

FORGIVE RESET

A SELF-HEALING PRACTICE
TO RELEASE WHAT THE MIND'S
HAS FORGIVEN BUT THE BODY
STILL HOLDS



BY ANGEL DIMITROV



Holistical Method



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By Angel Dimitrov | Holistical Method™

INTRODUCTION

Forgiveness isn't always enough.
You've said it. You've meant it. You've even moved on.
But your body hasn't.
Because trauma doesn't just live in the memory.
It lives in your nervous system.
And until your body feels safe again, the past keeps echoing in your
reactions.
You flinch at specific words.
Your chest tightens around familiar situations.
You feel anger, sadness, or grief, without knowing why.
This isn't you being weak.
It is your body remembering what your mind has already forgiven.
Forgiveness is the key.
However, to truly reset, it must reach the field.
Let's begin.

Follow for daily healing tools, energy resets, and
conscious awakening.



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1. Acknowledge What Wasn't Healed

Sit comfortably. Place one hand over your heart and the other over your belly.

Close your eyes and breathe.

Ask gently:

"What have I forgiven mentally... but still feel physical?"

Let the answer come.

A name. A moment. A feeling.

Don't chase it. Just allow it to rise.

2. Let the Body Speak

Begin tapping gently on your chest.

Breathe through whatever it is you feel.

Say out loud:

"Even though I said I forgave you, my body hasn't.

And that's okay.

I'm ready now

to let it go."

Let the emotions surface.

Don't fight them-free them.

3. Unhook the Memory

Visualize the person or moment before you.

Now, see a cord connecting it to your chest.

Thick. Heavy. Energetic.

Say:

"I cut the cord between me and this pain.

Not to forget... but to set myself free."

Imagine the cord dissolving.

Breathe deeply as it fades.



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4. Fill the Field With Peace

Ask yourself:
"What do I want to feel instead?"
Name the opposite feeling: Peace? Freedom? Love?
Say:
"I breathe in [peace/love/freedom].
I fill my body and field with this feeling.
This is my new truth."
Breathe and feel it settle.

5. Seal It With Compassion

Place both hands over your heart again.
Say:
"I don't need revenge.
I don't need to hold on.
I forgive in whole - body, mind, and soul.
And I free myself."
Let silence follow.
Let grace rise.

Closing Line

True forgiveness doesn't mean forgetting.
It means your body finally stops carrying what your soul has
already released.

When you're ready to go deeper...
DM me **"FORGIVE"** and I'll guide you further.



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Ready for a True Healing Journey?

Content Block:

The Holistical Method is a complete healing system that blends energy work, subconscious rewiring, and quantum restoration. I'll guide you step-by-step based on your emotional patterns and energetic blueprint.

DM **"FORGIVE"** on Instagram [@holisticalmethod](https://www.instagram.com/holisticalmethod)
Or email me at: contact@holisticalmethod.com

**Start My Healing
Now**

**THE
HOLISTICAL METHOD™**

A Guide to Self-Healing —
Rooted in Truth, Energy, and Consciousness.