Think Well: The Innate Mind

Achieving The Innate State of Mind and Empowering Personal Change

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Our 21st Century environment contains many more emotional and physical stressors. These patterns are incongruent with the human requirements for health and vitality and the result is pandemic levels of chronic stress and illness.
Humans have become the world’s sickest animal species.

We are the only species on earth that has fundamentally changed our thought and social interaction patterns away from what we genetically require.

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“At Harvard University, women in mind-body support groups for infertility conceive 44% of the time (as opposed to expected 8-10% rate (Doman et al., 2000) and 80% of men with hypertension in mind-body groups are able to decrease their medication, while 16% are able to stop their antihypertensive medication entirely (Friedman et al., 1992)”
Let’s just use some sound logic.

What drug or surgery could EVER solve a problem created from a lack of love and respect for ourselves and others? No happiness, inner peace, or self esteem can EVER be achieved without healthy relationships with self and others.
Think Well: Defining and Implementing Healthy Thought, Interaction, and Emotional Patterns.
(The Innate State of Mind™)
Your values are your compass in life, they are what you are innately designed to use to form and evaluate your own belief systems and actions and to evaluate the actions and beliefs of others.
Innate State of Mind™ & Emotional Hygiene Transition and Implementation Strategies © The Wellness Practice
Step 4

Maximizing Your Personal Power
“You can be and achieve anything you want in life if you take the time to visualize it, develop a realistic practice plan to develop the necessary skills, and choose belief systems and self talk that empower you to follow through.

Dr. James L. Chestnut
Author – The Innate State of Mind™
The Wellness Practice™ Hope and Healing Truths

1. There is always hope. There is not a single identified illness that someone has not recovered from. If you are alive, and are willing to take action, healing is possible.

2. In terms of healing and health, hope and optimism are always more scientific, more logical and more useful than fear and pessimism.

3. All healing occurs at a cellular level. Cell function is determined by how you eat, move, and think. Therefore all hope for healing is dependent upon choosing to eat, move, and think in ways that are pure and sufficient – in ways that meet the genetic requirements for healthy cell function.

4. The Wellness Practice™ Eat Well – Move Well – Think Well™ Lifestyle Plan has defined and is based upon the concepts of purity and sufficiency and meeting the genetic requirements for healthy cell function.