



**Harmony Healthcare**  
2403 W. Springfield, Champaign, IL

Traditional Chinese Medicine,  
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**Katie Davidson, Dipl.Ac., L.Ac.**  
217-355-5679

Healing Touch Energy Healing,  
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Non-surgical Face Lift Massage,  
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**Gayle Mohr, RN, CHTP, LMT**  
217-202-7467

*Enjoy your treatment in a relaxing, caring environment.  
Hours by appointment only.*

**As We Think, We Are by Charlene J.M. Peko**

Thoughts have immense power and consequences for our emotions, health and life. Choose to think positively and be well and fulfilled. Think negatively and reap the results of one or more of the seven major harmful emotions: fear, jealousy, hatred, revenge, greed, superstition, and anger.

Take F-E-A-R (False Expectations Appearing Real) which shuts down reason, faith, and forward progress. Example: fear of criticism. Self-Talk: "I'll be destroyed, hated; they'll see I'm not perfect; I'll lose my job/relationship." Result: We tense up, breathe shallowly, re-act discouraged, awkward, unsure, dis-eased.

Antidote: 1. Consciously pause and breathe deeply increasing the required oxygen to your brain so that you can think clearer and relax. 2. Affirm your God-inspired will power to "heal thyself" and reclaim your hope-filled faith for new thought choices now. 3. Challenge negative self-talk: "It's impossible for me to be destroyed; I'll survive and learn because mistakes are human; others help me grow; I thank them; it's natural to be imperfect." 4. Build positive habits for a "wall of immunity" against negative influences affecting your dominant thoughts. 5. Seek counsel.

Our mind is our Spiritual Estate affecting our emotions, health and life. Choose to invest, protect, and apply your thoughts with care using your will power consciously for good and growth because As We Think, We Are.

*Charlene J.M. Peko, M.A., Ph.D., is a Wellness Ways Life Coach, teacher, therapist, author, poet, and nutritional and financial counselor with over 40 years of experience. Read more about Charlene on page 10 of this guide.*