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NEW DRAMA

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heat

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ROYAL BUST-UP

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Alicia Keys channelling a supply of Soleros

Manifest YOUR BEST SUMMER

Help your vibration rise with the temperature

Cash to flash at the airport bar, sizzling sex, or backstage passes for Glasto – could you really create the summer of your dreams with the power of your mind? Manifestation – aka the law of attraction – enthusiasts would say yes. 'In its simplest form, what you focus on consistently, you experience more of,' says Victoria Jackson, manifestation coach and founder of The Manifestation Collective (themanifestationcollective.co). 'But it's not just about thinking positive thoughts and hoping for the best. It's about getting clear on what you want, aligning your energy with it, and then taking action to meet it halfway.'

And summer is a fab time to start. 'I really love summer energy, because from now until autumn equinox in September, we're in a really fertile time of the year,' says leading manifestation expert and best-selling author Emma Mumford (emmamumford.co.uk). 'This is why many people find they manifest a lot through the summer, because the energy is supporting it.'

So, here's how to give your vibration a glow-up.

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Unlock your power

Start by thinking about what you want. 'You can manifest items and things - whether that's money, relationships, cars, career, holidays, or homes - but you can also manifest feelings and emotions,' explains Emma. Next, try choosing your method. Emma says, 'You could write them down like a shopping list, or you might want to do a vision board, or something on Pinterest. You can also try scripting - writing a letter as if what you want has already happened. So, you could write from your September self to your current-day self, telling you all of the things you've manifested, and all the fun you have had this summer.'

It helps to be specific, too. 'Clarity is powerful. Knowing what you want helps you direct your energy and your actions,' says Victoria. 'But I always encourage adding flexibility, and so my favourite saying is, "This or something better." Sometimes, the universe has a route or result for you that's even brighter.'



Selena's committed to making things happen



It's an outdoor life for Dua and Callum

Add some spice

Whether you'd like to meet The One, or have a spicy fling, get clear on the type of person you'd like to attract. 'Then you've got to embody it,' says Emma. 'When people are manifesting love, I always ask, "Are you that list? Are you that person, as well?" Because if you want someone who's outdoorsy but you're not, it's going to be difficult to maintain that relationship.' Then it's a matter of being proactive. 'You need to put yourself in the field of opportunity and possibility,' says

Emma. 'So, if you want to meet someone - whether that's getting yourself on dating apps, or going out to local events - put yourself in the places where that type of person would be, so the universe can bring those opportunities to you. You go halfway, and the universe meets you halfway.' And don't stress about meeting Mr/Ms Right. 'Letting go is the relaxed knowing that it's happening,' Emma adds. 'Be sure the universe is taking care of it.'

Rock that bikini

Need a body confidence boost? Try mirror work. Emma says, 'Stand in front of the mirror, saying things that you love or like about yourself. Or try affirmations, such as, "I'm confident in my body. I'm lovable. I love the skin that I'm in" - whatever works for you. When you say it into the mirror, you're activating your subconscious in a way where you're believing it because you're seeing yourself say it. You're looking into your eyes. It can feel quite confronting for a lot of people, so you might need to build up to it.'

Changing the way you speak can have a huge impact, too. Victoria says, 'Start by shifting the narrative from "I'll feel confident when..." to "I'm choosing to feel confident now." And act like the confident version of yourself today, because confidence is built through action, not waiting.'



Gisele: 'Mirror, mirror on the wall, who's the hottest supermodel of all?'



Olivia: Manifesting queen

Get that bread

When it comes to money, drill down into what you need, whether that's a specific cash amount or a salary boost. 'If you say, "I want to manifest money," the universe could manifest £10 and you think, "I wanted £1000".' Being clear helps, says Emma. And watch out for emotional blocks - internal stories that hold you back. 'Self-worth is probably the biggest one I see,' she says. To identify these niggles, tune into your body. Emma says, 'Spend a moment visualising that

money coming to you. Does your body feel relaxed? Does it feel excited? Or does it feel constrictive? Does your body tighten? Do you feel anxious?' If negative thoughts pop up, Emma suggests talking to your inner critic with kindness. She says, 'Just talk to it and say, "I hear you. Why are you feeling like this? You can have that money. You know it's possible"', she says. You can also try using EFT tapping to rewire those thoughts.



Khloé's inner child is Rainbow Heart

Invite adventure

Tell the universe what you're after from the beginning. 'Try repeating a fun affirmation each morning. I say, "Universe, show me how good it gets to be today,"' says Emma. 'Then it's time to let go. Loosen your grip on routine and create a space for magic to appear,' says Victoria. 'Make a point of saying yes more often, break patterns, and change your environment. Adventure happens when you make

yourself available for it.' Another technique is learning to listen to your inner child. 'We all have one within us,' says Emma. Connect through meditation, journaling or simply imagining what made you happy when you were small. 'I like to ask my inner child, "What would you like to do for fun today?" The more you honour them and bring them into the process, the more it sparks that childlike magic,' says Emma. ■

