



## Cooling Your Body

In a place where it is safe to do and use this mind-body method for cooling and comforting your body with healing images and ideas... First adjust your position to be as comfortable as you would enjoy. Now with your eyes closed, notice the sounds around you.

Some of the sounds may be close to you, some may be distant, some may be loud, some may be quiet, some may be mechanical, some may be of nature, some may be random, and some may be regular or rhythmic. ...*Use everything*.... As you now begin to unplug and disconnect or detach from this environment around you... so that you direct your attention within. And by doing so, you are turning on your imagination fully.

Allow your imagination to fill your mind with cooling, comforting ideas. You may scan your body from head to toes, or toes to head... and locate any parts of body that may enjoy having a greater coolness or a greater comfort or a greater relaxation... and then assign your breathing so that each inspiration or each inhalation of breath gathers up any of that tension or excess warmth.

And let each exhalation release it from your body. In this way you are allowing each exhaled breath to travel out of your body, taking with it any excess warmth, any excess tension. And that breath travels not only out of your body in to the atmosphere - it goes beyond the atmosphere, beyond the stratosphere out past the earth's gravitational pull.

*Use imagination.* For your imagination is allowing you to tap into, and to enjoy, the experience of what your mind-body can do for you now.

You are doing this with both parts of your mind. One part is your conscious or thinking mind.

That's the part of you that will continue its normal and natural activity of asking questions or having thoughts. Simply let the thoughts stream by and let yourself be the detached observer noticing that sometimes the stream moves rapidly, and sometimes it flows by smoothly or gently or slowly. Sometimes the stream is full of thoughts and ideas and sometimes it moves by clearly, coolly, and comfortably.

The other part of mind you are using... right now... is the mind of your body. We call it sub-conscious because it "sub", below or beneath your thinking level of awareness. And your sub-conscious is the mind of your body... and the mind of your body responds to what is in your imagination... for it cannot tell the difference between what is real and what you imagine.

Now, allow yourself to imagine that you may be on a beach or a place where there is water. It can be a lake or an ocean or a seaside. And as you come out of the playing

## Hypnosis for Hotflashes

Women who used hypnosis had a 68% reduction in the number and severity of hot flashes. Interviewing the women showed using imagery of cool objects or scenes, like water or ice, were effective for hot flashes while imagery of a fireplace was relaxing but did not diminish the hot flashes.

Source: Elkins G, Marcus J, Stearns V, Perfect M, Rajab MH, Ruud C, Palamara L, Keith T. Randomized trial of a hypnosis intervention for treatment of hot flashes among breast cancer survivors. *J Clin Oncol.* 2008 Nov 1;26(31):5022-6. Epub 2008 Sep 22.



Dr. Steven Gurgevich is a licensed psychologist specializing in Mind/Body Medicine. He is a Clinical Assistant Professor of Medicine at the University of Arizona, College of Medicine, within the AZ Center for Integrative Medicine. He is a Fellow, faculty, and Approved Consultant of the American Society of Clinical Hypnosis. Dr. Gurgevich also continues



in the water you notice how the air begins to evaporate the water and begins cooling your body. As you walk across the dry beach sand, you can feel the warmth of the sun... you may feel the heat briefly... and then notice that as a cloud passes in front of the sun, you notice the shade... and there is a cooling already beginning and as you step into the forest on a soft path that is safe to walk barefoot. High above you there is a canopy of trees and leaves and limbs that filter the sunlight and it is even more comforting and cooling to you. There is also a gentle cooling breeze.

As you continue along this forest path you find and follow a stream... and the stream has very cool water in it. You can step into it and enjoy feeling the coolness flow through your body from your feet up to your head. You may feel that wave of coolness run through you, and as you continue along the path that follows this stream you eventually reach the waterfall that is feeding this stream. As you climb up higher to the waterfall there is a gentle ledge of rock where the water naturally flows over evenly like a curtain of water. Reaching the waterfall, you can even walk behind it. For as you walk behind this curtain of waterfall there is a mist filling the air. There is a wonderful cooling mist that your body is using to cool and calm and quiet you.

Sooner or later, you are ready to stand in this flow or this curtain of water. At first it seems very cool but your body adjusts and you enjoy the coolness as it is rinsing you... it is rinsing you free of any excess warmth. This water is cooling your body - comfortably, gently, and easily.

In your imagination as you stand in this waterfall or in the mist of the waterfall, you can even imagine that you are in the mountains and the mountains contain a cool air all around you. Or you may enjoy the coolness of the forest for the trees cool the air naturally in the shade of this forest.

If you need it to be cooler, you can create snow with your imagination, and you can even play in it or you may make a snowball. Imagining the snowball in your hand, or your hands in the cool water, allows that coolness to flow into your body... through every part of your body - your skin, muscles, inner-tissues... and your circulatory system is delivering the coolness throughout your body.

You are doing this with your imagination. The cooling images and the cooling ideas are within you now... and you can enjoy discovering that you are now creating a pattern within brain... a brain pattern that has now become your ability to turn on the images of coolness whenever you want to or need to experience the coolness in your body. And anytime your body produces excess heat, your body very rapidly cools and comforts you. You simply imagine the coolness.

Its like adjusting the thermostat within you. The thermostat within you is now set in the comfort zone you desire... and anytime your body heats up beyond your comfort it can then reproduce those cooling breezes or cooling water or the cooling mist of a waterfall... or even a gentle mountain breeze or to be in a shade of the forest

his thirty-eight years of private practice at Behavioral Medicine, Ltd in Tucson, Arizona.

Learn more about hypnosis from the American Society of Clinical Hypnosis:

<http://www.asch.net/>



ARIZONA CENTER FOR  
**Integrative Medicine**  
www.azcim.org



where the air rich in oxygen... cooling from the shade and the trees of the forest.

In your imagination you may create and have whatever you desire to cool and comfort your body... and this is producing configuration of neurons within brain that makes a circuit or a pattern that now unlearns and erases past patterns... and is now available as a new learning... a new learning for your comfort. Each time you picture or imagine that you are setting the thermostat, you are also allowing yourself to enter that gentle mist of the waterfall or the cool breeze or the cooling water. The images and ideas that serve your very best comfort and well being are now available to you wherever you are, wherever you go. This all belongs to you now... and you are doing this very well. That's right.