

# FORGIVE

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## RESET

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



by ANGEL DIMITROV



*Holistical Method*

# FORGIVE RESET

A Self-Healing Practice to Release What the Mind Has  
Forgiven but the Body Still Holds

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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# The mind forgave. Now let the body release it.

This guide opened the door. The Extended Edition walks you all the way through a deeper somatic forgiveness protocol, body-held emotion release sequences, and a guided meditation to dissolve what words alone could never reach.

True forgiveness isn't a decision. It's a release.

GET THE EXTENDED EDITION — 9,99 €

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