

Body Heat

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Your body is constantly in the process of heating and cooling. The rate at which your body cools determines how comfortable you are. Most of your body heat escapes from the top or crown of your head. You may now control the amount of heat that escapes from your head.

(TOO COLD) Visualize a cover or pyramid over the top of your head that reflects the heat back into your body. If you are becoming cold, allow this pyramid to capture your body heat. Let this preserved heat go back into your body now. You may relax and remain warm. Many people you know have been able to control their body heat for a long time. Now you can accomplish this too. See yourself enjoying the cool weather with comfort. Your body's cooling system now operates more effectively. You now enjoy all weather in comfort.

(TOO HOT) Visualize the heat escaping from the top of your head very rapidly, not allowing any excess heat to remain in your body. If you are getting too hot at any time, allow your body heat to escape in this manner. Your body's cooling system now operates more effectively. You now enjoy all weather in comfort.