifest as tightness or discomfort in the muscles, affecting how we carry ourselves and interact with the world. Remote viewing muscles allows you to tune into the energy stored within them, helping to identify areas of tension, release blockages, and promote healing. By exploring the subtle energy within your muscles, you can gain valuable insights into how emotional patterns and stress impact your body, and work towards restoring balance and ease.

Follow these five steps to remote view your muscle tissue.

1. **Centre Yourself and Focus on Your Breath (3 minutes)** Start by taking several deep, calming breaths. Direct your attention to your spine and feel your breath flowing through it. Your spine is

your centre. As you continue breathing, feel the breath moving within it, grounding you deeply in yourself. With each breath, release any tension and allow your body to relax.

2. **Visualise the Muscles (4 minutes)** Bring your attention to the muscles you wish to view. Visualise their structure—think of their shape, location, and how they interact with bones and joints. If you're unsure, look at an anatomy image to familiarize yourself with the muscles' appearance, then close your eyes and visualise them as clearly as possible.
3. **Sense the Energy in the Muscles (4 minutes)** Focus on the sensation of your breath flowing through your muscles as you continue breathing deeply. Notice any subtle sensations—tightness, warmth, tingling, or vibrations—as these indicate energy moving through the muscles. Keep breathing into these areas and observe any shifts in sensation; this reflects changes in the energy within your muscles. Allow your awareness to move through different muscles, noticing any variations—each one is a unique expression of energy (3 minutes).
4. **Scan for Tension or Blockages (3 minutes)** Perform an internal scan of your muscles, bringing focused attention to any areas where you sense tension, tightness, or discomfort. Imagine this process as your own internal x-ray, using your awareness to carefully examine each muscle. Notice any areas that feel "stuck" or resistant. As you identify these spots, breathe deeply into them, visualizing the energy gently releasing and the muscles relaxing with each exhale. (4 minutes)
5. **Record Impressions and Release (3 minutes)** Stay open to any impressions that come through, such as images, emotions, or sensations. These may reveal underlying causes of muscle tension, like emotional stress or physical strain. Record everything you notice. With each breath, visualise releasing the tension, allowing the muscles to become more relaxed and free of any blockages. (4 minutes)

Remote viewing your muscles offers a unique way to connect with the physical and emotional energy stored within your body. By exploring subtle sensations and observing areas of tension, you gain insights into how stress, emotions, or repetitive strain may affect you physically. With practice, this technique can become a powerful tool not only for self-awareness but also for releasing tension and supporting healing. The more you connect with your muscles in this way, the more you'll foster a sense of ease, grounding, and comfort within your own body. Regular remote viewing helps strengthen this connection, turning it into both a diagnostic and healing practice over time.

Nerves

The nervous system serves as the communication network within the body, transmitting signals that affect every thought, feeling, and movement. Our nerves hold the energy of these communications, and over time, they can also store stress, emotional tension, and even trauma. Remote viewing the nerves allows us to connect with this intricate network, gaining insight into how stressors and emotions may impact our well-being on a deeper level. By tuning into the subtle energy of the nerves, we can explore areas where tension or blockages exist, helping to release stored stress and restore a sense of calm and balance within the body. This practice can provide not only valuable self-awareness but also enhance relaxation and healing. You can follow these 5 steps to remote view the nerves.

1. **Release All Your Thoughts (3 minutes)** Begin by taking slow, deep breaths. Visualise and feel the breath moving through your spine, the central core of your body. Sense the breath flowing up and down along your spine, grounding you deeply in this connection. Clear your mind of any thoughts, allowing a calm emptiness to settle in. If a thought does arise, gently push it away, repeating to yourself, "Not this thought, not this thought," and imagine the thought drifting away like a passing cloud. Embrace the silence in your mind, feeling it become still and open.
2. **Visualise the Nervous System (4 minutes)** Bring to mind an image of the nervous system—think of its web-like structure reaching throughout the body. Imagine the main pathways along the spine, then branching out to other areas. This visualization will help guide your awareness to the nerves you're about to explore.
3. **Tune into the Energy of the Nerves (4 minutes)** As you breathe, focus on sensing subtle energy within the nerves. Pay attention to any sensations—such as tingling, warmth, or pulsing—

that might emerge along these pathways. Allow these sensations to build, observing how the energy feels as it flows through different parts of the nervous system.

4. **Scan for Areas of Tension or Blockages (4 minutes)** Perform a gentle "internal scan" along the nerve pathways, focusing on any areas that feel tight, tense, or blocked. If you identify any "stuck" points, breathe deeply into those areas, imagining the energy flowing smoothly through them. Visualise tension or blockages releasing with each exhale.
5. **Receive and Record Impressions (3 minutes)** Remain open to any impressions that arise—these might come as images, sounds, emotions, or physical sensations. Each impression can provide insights into areas of stress or stored emotions in your nervous system. Record everything that comes to mind; these observations can guide future sessions and help in understanding and releasing tension in your nerves over time. Remote viewing of the nerves is a valuable practice for accessing the subtle, often hidden layers of stress and emotional energy within the body's communication pathways. By connecting to this intricate system, you gain insight into how various experiences and emotions may affect your physical and mental well-being. With consistent practice, remote viewing becomes more than an observational tool; it empowers you to release tension, ease blockages, and foster a greater sense of calm and clarity. As you develop a deeper connection to your nervous system, you enhance your ability to listen to your body, encouraging natural healing and balance from within.

Ovary

The ovaries are not only central to reproductive health but also closely tied to the energy of creation, femininity, and emotional balance. Often, they hold onto subtle emotional patterns, especially those related to creativity, nurturing, and personal power. Remote viewing the ovaries allows you to connect with this vital energy centre, exploring any stored emotions, stress, or energy blockages that may affect physical and emotional well-being. By tuning into the energy of the ovaries, you can gain insights that support healing, release tension, and deepen your connection to the creative and nurturing aspects within yourself. Follow these 5 steps to remote view ovaries.

1. Calm Your Mind and Release Tension (3 minutes)

Begin by taking slow, deep breaths through the centre of your body (spine) to relax your body and quiet your mind. With each exhale, let go of any tension, especially in the lower abdomen and pelvic area. Allow your mind to become clear and open, creating a calm space to focus on the energy of the ovaries.

1. **Visualise the Ovaries (4 minutes)** Gently bring your awareness to the location of the ovaries, on either side of your lower abdomen. If helpful, refer to an anatomical image beforehand to assist with visualization. Picture the ovaries as small, oval-shaped organs, and imagine them exactly where they are in your body. As you visualise them, allow yourself to not only see them but also feel their presence and energy. When you visualise them within your body, it's as if you are seeing a holographic representation of your ovaries.
2. **Sense the Subtle Energy of the Ovaries (3 minutes)** Continue to breathe deeply, directing your awareness to the ovaries. As you breathe, feel the breath flowing through them. You may begin to notice sensations like warmth, tingling, subtle vibrations, or other signs of energy movement. These sensations are indicators of energy flowing through your ovaries. Keep focusing on this energy and continue to feel it within the area of your ovaries.
3. **Scan for Areas of Tension or Blockages (4 minutes)** Perform an "internal scan" of each ovary, using your attention to feel for any tightness, heaviness, or other subtle sensations. If you identify an area that feels blocked or tense, breathe deeply into it, visualizing the breath gently dissolving any tension and allowing energy to flow smoothly through the area.
4. **Receive and Record Impressions (4 minutes)** Remain open to any impressions, feelings, or images that come to you during this process. Impressions can emerge as emotions, colours, sounds, or even memories, offering insights into stored energy or emotional patterns within the

ovaries. Record everything you notice, as these impressions can guide future sessions and deepen your understanding of the connection between emotional and physical health.

In conclusion, remote viewing the ovaries provides an opportunity to explore the energy and emotions tied to this vital part of the body. By focusing on the sensations and energy flows, you can gain insight into areas that may need healing or attention, whether physical or emotional. This practice helps you connect with the deeper aspects of your well-being and fosters a sense of balance. The more you engage in this process, the more you strengthen your intuitive awareness, allowing for greater healing and harmony within the body and mind. Repeating this practice will enhance your ability to understand and nurture your body's energy.

Pancreas

The pancreas is an important organ not only for its role in digestion and blood sugar regulation but also for its emotional connections to self-esteem, personal power, and our sense of responsibility. Many people choose to remote view the pancreas to explore these emotional themes, as imbalances in this area can reflect issues related to feeling overwhelmed, inadequate, or unsure about one's role in life. By connecting with the pancreas through remote viewing, you can gain insight into the energetic patterns that may be influencing your sense of self-worth and responsibility. Here are five steps to guide you in remote viewing the pancreas.

1. **Release Stress and Ground Yourself (3 minutes)** Begin by releasing any tension or stress. Take several deep, calming breaths, focusing on letting go of any tightness in your body. Centre yourself by bringing your awareness to your spine, which is the core of your body, and feel the air flowing through it with each breath. Sense your deep connection to your spine as your centre, grounding yourself in this space. Feel rooted, relaxed, and fully present in the moment.
2. **Focus on the Pancreas' Location and Energy (4 minutes)** Bring your awareness to the area of your pancreas, which is located behind the stomach and near the lower part of your rib cage. Visualise its shape and placement in your body. Imagine this area as an energy centre, and allow your focus to rest there, connecting to its unique vibration and energy. Before proceeding with this step, you may choose to refer to an anatomical picture of the pancreas to help you visualise it more clearly.
3. **Breathe into the Pancreas (4 minutes)** Take slow, deep breaths, and imagine your breath flowing directly into the pancreas. As you breathe, feel the energy moving through this area. Pay attention to any sensations that arise, such as warmth, tingling, or shifts in energy, which may signal imbalances or emotional blockages.
4. **Scan for Blockages or Imbalances (4 minutes)** Perform an internal scan of your pancreas. With your focused attention, look for any areas of tension, tightness, or energy blockages. These may indicate emotional stress related to self-esteem or responsibility. Visualise breathing energy into these areas, clearing any blockages and restoring balance to the pancreas.
5. **Record Impressions and Insights (4 minutes)** Stay open to any impressions that arise during the session. These may come as feelings, images, sensations, or insights about your emotional state and how it might relate to your pancreas. Record everything you experience, as these impressions can offer valuable insight into your emotional well-being and how it affects your pancreas.

In conclusion, remote viewing the pancreas provides an opportunity to explore the emotional and energetic aspects of self-esteem and responsibility. By tuning into this vital organ, you can uncover any imbalances or emotional blockages that may be affecting your sense of self-worth. Through continued practice, remote viewing the pancreas becomes a tool not only for diagnosing energy patterns but also for facilitating emotional healing. As you deepen your connection to this organ, you

will enhance your ability to release stored emotions and restore balance, supporting both your emotional and physical well-being.

Pituitary Gland

The pituitary gland, often referred to as the "master gland," plays a crucial role in regulating many essential bodily functions, including hormone production, metabolism, and growth. It is deeply connected to our emotional and psychological states, influencing our sense of balance, intuition, and the way we respond to stress. People often choose to remote view the pituitary gland to gain insight into their hormonal balance, emotional well-being, and to uncover any energetic imbalances that may be affecting their overall health. By connecting with the pituitary gland through remote viewing, you can explore its energy and uncover deeper layers of insight related to your personal growth, emotional healing, and physical vitality. Here are 5 steps to help you begin remote viewing the pituitary gland.

1. **Calm and Centre Yourself (3 minutes)** Start by calming your mind and body with deep breathing or meditation. Focus on grounding yourself, allowing your thoughts to settle and reaching a neutral, non-judgmental state. Visualise yourself connecting with your body's energy, specifically around the area of the pituitary gland, which is located at the base of your brain. (5-10 minutes)
2. **Set Your Intention and Focus on the Pituitary Gland (3 minutes)** Set a clear intention to remote view the pituitary gland. Direct your focus to the base of the brain where the gland is located. Visualise yourself zooming in on this area, ready to explore the energy and details of the gland. Breathe deeply, imagining the air flowing in and out of the pituitary gland, and feel the breath at the base of your brain. (3-5 minutes)
3. **Energy Sensing in the Body and Pituitary Gland (5 minutes)** Continue breathing deeply through the base of your brain, and pay attention to any sensations you feel there—tingling, warmth, vibrations, or pressure. These are subtle energies surrounding the pituitary gland. Notice whether the energy flows smoothly or if there are any blockages or disruptions. Now, focus specifically on the pituitary gland itself. Tune into its energy—how does it feel? Is there a sense of balance or imbalance? Simply observe what you sense as you connect with the pituitary gland. All of these sensations are forms of energy.
4. **Observe the Pituitary Gland Using X-ray Vision (5 minutes)** Engage your X-ray vision to gain a clearer view of the pituitary gland. Visualise it as if you could see through its layers. Observe its structure and any details within it. Are there any areas that seem dense or out of balance? Note any irregularities or unusual patterns that you perceive. Intuition is all about noticing the subtle details. In this process, your goal is to become aware of the subtle energies present within your pituitary gland.
5. **Reflect on Emotional Patterns and Physical State (5 minutes)** After completing your remote viewing, gently bring your awareness back to the present. Reflect on the energy and emotional patterns you sensed. Consider how your sense of control over yourself might be influencing or being influenced by the pituitary gland. Document any insights or imbalances you discovered. If needed, plan a follow-up session to focus on addressing and balancing these emotional and energetic aspects.

In conclusion, remote viewing the pituitary gland allows you to connect with the subtle energies within this vital part of the brain. By tuning into its energy, you can become more aware of any imbalances or blockages that may be present, which can influence not just physical health, but emotional and spiritual well-being. As you continue practicing this technique, you deepen your ability to perceive and understand the intricacies of your body's energy system. With each session, you cultivate a stronger connection to your inner wisdom, empowering you to maintain balance and harmony within your body and mind.

Prostate

The prostate is not only an important organ in the male reproductive system, but it also symbolizes the masculine principle within a man. It embodies qualities such as strength, power, and vitality—traits traditionally associated with masculinity. However, the energy of the prostate is not limited to just these outward expressions of power; it also reflects a deeper sense of purpose, responsibility, and groundedness. Understanding the prostate through remote viewing allows us to explore how a man connects with his inner sense of masculinity in a balanced and positive way. It provides an opportunity to observe how energy flows through this area, highlighting the health of both the physical and emotional aspects of masculinity. Through remote viewing, we can uncover blockages or imbalances in this energy and restore the natural, empowering flow of the prostate. Here are five steps to guide you in remote viewing the prostate, focusing on the positive and nurturing aspects of masculinity.

1. **Clear Your Mind of All Thoughts (3 minutes)** Begin by taking slow, deep breaths, directing your focus to your centre and feeling the breath move through your spine. As you breathe, release any thoughts that come to your mind. If any thoughts arise, simply acknowledge them and let them drift away, saying to yourself, "Not this thought, not this thought." Visualise these thoughts gently floating away like clouds, leaving your mind clear and empty, allowing a peaceful stillness to take over.
 2. **Set Your Intention and Focus on the Prostate (3 minutes)** Clearly state your intention to remote view the prostate. Visualise the area where the prostate is located, which is below the bladder and in front of the rectum. Direct your mental focus to this region, preparing to connect with the energy and details of the prostate.
 3. **Energy Sensing of the Prostate (3 minutes)** Now, begin breathing deeply through the area of your prostate, as if you are directing the air into that space. As you do this, visualise the prostate and feel your breath flowing through it with each inhale and exhale. Allow your awareness to settle fully into this area. After a few breaths, you may begin to notice subtle sensations within the prostate. These sensations could include warmth, tingling, gentle pressure, or a feeling of expansion. These are signs of the energy moving through the prostate, and they may vary in intensity. Pay close attention to the sensations you experience, as they indicate the flow of energy. The more you focus on this energy, the clearer the sensations will become, helping you to connect more deeply with the prostate's energetic state.
 4. **Explore Emotional Patterns Related to the Prostate (3 minutes)** Take a moment to reflect on the emotional patterns linked to the prostate, particularly those connected to masculinity and how one perceives themselves as a man. Tune into any emotions or energies that may arise related to these themes. These could include feelings of strength, vulnerability, identity, or concerns about self-worth and responsibility. Notice if any past experiences, beliefs, or unresolved emotional imprints seem to be influencing the energy of the prostate. As you focus on these emotional patterns, consider how they might be impacting the health and balance of the prostate. Pay attention to any sensations or shifts in energy as you process these emotional aspects.
- 5. Write Down Your Impressions** After completing your remote viewing, gently bring your awareness back to the present. Reflect on the energy and emotional patterns you observed. Document your findings, noting any insights about the prostate's energy, its connection to masculinity issues, and overall comfort. If necessary, plan a follow-up session to address and balance any negative emotions or energy imbalances.

In conclusion, remote viewing the prostate is an opportunity to connect with both the physical and emotional energy of this important organ. By tuning into its subtle sensations and exploring any emotional patterns associated with masculinity, identity, and self-worth, we can gain deeper insights into how these factors influence prostate health. Through continued practice, remote viewing of the prostate can serve not only as a diagnostic tool but also as a means of promoting balance and healing. As you refine your ability to sense the energy and emotions tied to the prostate, remember to approach the process with neutrality, compassion, and a willingness to explore the deeper layers of both the body and mind.

Rectum

The rectum, as a part of the digestive system, plays a significant role in the body's process of elimination and detoxification. It is deeply connected to the release of physical waste, but also holds emotional significance tied to the concept of letting go. Issues in the rectum can sometimes reflect emotional blockages or difficulties in releasing both physically and mentally. When remote viewing the rectum, we can explore not only the physical state of this area but also the emotional and energetic patterns associated with it. This process can offer insight into any underlying tensions or imbalances, whether they are related to past trauma, the need for control, or an inability to release what no longer serves us. By tuning into this area, we can promote healing and gain clarity on both the physical and emotional layers that influence the health of the rectum.

1. **Ground Yourself to Your Centre (3 minutes)** Begin by taking a few deep, calming breaths. Focus on your breath and let it flow through your spine, grounding you to your centre. Feel the connection between your body and the earth beneath you. As you breathe, release any tension from your body, clearing your mind, and becoming fully present in the moment. Your centre is your spine, and with each breath, feel more rooted and connected to yourself.
2. **Focus Your Awareness on the Rectum (3 minutes)** Bring your awareness to the location of the rectum in your body, at the end of your digestive system. Visualise this area clearly in your mind, imagining it in detail as if you were looking at it from the inside. Feel its presence in your body, and allow yourself to become aware of any sensations or energy you sense around this area.
3. **Energy Sensing in the Rectum (3 minutes)** Breathe through the area of the rectum, feeling the energy moving in and out with your breath. Focus on the flow of air through this region, noticing any subtle sensations such as warmth, tingling, or pressure. These sensations represent the energy moving through the rectum. Pay attention to any blockages or disruptions in the flow of energy, as these may indicate areas that need healing or attention.
4. **Explore Emotional Patterns Related to the Rectum (3 minutes)** Reflect on any emotional patterns associated with the rectum, such as issues related to release, control, or holding onto past emotional burdens. The rectum can hold energy related to one's ability to let go of what no longer serves them. Tune into any feelings or energies that arise as you focus on this area. Are there any feelings of resistance or difficulty with releasing? Consider how these emotional patterns might be influencing the health of this area.
5. **Clear Any Blockages and Release Stagnant Energy (3 minutes)** If you identify any areas of blockage or tension, use your breath to clear them. Visualise the energy being released from the rectum with each exhalation. Imagine the area becoming free and open, allowing the energy to flow smoothly and naturally. Feel a sense of emotional and physical release, as if you are letting go of any stagnant or unneeded energy in your body. Trust the process of release, knowing that it promotes healing and balance.

In conclusion, remote viewing the rectum helps you understand both the physical and emotional energies connected to this part of your body. By grounding yourself and focusing on your breath, you can sense any tension or imbalances in the area. Emotional patterns, such as issues with letting go or control, can affect the health of the rectum. By paying attention to these feelings and using your breath to release blockages, you can help bring balance to both your body and mind. This practice allows you to identify potential physical issues while also understanding the deeper emotional connections that influence your health.

Rib Cage

People often choose to remote view the rib cage because it holds significant emotional and energetic connections to protection, boundaries, and support. The rib cage serves as a physical shield for vital organs, and it can reflect the way we emotionally protect ourselves from the outside world. It is also linked to feelings of vulnerability, control, and security, as it surrounds the heart and lungs, the organs vital for emotional and physical well-being. Emotions such as fear, grief, and a lack of emotional boundaries can become trapped in this area. Remote viewing the rib cage allows you to explore these energies, uncover hidden emotional patterns, and help release any blockages or unresolved emotions that may be affecting your health or sense of security.

You can follow 5 steps to remote view the rib cage.

1. Centre Yourself (3 minutes)

Begin by centring yourself with deep, calming breaths. Focus on your breath as it flows in and out through your spine, your core. Feel the air moving gently up and down, connecting you to your centre. Clear your mind of all thoughts, allowing your head to become empty and still. Focus solely on the sensation of your breath and the energy of your spine. This is the process of grounding and centring yourself.

2. Focus Your Attention on the Rib Cage (4 minutes)

Bring your attention to the area of your rib cage. Visualise the ribs as a protective structure surrounding your heart and lungs. You may find it helpful to refer to an anatomical reference beforehand to aid in visualization. As you focus, feel the ribs, their shape, and their connection to the body. Sense the energy around this area.

3. Breathe Through the Rib Cage (4 minutes)

Begin breathing deeply, imagining the air flowing through your rib cage. Feel the breath expanding the ribs and filling the space between them. As you do this, pay attention to any sensations that arise—such as tightness, warmth, or subtle vibrations—indicating the flow of energy. These sensations help you tune into the rib cage's energy field.

4. Explore Emotional Patterns Associated with the Rib Cage (3 minutes)

Reflect on any emotional patterns tied to the rib cage, such as fear, vulnerability, or the need for protection. Tune into how these emotions might be affecting the energy of the ribs. Are there any blockages or unresolved emotions? Observe how the energy feels—whether it is open and free or tense and constricted.

5. Clear and Release Blocked Energy (3 minutes)

If you notice areas of tension, tightness, or emotional discomfort, focus on releasing them. Breathe into these areas and visualise the energy clearing. Imagine the breath dissolving any blockages or stagnant energy, restoring balance and harmony to the rib cage. Allow yourself to experience a sense of ease, relaxation, and protection within your rib cage. In conclusion, remote viewing the rib cage provides a deeper understanding of both its physical structure and the emotional energy stored within it. By centring your focus on the breath, energy flow, and the sensations within the ribs, you can uncover any blockages, tension, or imbalances tied to feelings of safety, protection, or vulnerability. This practice offers an opportunity to release emotional weight and physical discomfort, fostering a sense of ease and balance. Through this exploration, you can promote healing, not only in the rib cage itself but also in the emotional patterns that may be influencing it.

Skin

Remote viewing the skin allows you to connect with the body's largest organ, which serves as a boundary between the inner and outer world. The skin not only protects and defines personal space but also reflects our emotional state and interactions with others. It can reveal subtle energy patterns tied to how we create boundaries, experience touch, and express our identity. By remote viewing the skin, you can explore both physical and emotional aspects, gaining insight into how we protect ourselves and relate to the world around us. This practice can offer valuable understanding of emotional blockages or imbalances related to boundaries, sensitivity, and self-esteem.

1. **Calm Your Mind (3 minutes)** Start by calming yourself with deep, steady breaths, focusing on the air flowing through your spine, your body's centre. Clear your mind of distractions and allow yourself to feel grounded and present in the moment. A calm and focused mind will help you connect with the subtle energy of your skin.
2. **Visualise the Skin as a Protective Boundary (4 minutes)** Visualise your skin as a protective boundary surrounding your body, a shield that defines your personal space. See it as a layer that not only keeps you safe but also regulates the flow of energy in and out. Imagine this boundary as flexible, allowing positive energy to flow in while keeping out any negative influences.
3. **Sense Energy in the Skin (4 minutes)** Focus on sensing the energy within and around your skin. As you breathe, notice any subtle sensations like warmth, tingling, or coolness. Feel the energy that moves through the skin as a boundary. Are there any areas of tension, blockages, or areas that feel lighter or more energized than others? Observe these sensations without judgment.
4. **Explore Emotional Energy (3 minutes)** Reflect on the emotional patterns related to your skin, particularly those involving your boundaries. How do you feel about your physical space? Are there any emotional imprints tied to protection, vulnerability, or sensitivity? Tune into how your skin might reflect these emotional states, such as areas of discomfort or heightened sensitivity.
5. **Write Down Impressions (3 minutes)** Record any impressions, sensations, or insights you experienced during your remote viewing of your skin. These impressions can come in many forms, such as physical sensations (like tingling, warmth, or pressure), emotional responses, or mental images. For instance, you might notice areas of sensitivity or feel certain emotions tied to protection or vulnerability. Be sure to capture any subtle or unexpected sensations, as they can provide valuable insights into your skin's role as a boundary, both physically and energetically. Reflecting on these notes will deepen your understanding of the connection between your skin and your personal boundaries.

Remote viewing the skin can offer profound insights into both the physical and energetic boundaries we maintain. By tuning into the sensations, emotions, and images associated with the skin, you gain a deeper understanding of how it protects and connects us to the world. This practice can help uncover areas where your boundaries may feel strong or vulnerable, offering valuable clues about how you interact with your environment and how you care for yourself. Engaging with the skin in this way enhances your ability to nurture your personal space and foster healthy boundaries, both physically and emotionally.

Spleen

The spleen plays an important role in our body's immune system, filtering blood, recycling iron, and managing the body's energy balance. When remote viewing the spleen, you may tap into emotional patterns tied to protection, self-worth, and the ability to release or hold onto things. People often choose to remote view the spleen to gain insight into how these emotional patterns might affect their physical health, particularly when it comes to feelings of overwhelm, suppressed emotions, or a lack of self-care. Exploring the spleen energetically allows you to better understand the internal dynamics

of these emotions and their impact on overall well-being. You can follow 5 steps to remote view spleen.

1. Bring Yourself to Your Centre (3 minutes) Begin by sitting comfortably and taking several deep breaths. Focus on your breath flowing in and out, allowing yourself to ground into your body. Visualise your spine as the centre of your body and feel the energy flowing through it as you breathe deeply. This helps you become present and focused on the task ahead.

2. Direct Your Awareness to the Spleen (3 minutes) With your mind calm and centred, shift your focus to the location of the spleen, which is on the left side of the body, just beneath the ribs. Visualise the organ in your body, and allow your awareness to settle on its energetic presence. Picture the spleen in relation to the rest of your organs to better understand its position and function.

3. Sense the Energy of the Spleen (4 minutes) Breathe through the spleen and focus on any sensations you feel in the area. These could include warmth, tingling, pressure, or even a sense of lightness or heaviness. These sensations are indicators of the energy flow through the spleen. Pay attention to any changes in these sensations as you continue to breathe and focus on the organ.

4. Explore Emotional Patterns Connected to the Spleen (3 minutes) Consider the emotional patterns linked to the spleen, such as feelings of protection, trust, or emotional release. The spleen often stores unresolved emotions or burdens related to a person's sense of security or ability to let go of past experiences. Tune into any emotional responses you might feel as you observe the spleen's energy.

5. Record Your Impressions (3 minutes) After you've completed your session, take some time to write down any impressions, feelings, or insights you received during the remote viewing session. This may include sensations, colours, or emotional patterns that you experienced. Recording these impressions can help you reflect on the energy you sensed and the possible emotional imbalances that may exist.

Remote viewing the spleen can offer valuable insights into the emotional and energetic imbalances that affect a person's sense of protection and self-worth. By tuning into the energy of the spleen, you can identify areas of emotional stagnation or unresolved feelings, which can provide guidance for healing. Whether you are looking to better understand the physical or emotional health of the spleen, this practice allows you to connect deeply with your body's energy, leading to greater awareness and balance.

Stomach

The stomach is a vital organ in the digestive system, responsible for breaking down food and absorbing nutrients, but it is also deeply connected to our emotional well-being. People often choose to remote view the stomach because it holds emotional patterns related to digestion, nourishment, and the ability to "digest" life experiences. Issues such as stress, anxiety, and feelings of insecurity can manifest in the stomach, leading to discomfort, indigestion, or even chronic conditions. Remote viewing the stomach can provide insight into not only its physical health but also the emotional and energetic blockages that might be influencing its function. By connecting with this area, you can better understand how your emotional landscape affects your ability to process and integrate life's challenges.

- 1. Preparation and Grounding (3 minutes)** Start by finding a quiet, comfortable space. Take several deep breaths to centre yourself and ground your energy. Visualise your energy connecting with the earth to create a stable and focused mental state. Set the intention to observe the stomach with clarity and openness.

2. **Visualizing the Stomach (4 minutes)** Picture the stomach within the body, focusing on its location, shape, and structure. Visualise the stomach in detail and create a mental connection with this organ, tuning into its physical and energetic aspects. To help visualise it more clearly, you may choose to refer to an anatomical picture of the stomach before beginning your visualization (4 minutes).
3. **Sensing Energy in and Around the Stomach (4 minutes)** Tune into the energy within and around the stomach. Observe whether the energy feels balanced or if there are areas of tension, blockages, or disturbance. Pay attention to sensations such as heaviness or lightness and how the energy flows in this area.
4. **Exploring Emotional Patterns (4 minutes)** Investigate the emotional patterns connected to stomach problems. The stomach is often associated with fear of the new and difficulties in assimilating new experiences or changes. Observe any emotions or issues related to these patterns and how they might be influencing the health of the stomach.
5. **Record Your Impressions (4 minutes)** After completing your remote viewing session of the stomach, take a moment to write down or record any impressions, sensations, or images that came to you during the process. These impressions might include physical sensations, emotional responses, or visual details about the stomach's energy or state. By documenting what you observed, you can gain deeper insights into the health, emotional patterns, and overall energy flow of the stomach.

Remote viewing the stomach allows you to connect with the energetic and emotional aspects of this vital organ. By focusing on the sensations, energy flow, and emotional patterns associated with the stomach, you can gain valuable insights into its health and well-being. This process helps you become aware of any blockages, imbalances, or emotional influences that may affect the stomach's function. Regularly practicing remote viewing of the stomach can deepen your understanding of its energetic state and support healing by fostering awareness of underlying issues.

Teeth

The teeth are not only vital for chewing and digestion but also symbolize our capacity to "bite" into life, assert ourselves, and stand our ground. They are a source of personal power, representing the strength to break through obstacles and express our individuality. In remote viewing, exploring the energy of the teeth can reveal how well one is tapping into their own sense of power, ability to take action, and communicate their needs. Emotional imbalances such as fear of confrontation, feeling powerless, or unresolved issues related to self-expression may manifest in the teeth. By tuning into the energetic state of the teeth, remote viewing can offer insights into these areas, helping restore balance and empowering you to reclaim your strength and voice.

1. Ground and Centre Yourself (3 minutes)

Begin by grounding yourself with deep, calming breaths. Focus on your spine as the centre of your body, feeling the air flow through it. Clear your mind of any distractions, allowing yourself to be fully present and centred. This helps you tune into the subtle energies of the body and prepare for remote viewing.

2. Visualise the Teeth (3 minutes)

Direct your attention to your teeth, imagining them as a powerful structure connected to your capacity to bite into life and assert yourself. Visualise the teeth in detail, paying attention to their shape, position, and overall health. If necessary, reference an anatomical image to assist with your visualization.

3. Tune into Energy Sensations (3 minutes)

As you continue to focus on your teeth, begin to sense any energy or sensations in this area. This may include tingling, warmth, pressure, or vibrations. These sensations represent the flow of energy in your teeth, which could indicate areas of strength or blockages. Trust your intuition as you sense any imbalances.

4. Explore Emotional Patterns (5 minutes)

Reflect on the emotional patterns tied to your teeth. These may include issues related to self-expression, fear of confrontation, or personal power. Tune into any emotions that arise as you focus on the teeth and observe whether there are any unresolved feelings or energy blocks that might be affecting your sense of empowerment.

5. Record Your Impressions (4 minutes)

Take a moment to record any impressions, sensations, or insights you experienced while remote viewing your teeth. These could be physical sensations, emotional patterns, or intuitive messages. Writing them down will help you gain clarity on any areas that need attention, healing, or further exploration.

Remote viewing the teeth provides valuable insights into your ability to assert yourself, express your needs, and tap into personal power. By tuning into the energy and emotional patterns of the teeth, you can identify blockages or imbalances that may be affecting your strength and self-expression. Regularly practicing remote viewing of the teeth can promote healing, self-awareness, and a deeper understanding of your inner power.

Throat

The throat is a powerful energy centre in the body, linked to communication, self-expression, and the ability to speak your truth. Remote viewing the throat offers insights into how freely you express yourself and how well you align with your authentic voice. Blockages in this area may relate to issues such as fear of speaking up, repressed emotions, or a lack of self-confidence. By exploring the throat through remote viewing, you can tap into its energetic patterns and uncover any emotional or physical imbalances that may be hindering your communication. In this practice, you'll learn to connect deeply with the energy of your throat, helping you clear any blockages and embrace your full self-expression. You can follow these 5 steps to remotely view the throat.

- 1. Centre Yourself in Silence (3 minutes)** Begin by grounding yourself through deep breathing. Focus on your breath as it flows through your centre, feeling the air move through your spine. Clear your mind of distractions and allow yourself to reach a state of calm, creating a quiet space to connect with the energy of your throat.
- 2. Set Your Intention for View Throat (3 minutes)** Mentally state your intention to explore the energy of your throat. Focus your awareness on this area, visualizing its location at the base of your neck. See it as an energy centre, open to the flow of communication and self-expression.
- 3. Sense the Energy Flow in the Throat (3 minutes)** Tune into the sensations in your throat as you breathe. Feel the energy as it moves through this area. Notice any sensations such as tightness, warmth, tingling, or even areas of blockage. These are signs of energy flow or stagnation, revealing insights into your communication patterns.
- 4. Reflect on Emotional Ties to Expression (4 minutes)** Consider any emotional patterns related to self-expression and communication. Is there any fear, hesitation, or confidence tied to your throat? Tune into these feelings, as they might affect your ability to speak freely and clearly.
- 5. Document Your Insights (4 minutes)** After completing your session, take a moment to record your impressions. Write down any feelings, sensations, or insights you received about your throat. Reflect on any blockages or areas of free flow that might relate to your personal expression or emotional state. (4 minutes)

Remote viewing the throat can provide profound insights into how you express yourself and communicate with the world. By tuning into the energy and emotions connected to this area, you can uncover any blockages that might hinder your ability to speak your truth. With focused awareness, you can support the free flow of expression, helping to clear any limitations in communication and fostering a deeper connection with your authentic voice.

Thyroid Gland

The thyroid gland is closely connected to the ability to speak your truth and express yourself authentically, particularly within family dynamics. It plays a vital role in communication and self-expression, so when there are imbalances, they can manifest as difficulty speaking up or fear of being silenced. Often, issues related to the thyroid arise when one feels humiliated or rejected by family members for their beliefs or individuality. Remote viewing the thyroid can offer valuable insight into these emotional patterns, helping to uncover any energetic blockages that may be preventing you from expressing your true self or standing firm in your personal beliefs. It provides an opportunity to heal these imbalances and restore the flow of energy that supports confident, truthful communication. You can remotely view the throat using these 5 steps.

Step 1: Ground Yourself (3 minutes) Start by grounding yourself to your centre with deep, steady breaths. Focus on your spine, your core, and feel the breath moving through it with each inhale and exhale. Connect deeply with your spine, becoming aware of the flow of breath as it moves in and out, grounding you and creating a sense of balance and wholeness.

Step 2: Visualise the Thyroid Area (4 minutes) Bring your awareness to the area of your thyroid. Visualise its shape and structure as though you can clearly see it inside your body. To enhance your visualization, you may choose to look at an anatomical image of the thyroid beforehand. Remember, energy flows where your attention goes. As you focus on this area, allow your awareness to deepen and settle into the sensations of the thyroid.

Step 3: Tune into the Energy of the Thyroid (5 minutes) Breathe gently through the area of your thyroid and notice any sensations that arise. Focus on subtle vibrations, warmth, or pressure that indicate energy flowing through and around the thyroid. Pay attention to areas that may feel blocked or restricted, as these could signal emotional or energetic imbalances.

Step 4: Explore Emotional Connections to the Thyroid (4 minutes) Reflect on emotional patterns tied to the thyroid, such as challenges related to speaking your truth, issues with self-expression, or feelings of powerlessness. Observe any feelings that arise related to these concerns, especially emotional imprints tied to fear, shame, or self-doubt.

Step 5: Record Your Impressions (3 minutes) After your remote viewing session, take a moment to write down any impressions, sensations, or emotions you experienced. Note any energy shifts or physical sensations you observed. This helps you process your insights and identify areas that may need healing or attention.

Remote viewing the thyroid can provide profound insights into our self-expression and personal power, particularly in areas where we feel restricted, unheard, or disconnected. By tuning into the energy of the thyroid, we can uncover emotional patterns that affect our ability to communicate and embody our truth. Recognizing these blockages can facilitate healing, realignment, and restore balance in the thyroid, supporting clearer expression and a more empowered sense of self.

Tongue

The tongue is a vital organ involved in speech, taste, and even the process of swallowing, playing an essential role in how we interact with the world. It is deeply connected to our ability to communicate both verbally and non-verbally, and it can also be an indicator of emotional and physical imbalances. Remote viewing the tongue allows you to gain insight into how we express ourselves, both through words and sensory experiences. By tuning into the energy of the tongue, you can uncover any emotional blockages or imbalances tied to communication, self-expression, or even how we experience the world around us through taste

1. **Centre and Ground Yourself (3 minutes)** Begin by taking a few deep breaths, bringing your awareness to your spine and your centre. As you breathe, feel the air flowing through your body, grounding you. Let each breath bring you more centred, balanced, and connected to your core. Clear your mind, allowing any distractions or thoughts to dissolve as you focus solely on your breath and your connection to your body.
2. **Visualise the Tongue and its Role (3 minutes)** Direct your attention to your tongue, picturing its shape, structure, and position within your mouth. Visualise it as part of your sensory system, playing a role in your ability to communicate, taste, and swallow. Imagine the energy around the tongue, how it feels in your mouth, and its connection to the rest of your body.
3. **Tune into Sensations in the Tongue (4 minutes)** Focus your attention on the subtle sensations in your tongue. Do you feel warmth, pressure, or vibrations? Is there an area of the tongue that feels more active or tense than others? Allow yourself to be sensitive to the flow of energy through the tongue, noticing if there are any blockages, excess energy, or discomfort.
4. **Explore Emotional Patterns Linked to the Tongue (4 minutes)** Reflect on the emotional aspects tied to the tongue, such as self-expression, communication, and the power of words. Pay attention to any feelings or memories that arise related to speaking your truth, fears of judgment, or challenges in communicating effectively. Notice if there are emotional imprints related to past experiences of being silenced or misunderstood.
5. **Record Your Observations (3 minutes)** After your remote viewing session, take a moment to write down any impressions or sensations you experienced. Capture details of any energy, emotional patterns, or physical sensations related to the tongue. This helps to solidify your observations and identify areas that may need further attention or healing.

Remote viewing the tongue can reveal insights into how we express ourselves, both verbally and non-verbally. It may uncover emotional blockages or challenges related to speaking our truth, fears of judgment, or difficulty in communicating. By understanding these patterns, you can begin to address any imbalances and promote clearer self-expression, emotional healing, and better communication in your life.

Ureter

The ureters are a vital part of the urinary system, connecting the kidneys to the bladder and playing a crucial role in transporting urine. When we engage in remote viewing of the ureter, we are not only connecting to its physical structure but also tuning into the subtle energy that flows through it. This process can reveal emotional or energetic patterns associated with issues related to release, cleansing, or letting go—whether physical, emotional, or psychological. Remote viewing the ureters can also provide insights into the body's capacity to eliminate toxins, both on a physical and energetic level, helping to uncover areas that might be blocked or in need of healing. By examining the ureter's energy, we can better understand how this part of the body relates to the flow of life and the act of releasing what no longer serves us. Here are 5 steps to remotely view the ureter.

Step 1: Prepare and Centre Yourself (3 minutes) Begin by grounding yourself with deep, slow breaths. Focus on your spine and centre, feeling your breath moving through your body and into your core. As you centre yourself, imagine becoming one with your body, allowing a deep sense of calm and stillness to wash over you. This will help you access a state of awareness where you can focus on the subtle energies of your body.

Step 2: Visualise the Ureter (3 minutes) Direct your attention to the area where the ureters are located. Visualise them as two narrow tubes running from the kidneys to the bladder, transporting urine. Picture their structure clearly in your mind, and if needed, reference an anatomical image to support your visualization. See them as energy channels, connected to the kidneys and bladder, and allow your mind to settle into this awareness.

Step 3: Tune into the Energy Flow (4 minutes) As you breathe gently, focus on the energy flowing through the ureters. Feel any subtle sensations that arise, such as warmth, vibrations, or pressure. Pay attention to any areas where the flow feels restricted or blocked. Notice if there are any imbalances or disturbances in the energy, as these can be reflections of physical or emotional blockages.

Step 4: Explore Emotional and Energetic Connections (4 minutes) Reflect on the emotions tied to the act of elimination and release. The ureters play a role in the body's detoxification and clearing process, so consider if there are any emotional patterns related to the ability to let go—whether it's holding onto old emotions, past traumas, or outdated beliefs. Tune into any feelings that arise around release and cleansing, and see if there are any patterns you might be holding in your body that need to be cleared.

Step 5: Record Your Impressions (4 minutes) After the session, take some time to write down your experiences. Record any sensations, images, or emotional insights you gathered during your remote viewing. Reflect on how the energy of the ureters felt, any blockages or disruptions you sensed, and any emotional themes that emerged. This practice of documenting your impressions helps to solidify your insights and aids in identifying areas that may require healing or further attention.

Remote viewing the ureters can reveal much about how your body processes and releases both physical and emotional energies. By connecting to the subtle energy of the ureters, you can uncover blockages or patterns tied to the ability to cleanse and let go. Whether it's emotional baggage, past experiences, or physical toxins, understanding the energy flow in the ureters can help you release what no longer serves you and promote overall healing.

Uterus

People often choose to remote view the uterus as it holds significant emotional and physical connections to creativity, nurturing, and personal boundaries. As the centre of reproduction and creation, the uterus can be a powerful reflection of one's emotional state and ability to manifest or release. By remote viewing this area, individuals may gain insights into any emotional blockages, unresolved feelings, or physical issues that may be impacting their overall well-being. This practice allows for a deeper connection to the self, revealing not only health patterns but also the underlying emotional dynamics related to the uterus, such as past trauma or the ability to create and nurture life. Follow these 5 steps to remotely view the uterus.

1. Ground and Centre Yourself (3 minutes)

Begin by grounding yourself through deep, steady breaths. Focus on your spine and feel the breath move through it with each inhale and exhale. This will centre your energy and create a calm, balanced foundation before you begin your remote viewing.

- 1. Focus Your Awareness on the Pelvic Area (3 minutes)** Gently bring your awareness to the lower abdomen, specifically to the pelvic region where the uterus is located. Visualise the shape, size, and position of the uterus within the body, allowing your attention to settle on this area. Trust that as your focus sharpens, you will begin to sense the energy of the uterus.

2. **Tune Into the Energy Flow (6 minutes)** As you breathe, begin to feel for any subtle sensations or vibrations in the area of the uterus. Does it feel warm, cool, tingling, or perhaps heavy? Pay attention to any blockages or areas where energy feels stagnant, as these may indicate emotional or physical imbalances.
3. **Explore Emotional Patterns Linked to the Uterus (6 minutes)** Reflect on emotional connections tied to the uterus. Consider themes such as creation, nurturing, and femininity, as well as any feelings of trauma, fear, or joy that may relate to the reproductive system. Tune into any memories or patterns that might be affecting the energy in this area.
4. **Observe and Record Your Impressions (5 minutes)** After your remote viewing session, take a moment to write down the sensations, emotions, or insights you experienced. Did you notice any energy shifts or blockages? Recording these observations helps you track what you've sensed and provides valuable insights for future healing or understanding.

Remote viewing the uterus can offer profound insights into our emotional and physical health, especially regarding issues of creativity, femininity, and reproductive health. By tuning into the energy of the uterus, we can identify any emotional patterns or blockages that may be affecting its well-being. Recognizing these energies provides an opportunity for healing and restoring balance, both energetically and emotionally.

Veins

People often choose to remote view the veins to explore the flow of energy and blood throughout the body, as well as to uncover any energetic blockages or imbalances. The veins are not only essential for circulation but also play a significant role in the release and reception of energy. By remote viewing the veins, individuals can gain insight into how the body's energy flows, whether it is unimpeded or obstructed, and how emotions and mental states might influence the circulatory system. This process helps promote the flow of joy through the veins, clearing any stagnant energy and restoring balance. Remote viewing the veins can reveal underlying issues that affect both physical and emotional health, aiding in healing and supporting a free and harmonious flow of energy throughout the body.

These 5 steps can guide you in remotely viewing your veins.

Step 1: Establish a Grounded State (3 minutes) Start by grounding yourself deeply into the present moment. Take a few slow, deep breaths and feel your feet connected to the ground, imagining roots growing down into the earth. This will help you connect to your body and centre your energy before moving into the remote viewing process.

Step 2: Focus on the Circulatory System (4 minutes) Shift your awareness to the circulatory system as a whole. Imagine the veins carrying blood and energy throughout your body, connecting all parts in a constant flow. Visualise this network of veins as a vast, interconnected system, moving energy through every part of your body.

Step 3: Tune Into the Energy Flow (5 minutes) Focus specifically on the flow of energy within the veins. Feel the rhythm of the blood flowing, and notice how it feels to the touch or within your body. Pay attention to any areas where the energy might feel blocked or stagnant, and explore where the flow feels smooth and unimpeded. (4 minutes)

Step 4: Sense Emotional Imprints (5 minutes) While observing the veins, reflect on any emotional or mental patterns that may affect your circulatory system. Emotions like stress, anxiety, or anger can impact the flow of energy through your veins. Tune in to any feelings that arise, and notice if there are areas in the veins that seem to hold or reflect certain emotional states. **Step 5: Write Down Impressions (5 minutes)**

Write down any impressions you received during your remote viewing of the veins. These can include sensations like flow, warmth, coldness, or areas that feel blocked. You may also notice emotional patterns tied to energy flow.

If needed, repeat the remote viewing to add to your observations. The more you practice, the deeper your connection will become. Remember, remote viewing is a healing process. By staying in the energy state, you can transform and restore balance within your body through practice and awareness.

Remote viewing the veins allows you to gain valuable insights into the energy flow within your body, revealing blockages, imbalances, and emotional imprints. By tuning into the circulatory system and observing these areas, you can enhance your awareness of how physical and emotional states influence one another. This practice promotes healing by clearing stagnant energy, supporting balance, and fostering a harmonious flow of energy throughout the body.

Wrist

People often choose to remote view the wrist to explore the balance of movement, flexibility, and support in the body. The wrist plays a crucial role in connecting the hands to the forearms and facilitating a wide range of motion. Emotionally, the wrist can be linked to how we handle responsibilities, grasp opportunities, or let go of things. Remote viewing the wrist can provide insights into how these elements of control, flexibility, and letting go are present in our lives. This process can reveal both physical imbalances, like stiffness or pain, and emotional patterns tied to attachment or the ability to adapt. Follow these 5 steps to remotely view your wrist.

Step 1: Ground Yourself and Centre Your Energy (3 minutes) Start by grounding yourself through deep, steady breaths. Focus on your spine and feel the breath moving through your core, calming your mind and bringing you to the present moment. As you do this, feel your connection to the Earth and become centred, which helps to enhance your intuitive abilities.

Step 2: Visualise the Wrist's Structure (4 minutes) Bring your awareness to your wrist. Imagine its shape and structure in detail, as if you can see it inside your body. Visualise the bones, ligaments, and tendons that make up the wrist, and allow your attention to deepen as you picture these elements clearly. To enhance your visualization, you can look at a picture of the wrist, perhaps from Google, for about 2 minutes before beginning. The more familiar you are with the structure, the easier it will be to visualise it.

Step 3: Sense the Energy in the Wrist (4 minutes) Focus on the energy surrounding and flowing through your wrist. Breathe gently and notice any sensations that arise in this area—vibrations, warmth, or subtle pressure. Pay attention to any blockages or sensations of freedom and ease, as these can indicate emotional or physical patterns tied to the wrist.

Step 4: Use Your Inner Eye for X-ray Vision (3 minutes) Activate your inner eye or intuitive vision to see the energy and physical state of your wrist in more detail. Imagine using x-ray vision to explore the internal workings of the wrist, looking for any irregularities, energy blocks, or emotional imprints that may be affecting its functionality or flexibility.

Step 5: Record Your Impressions (3 minutes) After the session, write down any impressions, sensations, or visuals you experienced. This could include physical sensations, emotional insights, or energy flows you detected. Recording these observations helps process the information and gain clarity on the condition of the wrist, whether physical or emotional.

Remote viewing the wrist offers insights into how we handle responsibilities, adapt to changes, and experience flexibility in life. By sensing the energy and using intuitive tools like x-ray vision, you can

uncover blockages or emotional patterns tied to holding onto things or releasing them. This practice helps you connect more deeply with your body's energetic flow and supports healing by restoring balance and releasing tension in the wrist.

Conclusion: Every Organ and Body Part Can Be Explored through Remote Viewing

You can remotely view any organ or part of the body. While I've listed some of the most common organs, there are countless possibilities to explore. You might choose to focus on something very specific, like small bones, individual areas of the brain, or even specific fingers or toes. The possibilities are endless.

The technique remains the same: calm your mind, focus on the organ or body part, sense the energy within, scan it with your inner "x-ray" vision, and record your impressions. These impressions may come in various forms—images, sensations, feelings, colours, dreams, vibrations, sounds, smells, or even tastes.

This practice allows you to view your body from the inside and activate your "inner eye." It is not a special talent reserved for a few; it is a skill anyone can develop with practice.

If you find it challenging to see inside your body at first, don't give up. Keep practicing, and with time, you'll awaken and strengthen your inner eye.

Trust yourself and remind yourself:

- "I am right in my own way."
- "There is no right or wrong. There is only what I am aligned with."

These affirmations reflect the truth—your energetic alignment with your body is your truth. Remote viewing can help you deepen this alignment, not just with your body but with all aspects of life.

Celebrate small steps of progress and keep practicing. With patience and persistence, the results will come.

