

How to Talk to Your Body and Organs Using Remote Viewing

Guided Meditation Script (Approx. 10 Minutes)

Welcome.

Today you will learn how to communicate with your body and organs using the awareness of Remote Viewing.

In Remote Viewing, we learn to observe subtle information beyond the surface level.

We learn to listen.

To perceive.

To gather information without force or judgment.

Your body is constantly communicating with you.

Every organ...

Every system...

Every cell...

Carries information.

The body communicates through sensations... energy... emotions... intuition... pain... tension... movement... and inner knowing.

Most people only notice the body when something feels wrong.

But today, you will learn to consciously communicate with your body before the body needs to speak loudly.

This meditation is designed to strengthen your connection with your organs and physical body.

You are not trying to diagnose.

You are not forcing answers.

You are simply entering a calm Remote Viewing state and allowing communication to happen naturally.

Close your eyes.

Take a slow deep breath in...

And slowly exhale.

Again...

Breathing in deeply...

And breathing out completely.

Relax your shoulders.

Relax your jaw.

Relax your hands.

Allow your breathing to become calm and natural.

Now imagine you are entering a Remote Viewing state.

A calm state of observation and inner awareness.

Your mind becomes quiet.

Your awareness becomes clear.

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

Imagine your awareness gently lifting above the body.

Like an energetic scanner.

Like an intuitive X-ray.

You are calmly observing the body from within.

Without judgment.

Without analysis.

Simply gathering information.

Now begin scanning the body slowly.

Focus on your skin.

Observe the surface layer of the body.

Notice sensations... temperature... pressure... movement... or energetic impressions.

Simply observe.

Now move deeper.

Scan your muscles.

Observe the muscles of the face... neck... shoulders... chest... back... arms... stomach... hips... legs...

Notice areas of tension... relaxation... warmth... or heaviness.

Simply gather information.

Now move deeper again.

Scan your bones.

Observe the spine... ribs... pelvis... skull... arms... legs...

Like an X-ray moving through the skeletal structure.

Observe calmly and clearly.

Now move deeper into the organs.

Focus on your stomach.

Observe the stomach carefully.

Now gently ask your stomach:

“What emotions or stress are you holding for me?”

Pause.

Listen quietly.

Allow impressions to arise naturally.

Words... feelings... images... memories... sensations... or simple knowing.

Now move to your liver.

Observe the liver carefully.

Now ask:

“What frustration, anger, or emotional pressure are you carrying?”

Pause and listen.

Simply receive the information.

Now focus on your heart.

Observe the heart space.

Now ask:

“What emotional pain or emotional truth do you want me to acknowledge?”

Pause.

Listen quietly.

Notice sensations... feelings... or emotional impressions.

Now focus on your lungs.

Observe the lungs expanding and relaxing.

Now ask:

“What sadness, grief, or emotional heaviness are you carrying?”

Pause.

Allow subtle information to arise naturally.

Now move to your kidneys.

Observe them quietly.

Now ask:

“What fears or stresses are affecting my energy?”

Pause and listen.

Now focus on your throat.

Observe the throat area.

Now ask:

“What truth have I not expressed?”

Pause.

Simply observe.

Now scan your nervous system.

Observe the flow of energy throughout the body.

Like light moving through neural pathways.

Now ask your nervous system:

“What do you need in order to feel safe and balanced?”

Pause quietly.

Now move deeper still.

Observe the cells themselves.

Imagine your awareness becoming microscopic.

Viewing the body at the cellular level.

Observe the cells like fields of living light.

Some areas may feel active.

Others quiet.

Some dense.

Others flowing.

Now ask the body as a whole:

“What message do you have for me today?”

Pause.

Listen carefully.

Your body communicates in many ways.

Through energy.

Through feelings.

Through inner knowing.

Through subtle Remote Viewing impressions.

Trust whatever arises naturally.

Now imagine golden healing light slowly moving through the body.

Through the skin.

Muscles.

Bones.

Organs.

Cells.

The body feels heard.

Supported.

Connected.

Balanced.

Now silently repeat:

“I listen to my body with awareness.”

“My body communicates with wisdom.”

“I trust the intelligence of my body.”

“I am connected to my organs and cells.”

“My body and mind work together in harmony.”

Take a slow deep breath in...

And gently exhale.

Feel gratitude for your body.

Your body supports you every moment of your life.

And today...

You listened.

Slowly begin returning awareness to the room around you.

Feel your hands.

Feel your feet.

Returning grounded... relaxed... and connected.

And when you are ready...

Open your eyes.