

**Symbiotic Psychology: The Synergy Between
Mind, Body, Emotions, and Consciousness**

**Cognitive-Emotional
Wisdom, Education, and
Training:
K-12 Overview
(rev2020-09-10b)**

By: Andrew O. Jackson

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Wisdom, Education, and
Training:
K-12 Overview**

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The success of any educational institution cannot be defined solely by their students' ability to achieve but by their students' ability to achieve with the presence of health, vigor, and joy along with the necessary cognitive skills, abilities, and motivation to nurture these learning conditions throughout life by employing their own evolved emotional bio-feedback mechanisms.

Rather than demonizing emotions as aberrant, destructive, out-of-control and in need of regulation because of an emotional disorder, Emotions-as-Effect Theory understands emotions as an evolved sensory system, akin to the sense of pain, giving conscious feedback of a state of biochemical physiology. Cognition, not emotions precipitate the biochemical physiology of the brain and body that drives behavior. Emotions, instead of being regulated by cognitive behavior, are used to guide cognitive behavior for the health, well-being, and prosperity of the individual.

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Emotions-as-Effect Theory

Emotions and feelings are felt. Good and bad feeling emotions (and feelings) are the perception, by consciousness, of a biochemical physiology within the body and the brain precipitated by an evolved and nurtured cognitive neural circuitry. Because emotions and feelings are perceptions of an internal state of biology precipitated by cognition, emotions and feelings are a reflection of, and give insights into, the nature of this cognitive behavior. Also, because emotions and feelings are not causal, emotions and feelings are neither destructive nor constructive but rather they are indicators towards the presence of very real destructive and constructive – and causal – cognitive behaviors. Correlations between cognition, healthy biochemical physiology, and good feeling emotions and feelings are a result of millions of years of evolutionary survival for the health and well-being of the individual – as are the correlations between bad feeling emotions and feelings and an unhealthy biology. Now the question is, how are these correlations between cognition, biology, emotions and feelings, and consciousness understood, nurtured, and developed within a society for an individual's health, wealth, and general well-being through their own successful decision-making and creativity?

If evidence-based practices (EBP) such as cognitive behavior therapy (CBT), eye movement desensitization and reprocessing (EMDR) with its theory of adaptive information processing (AIP), forgiveness therapy, mindfulness, positive psychology, and interpersonal psychotherapy are falsely founded in an illusionary cognitive construct of the mind called “emotional dysregulation” then what is all their research proving?

1.0 Dear Board of Education

Subjects:

1. Empowering ALL Students to Succeed and to Thrive Throughout Life
2. Success in education has to be more than cognitive achievement.

Date: rev2020-09-07a

Dear Board of Education,

What is the purpose of education if it is not to provide the tools and training for a successful adult life? And where is success without the joy and passion that signifies mental and physical health and well-being? Can education be called a success if it does not provide the understanding and training of a personal cognitive-emotional mechanism which has evolved for the actualization and maintenance of mental and physical health, prosperity, and well-being?

Education should not be confined to developing a student's cognitive skills without also understanding the importance and significance of cognition's connection to emotions (Prinz, 2004; Smith, 2016). Cognition, physiology, emotions and consciousness have evolved together as a synergistic team. Because of these synergies' relation to the success of human development and effective decision making, the nature and employment of these synergies should certainly be part of our children's educational curriculum. This means teaching and developing the students' skills and abilities to accentuate joyous cognitive and behavior endeavors for their own – and society's – health, well-being, and prosperity.

We, as a society have failed to develop the necessary education and training of a unique and wonderful emotional bio-feedback mechanism. Many home environments don't provide even the basic emotional bio-feedback understanding and training which creates a huge challenge to our educational institutions. The consequences of such an ineffective emotional understanding within our cultures, society, and educational institutions can be

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readily seen in our prisons, our hospitals and the perpetuation of dependency on our welfare institutions. Violence and a failure to succeed in life are the result of an individual's lack of understanding and appreciation of how their emotional bio-feedback mechanism has evolved for human development and for effective and successful decision making.

Emotions have evolved for millions of years. They had become a very effective tool giving valuable feedback on the nature of one's personal cognitive activities. Yet, when Homer wrote the *Iliad*, he began a false inscription of emotions' evolved role in effective decision making and behavior to develop and maintain an individual's health, wealth, and well-being. The importance of knowing, understanding, and teaching our children how emotions have evolved to carry out these primary functions in human development cannot be overstated.

1.1 Being Your Own Opposition

Have teachers' core beliefs of emotions – which may have been linguistically molded from childhood through family interactions and in later years through reading literary works such as Mark Twain's *The Adventures of Tom Sawyer*, Dickens's *Great Expectations*, Poe's *The Raven*, and Austen's *Pride and Prejudice* – impacted current understanding and scientific research about emotions and cognition?

A shared cultural and linguistic development of core beliefs and conceptual understandings about emotions is required for young students to comprehend and follow the emotional twists and turns within these popular English literary works. As students mature and are introduced to the more advanced works of William Shakespeare and others, comprehension is even more dependent upon prior assimilation of cultural and linguistic paradigms. Conceptions of emotions are further reinforced by the logic and reason applied in today's scientific literature, research, and discussions about emotions (Greenberger & Padesky, 2016).

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The understanding of emotions that drive the characters of Shakespeare are not the same understanding of emotions within science where emotions have evolved for the health, well-being, and prosperity of the individual student.

I am asking you to evaluate your own paradigm of emotions, the very paradigm of emotions that you as educators, are indoctrinating your students with as you teach them how to read and write. You must take responsibility and understand that what began innocently in first grade to learn how to read, write, and to understand literature continues within the academic halls of psychology and psychiatry. The emotional paradigm from Dick and Jane Readers, or facsimilia thereof, through Shakespeare without a careful introspection of how emotions must have evolved is fostering a society of crime, violence, and suicidal mania. Educators must begin their own analysis because the psychological academia is only continuing the core beliefs of emotional understanding that was instilled within them years ago in the K-12 grades of our educational institutions.

1.2 The Illusion of Emotional Dysfunction Theory

Emotions, one of the foundational pillars of psychological theory, are commonly conceived as aberrant and destructive forces which drive biological changes (Gross, 2014). This letter is an introduction to a new perspective which shows (1) this is a misconception of emotional behavior and (2) a corrected representation of emotional behavior reveals their evolved biological role in the maintenance of individual health, well-being, and prosperity.

According to current psychological theory, destructive and aberrant emotions must be managed because of emotions' influence upon biology (Gross, 2014). The development of emotional intrigue as found within the interplay of literary characters aligns with the paradigm of emotions as expounded in today's psychological theories. Many literary plots are driven by the characters' mismanagement of their emotions, or by how characters are controlled and driven by their emotions of the moment. This false narration of emotional biology is carefully re-examined in *Emotions-as-Effect Theory: The Linguistics of Emotional vs. Cognitive Regulation* (Jackson, 2020).

1.3 Emotional Evolution

From an evolutionary perspective, there must be a positive correlation between (1) a cognitive awareness of strength, vigor and well-being, (2) an actualization of a physiology of strength, vigor and well-being, and (3) the neural networks associated with the emotions of pleasure. Biochemistry, both at the molecular level and at the neural network level, must sustain the correlations between (1) the cognitive knowing of, (2) the actualization of, and (3) the feeling of strength, vigor and well-being as well as (4) consciousness's perception of good feeling emotions. Simply put, if these correlations did not exist in this way, a being would have a low probability of survival.

Imagine what would happen to a person who is drunk and (1) thinks of themselves as strong and capable, but (2) in actuality they are quite confused and clumsy and (3) they feel great and very confident! They perceive themselves as quite capable of driving across town in rush hour traffic. What is their probability survival? These arguments are further developed in *Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation* (Jackson, 2020). We have evolved to be joyous beings. An individual's mental and physical health depends on their seeking and finding cognitive activities of knowing and awareness, namely, perception, recognition, conceiving (which includes imagination and inspiration) and reasoning (Encyclopedia Britannica, Cognition: thought process) where understanding and comprehension can project future consequences and events. From a biological perspective if it emotionally feels good, it is good.

1.4 Cognitive Regulation vs. Emotional Regulation

There is a key difference between a new paradigm of "emotions guide cognitive behavior" and current textbook understanding of "cognitive behavior regulates emotions." Within the construct of "cognition regulates destructive emotional behavior," it is the intellect which identifies, determines, and defines destructive emotional and biological behavior as well as identifies, determines, and defines the cognitive behavior which causes this destructive emotional behavior. Within the construct of "emotions guide cognitive behavior," it is the very presence of negative emotions which identifies, determines and defines destructive cognitive and biological behavior. If emotions are the perception of

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biochemical physiology (Prinz, 2004), then negative feeling emotions are the indication of very real aberrant and destructive cognitive and biological behavior.

The distinction between emotional regulation and cognitive regulation is critical. Within severe mental illnesses such as psychotic mania or suicidal depression, whether emotions are being regulated or cognition is being regulated can be very consequential, especially with the use of pharmaceuticals. Both the student and the teacher use emotional feedback as a meaningful measurement and understanding of the cognitive processes being utilized by consciousness. But emotions that are demonized as aberrant, destructive, and so out-of-control that they must be regulated and brought under control, cannot also be used as a trusted feedback mechanism. This mechanism evolved over millions of years for the individual's health, well-being, and survival. Medications and practices that aim to regulate and control emotions invalidate the very therapeutic process that aims to rely on this mechanism for healing.

1.5 Cognitive-Emotional Wisdom

To have cognitive-emotional wisdom is to have the cognitive and emotional understandings and abilities to avoid acting from the lower platforms of despair, depression, and anger. Cognitive-emotional wisdom means to have the cognitive tools and agility to move up the emotional staircase and to act from the higher platforms where good feelings of clarity, health and vigor reside. Section 4.0: "The Teaching of Cognitive-Emotional Wisdom" of this book discusses a variety of cognitive-emotional wisdom themes relevant to today's culture and society. But it is Section 5.3: A Student's Super-Hero Toolkit that contains the heart of developing a K-12 curriculum with activities that reinforce the synergies between mind, body, emotions, and consciousness.

I wrote *Emotions-as-Effect Theory* so educators would understand that there are other answers to their emotional turmoil that modern psychology has failed to understand. My hope is that as educators comprehend my words, current illusions about emotions will be lifted and they will understand emotions' scientific significance through their own personal reflection and thereby understand the linguistic differences between the emotions

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of Shakespeare and the emotions of science and evolution and why these differences must be developed within a school district's curriculum.

Some of the key word/phrase indicators demonstrating a lack of comprehension that emotions are the perception of biological conditions caused by cognition are: aberrant and destructive emotions, emotional dysfunction, emotional disorder, emotional regulation, emotional addiction, anger management, "control your emotions" and "you are emotionally out of control." These, as well as depression, emotional trauma, and posttraumatic stress disorder (PTSD) need to be used with the understanding that emotions are a perception biological conditions caused by cognitive activities. This construct is further developed in section 4.7: PTSD/Trauma and Addiction Corrupting the Cognitive-Emotional Relationship.

1.6 Defining Success

The success of our teachers in life – whether they are our parents, teachers and other students in school, religious leaders, bosses at work, or the powerful academia, political, and business leaders who set the stage for our lives – is in their ability to empower us with the skills and abilities to think and to feel good, and to help us move our thought and debate up into the mammalian brain. Here, a what feels-good-is-good mentality can evolve into broader and greater awareness of both short and long-term consequences and decision-making and action can mature into greater complexity and imagination. With such education and personal development, an evolved biology of what feels-good-is-good can have a compassionate foundation for existence.

How long will the academic institutions of education, language, linguistics, literature psychology, and philosophy continue the instruction, edification, and liability of an erroneous emotional/cognitive dynamic regulatory theory based in a 3000-year-old literary and religious linguistics when there are yearly, nearly 800,000 suicide deaths worldwide (W.H.O., 2019), millions of other people are being put through a child-to-prison pipeline where incarcerating conditions only amplify their psychological injuries, and indiscriminate "random" shootings continue with no review of the psychological environments that are fostering all of these atrocities and that are oblivious to emotions'

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evolutionary design? Lack of personal and academic questioning and review and the continual education of a linguistics of emotions found in K-12 education from Dick and Jane Readers, or facsimile thereof, through Shakespeare without teaching the linguistics of emotions found within the science of evolution is only continuing the misfortune of those children of a lesser God. (Medoff, 1979).

Cognitive-Emotional Education provides a basic understanding the necessary theory, skills, and abilities that are necessary within a K-12 curriculum that empowers ALL students – especially those who are socio-economically disadvantaged – with the tools needed to not only survive but thrive in today’s chaotic world of uncertainty, mis-information, and cultural division.

Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation (Jackson, 2020) (11,000 words) and *Cognitive-Emotional Wisdom, Education, and Training: K-12 Overview* (Jackson, 2020) (37,000 words) can be freely downloaded from <https://emotional-evolution.com/>.

Sincerely,

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2.0 Dear Student

Subject: Defining emotions for well-being and success vs. for entertainment

Date: rev2020-09-10a

Am I Me?

I am that which I am aware of.

I am that which I am conscious of.

Is it I who choose

my thoughts,

what I feel,

what I do?

Do I determine who I am, what I am, what I do?

Do I choose?

Or do they,

those who wish my obedience?

Do they orchestrate my mind,

my thoughts,

my attention,

my emotions and what I do?

Do they determine that which I am,

that which I desire,

that which I want,

that which I do?

Am I me or am I them?

Do I really choose?

Dear Student,

A student's core beliefs of emotions – which may have been linguistically molded from childhood through family interactions and in later years through reading literary works such as

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Dickens's *Great Expectations*, Poe's *The Raven*, and Austen's *Pride and Prejudice* – have created a false construct of emotions' true reality. That is, emotions of a character in a story that drives them to love, to fight, or to conquer the world... are an illusion. Emotions simply don't exist that way.

A character in a plot feels emotions. They have emotional feelings. They perceive emotions (Prinz, 2004, Smith, 2016). Essentially, all emotions that a character feels are emotions that feel good or emotions that feel bad. But the bodily changes, the bio-chemical changes that a student feels in love, in depression, in the fight, flight, or freeze response such as a faster beating heart, a quickening of the breath, the perspiration running down their forehead, the knot in their stomach, all these bodily changes are not caused by emotions.

They are perceived. Yes. We call these perceptions emotions. Yes. But these changes in the body's biology are not caused by emotions. No. These body changes are caused by the mind. Or to be more precise, these changes in biochemistry are caused by neurological activities within the cognitive mind.

2.1 What Is the Cognitive Mind?

The cognitive mind deals with thinking – with thoughts of awareness and knowing. Cognition also deals with the processes of knowing and awareness, namely, perception, recognition, conceiving (which includes imagination and inspiration) and reasoning (Encyclopedia Britannica, Cognition: thought process) where understanding and comprehension can project future consequences and events.

A character in a plot perceives something out of place in the woods. They recognize some recently broken branches. They imagine that a bear came rumbling through looking for food. Their thoughts are later confirmed when they come across a thicket of brush with freshly ripened blueberries. And right in the middle is a very protective mother bear with her cubs.

Cognitively speaking, the character (1) *perceived* a bear with cubs. They (2) *recognized* it as a bear with cubs. And, they (3) *conceived* what it meant to intrude upon a mother bear with cubs. Then came (4) the bodily changes as result of these cognitive activities that are perceived as (5) emotions. What emotions did our character feel when they came across a bear and cubs in the woods? Much of what our character would feel depends on their past

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experiences. What are some different pasts that a writer might give to our character to interpret their situation? With that past, what bodily changes would be generated, perceived, and interpreted as what emotions? A great source for identifying emotions and the cognitive counterpart is *The Book of Human Emotions: From Ambiguphobia to Umpty – 154 Words from Around the World for How We Feel* by Tiffany Watt Smith, (2015).

2.2 What are Emotions?

Emotions are a perception, a sense akin to the sense of sight, sound, taste, smell, and touch. The sense of emotion feels. Broadly speaking, emotions feel good or emotions feel bad. Emotions are a perception of the biochemical/physiological changes and states of the brain and body. And contrary to popular folklore and their characterization in a movie or novel, a person is not driven by their emotions.

A person may be driven, and they are driven, by their changing biochemistry. But these biological states are precipitated by cognitive activities, not by an emotional awareness. Emotions sense these biological states. Emotions don't create them. Cognition creates them. And as a reminder, cognitive activities of the mind are awarenesses of knowing such as thoughts, perceptions, reasoning and imagination. (Author's Note: When a person perceives their own emotion, this perception is a cognitive activity which can lead to biological changes. But still, it is an awareness of emotions, a cognitive activity, that changes the biology, not emotions).

A script may have a character who is “emotionally out of control.” Technically that person is not “emotionally” out of control but “cognitively” out of control. They have lost control over their cognitive activities of thought, of imagination, of conceptualization. Their mind is running rampant. It is their thoughts and imaginations that are wildly changing the body's biochemistry. It is these changes in biochemistry that makes the heart beat faster, the breath to quicken, the sweat to bead up and run down the cheek and the stomach to knot. These changes in biochemical physiology are what the character perceives as emotions.

2.3 Emotions: The Perception of Biological Changes and States

An observer has a perception of, and an understanding of, what it means to come across a hungry bear in the woods. To say the observer has an emotional reaction – or an emotional event – to the bear is true but it is also inaccurate. The observer had a series of cognitive events. They saw an animal. They recognized it as a bear. They imagined that the bear was hungry. They conceived of the idea of themselves as being the bears dinner.

These conceptions brought about bio-chemical changes in the body. Maybe their heart raced, their breath quickened, they became agitated – they are having an emotional event – and they got the hell out of there. The bodily changes were not caused by emotions, bodily changes were perceived after the fact as emotions. It is not possible for emotions to be the both the cause and the effect of the same event. Fortunately, our observer survived to tell another tale.

Evolution is about retaining those characteristics and behaviors that enhance a being's probability of survival by living long enough to pass these behavior patterns down to the next generation. Through millions of years of evolution, a specific relationship has evolved between mind, body, emotions and consciousness.

This correlative relationship is such that when the mind (1) thinks the body is strong and (2) the body actually is strong, (3) good feeling emotions are perceived by consciousness. This correlative relationship had to have developed this way or a being would tend to not survive very long.

Imagine what would happen to a person who is drunk and (1) thinks of themselves as strong and capable, but (2) actually they are quite confused and clumsy and (3) they feel great and very confident! They perceive themselves as quite capable of driving across town in rush hour traffic. What is their probability survival? These arguments are developed further in *Emotions as Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation* (Jackson, 2020).

2.4 A Feels-Good-Is-Good Biology

A person's emotions are indicators of their health and well-being. Emotions are telling them the harmony of their body's physiology – is it strong or weak. Negative feeling emotions are the body's way of saying “you are creating conditions within your body that will cause, if it

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hasn't already, weakness, lethargy, clumsiness, and ineptness." These conditions make the body ripe for illness and disease. Positive feeling emotions are the body's way of saying "you are creating healthy, strong and vigorous conditions in your body." Not only is the body ready to thrive in the external world, but its internal world has a greater capacity to fight off illness and disease.

This bears repeating.

By entertaining negative emotional thoughts, a person weakens their body's biology. By entertaining positive emotional thoughts, a person strengthens their body's biology. This correlation between mind, body, and emotions is that which must exist for homo-sapiens to have survived their evolutionary challenges. For your body's health, "what feels-good-is-good" and "what feels bad is bad" (Jackson, 2020).

Now a "feels-good-is-good" attitude is fine if a person is living in a world of one. But they are not. A person must do more than find thoughts, actions, and behaviors that feel good for their physical health. They must find thoughts, actions, and behaviors that feel good for their physical health and feel good for themselves as a person living in a society. Driving in a fancy car and having expensive clothes to wear may feel *really good* but being thrown into jail for theft isn't going to do their career any good – if not just plain destroying it. Jumping off a cliff is really exciting, until the landing. How does that feel? There is more to say on this in Section 6.0: "The Dark Side of Emotional Bio-feedback" of the *Emotions-as-Effect* book.

2.5 Cognitive-Emotional Wisdom

To have cognitive-emotional wisdom is to have the cognitive and emotional understandings and abilities *to avoid acting from* the lower platforms of despair, depression, and anger. These negative emotional places of being have evolved to signify a weakening of a person's biology. This makes them easier prey to diseases, illnesses and prone to accidents and injury. (Authors Note: If these last statements are in doubt because I don't provide any empirical evidence, set up your own "mental" experiments and "conceive" some possible results. Look what Einstein did with mental experiments. Or you can do some research for a class.)

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Cognitive-emotional wisdom means to have the cognitive tools and agility to move up the emotional staircase and *to act from* the higher platforms where good feelings of clarity, health and vigor reside. Section 4.0: “Teaching Cognitive Emotional Wisdom” of the *Cognitive-Emotional Education* book discusses a variety of cognitive-emotional wisdom themes relevant to today’s culture and society. These themes should make for some good debate among your classmates and teachers.

Emotions have evolved to guide cognitive activities. Emotions have evolved to inform their owner that cognitive activities are all and well or that cognitive activities need to change for the health and well-being of the individual. Negative feeling emotions are telling a person that their biochemistry is going out of harmony and weakening the body’s biology.

Negative emotions are akin to the “check engine” light on the dash of a car; “something is going wrong.” Now should the light be “managed” or “controlled” because the *light* has a “disorder” or “illness” and is being “destructive” and “aberrant”? Is that what the light is saying? Should we cover it up or ignore it because it is too annoying? Should we “drug the light” so it no longer is doing its job? Is the problem with the light? No. The “check engine” light is saying something is going wrong within the engine. The problem is in our cognitive “engine”, not in our emotional “light.”

Section 5.0 “The Students Super-Hero Toolkit” contains the heart of a lifestyle that reinforces the synergies between mind, body, emotions, and consciousness. Strengthening these relationships might just be the advantage a student needs to succeed in today’s chaotic world of prejudice and misinformation. Understanding and working these cognitive-emotional strengthening exercises are especially important to those where these skills are not part of their home and cultural environment.

2.6 Emotional Entertainment vs Emotional Wisdom

Every society and culture have their own forms of emotional entertainment. That is, they offer opportunities for a person to be taken on an emotional ride for the fun of it. Allowing a book, a movie, a show or some other form of entertainment to take a person on a cognitive/emotional rollercoaster ride is the essence of what entertainment is about. All is fine

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and good if these emotional ups and downs are for entertainment purposes only. And, most importantly, the rider can get off when they want to.

A very important note here. An emotional rollercoaster ride is taking a person's cognitive activities for a ride and their emotions are only a reflection of this unmanaged cognitive activities. They have disengaged their emotional biofeedback mechanism that has evolved to manage and guide their cognitive activities for their personal health, prosperity, and well-being.

But what if a person cannot get off life's rollercoaster? What if there is no longer a choice? Instead of allowing their emotions to be taken for a ride, their emotions have been hijacked by life's events and they can no longer manage life's cognitive/emotional rollercoaster. Maybe they never learned how – nor developed the skills – to use their emotional bio-feedback mechanism to transform life's rollercoaster of events into entertainment (Castaneda, 1985).

Instead, they are caught within a living nightmare where suicide seems to be the only exit. Also remember, emotions are the perception of biological conditions caused by cognition. Therefore, it is not that emotions are no longer “under control” but that a person's mental activities are no longer responsive to their evolved emotional bio-feedback mechanism.

To have emotional wisdom means a person has the ability and is capable of focusing on those thoughts, ideas, imaginations, and observations that feel good, or simply, on what they want and desire. Emotional wisdom means to have the ability and capacity to use negative emotions – that signify cognitive activities dwelling upon that which a person doesn't want – to help themselves identify that which they do want. Again, a person knows what they don't want, which feels bad, so now use that awareness to “find a better feeling thought.” (Hickes, J. & Hicks, E., 2006) To have emotional wisdom also means to understand the difference between the cognitive construct of an emotional ride for entertainment, where one can get on and off, and the cognitive construct of emotions-as-effect theory, where one uses their emotions to guide cognitive activities.

A careful distinction must be understood by every individual as to which cognitive construct of emotions is in play. Are emotions being allowed to be taken for a ride for entertainment purposes? And with this construct, is it understood that, in actuality, it is the

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mind that is being taken for a ride? Or, should the construct of emotions as an evolved biological guide to manage cognitive activities be utilized? Every person needs to develop the cognitive dexterity, understanding, and capacity to change between “emotional entertainment” and “emotional wisdom”.

Entertaining mediums such as books, movies, shows, concerts as well as many other forms ask of one to suspend their evolved emotional construct that guides cognitive behavior towards that which feels good. When being entertained, one is asked to lay aside their emotional bio-feedback understanding and follow the rollercoaster ups and downs of the many characters and themes of the story being presented. All is well and good if a person then re-engages their emotional bio-feedback mechanism once the entertainment is over.

2.7 Quick Review

There are two modes of emotional engagement or on how emotions are utilized by the individual. One is “emotional entertainment” and the other is “emotional wisdom”. Within the mode of “emotional wisdom” a person engages their evolved biological emotional mechanism to continually evaluate their cognitive activities. If their cognitive behavior feels good, a person allows the continuation of these activities. If their cognitive behavior feels bad, they use this emotional negative awareness as motivation to find – or even create – new thoughts, imaginations, and awareness that feel better. This process of “finding a better feeling thought” continues until they are feeling good again.

Within the other mode of “emotional entertainment” a person suspends their evolved emotional bio-feedback mechanism and allows their cognitive activities to bend and sway with the meanderings of their cognitive activities. These states of being are usually allowed for entertainment purposes such as going to a movie, play, or musical concert. Other happenings include attending sporting events or reading a book. Or, how about skiing, golfing, swimming, biking...the entertainment list is endless.

Within all these activities, emotions-as-effect theory is surrendered allowing a person’s cognitive activities to flow and sway with the event. This unabated cognitive activity creates an influx of various neurological and bio-chemical events paving the way for an emotional rollercoaster ride of hyper-cognitive/emotional activity. All is well and good if a person can get

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off the ride and reengages their emotional wisdom where cognitive activities are evaluated, sorted, and culled, accentuating the feeling good and emotionally positive awarenesses.

Note: The emotional bio-feedback mechanism and emotional wisdom are very similar cognitive constructs. The emotional bio-feedback mechanism refers to using one's emotions to evaluate cognitive activities. Emotional wisdom implies the use of emotional bio-feedback plus an awareness of various complexities of social order and disorder. This implies the importance and need for moral awareness, development and education. The importance of moving this internal discussion and debate up from the reptilian brain and into the mammalian brain cannot be over emphasized. See Section 4.0 "Cognitive-Emotional Wisdom" and Section 6.0: "The Dark Side of Emotional Bio-feedback" in the *Emotions-as-Effect* book.

2.8 Tyrannosaurs: The Tyrant Lizards

Humans have evolved to be joyous beings. The evolutionary nature of emotional bio-feedback mechanism is to sift through any mental turmoil to find, develop, and create the thoughts, beliefs, and behaviors that feel good. These good feeling behaviors are the indications of promoting a healthy and strong biochemical/physiological environment. But when the construct of an emotional bio-feedback mechanism is vacated in life, leaving only a construct of emotional entertainment, reality becomes a theatrical set that must be manipulated.

Instead of the relative ease of guiding one's own mind to find emotional stability, it becomes necessary to manipulate the play of life and all those who make their entrances and exits. Life becomes a task of gigantic proportions that demands power and tyranny to control and direct others. Life has now receded back to the land of the dinosaurs where a feels-good-is-good morality has a very limited understanding and "my might" makes "me right".

We have the remnants of a biological brain that evolved into one of the greatest and most powerful beasts that ever lived on this planet, the reptiles, the dinosaurs. Our reptilian relationship now makes for a metaphor for quick and reflexive action without much thought. Our reptilian brain is of this nature.... Don't think.... Be aware.... Act. This behavior is vital in sports where any delay to contemplate and understand may delay any action needed for

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success. Or in war on the battle field where a delay in action may mean death. If it feels good, it is good. Might is right.

There are those who bring this type of warfare to the classroom, hallways, and playgrounds. These tyrannosaurs or tyrant lizards of the school dominate their environment because their reptilian mentality has taken over their higher functioning mammalian brains. They *react to* the environment in a constant emotional entertainment mode rather than *act upon* the environment with emotional wisdom.

The world makes reptilian rather than they make the world. What is seen makes them angry, happy, sad, or whatever. What is heard makes them angry, happy, sad, or whatever. What somebody else did makes them.... There is no engagement or contemplation of emotional wisdom. They have fallen into a trap where all the world has become emotional entertainment. They have become victims of their lower order functions which now needs to control its environment for them to find happiness. They need to direct their play. They need power to direct and to manage each scene in their play because all the world has become the cognitive construct of emotional entertainment for emotional feeling. If “I” feel good, it is good. If “I” feel bad, it is bad. “My” might makes “me” right.

For these tyrannosaurs, feeling good no longer comes from cerebral efforts of the mind to seek and choose good feeling thoughts and then to act from this good feeling awareness. To the tyrannosaurs, feeling good only comes from being emotionally entertained. This means they need to control their environment so where any observation of their playground feels good. And if it feels good, it is good. Might is right because might is needed to make their playground right. There is no longer a higher order of thought where any complex discussions and understandings may pave the way for a might for right code of justice.

2.9 Stalking the Tyrannosaurs

These tyrants of the playground may yet serve a purpose for those educated to understand. These tyrants of brutality and violence as well as those who create anxiety, worry and trepidation can be useful. ***They provide a cerebral challenge and field experience in finding one’s own internal values, beliefs, and detachment that disempowers the***

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tyrannosaurs' aggression. Success comes from detaching from the tyrant's reality and the tyrant's belief of their dominance and control. Success comes from detaching from their "Jurassic" world by creating and acting within one's own world with one's own thoughts, beliefs and rules of engagement. (Actually, the age of dinosaurs is the Mesozoic Era.)

There are other tyrannosaurs whose realities may oppress with sadness by drawing a person into their vortex of sorrow and unhappiness. Like an undertow from waves breaking on the shore, their reality of oppressive thoughts and beliefs can suck a person down to their demise. Or, there are those tyrannosaurs who are "impossible people in positions of power" who make a person rage with anger and violence. All of these tyrant lizards provide an opportunity to practice detachment from a negative reality and impeccability (Castaneda, 1984) to one's own emotional wisdom.

The concept of detachment means to detach from the negative and undesirable realities of *their* world and to create the positive and desirable realities of *one's own* world. Detachment demands that a person finds, create, and focus on their own thoughts, beliefs, and attitudes that empower one's own freedoms, understandings, and values of their own new world reality they wish to inhabit. To detach from one's emotions would be to detach from one's awareness of their cognitive activities. When negative cognitive flashbacks bring about powerful physiological changes and therefore, powerful negative emotions, a person wants to detach, reframe, or pivot off of, and put some distance from those cognitive activities. Our emotions let us know if we are successful or not. If not, more work needs to be done and maybe another tool needs to be pulled out of the toolbox in section 5.0: "The Student's Super-Hero Toolkit".

Neuroplasticity is a term used to describe the brain's plastic ability to rewire itself, to reconfigure itself (APA, 2020; Costandi, 2016, Doidge, 2015). "Truths" and what "is real" and the "way it is" that is supported by a network of nerves in the brain and body – called a neurological network – can change. The neurological networks that are needed to support the reality of the tyrannosaurs can change so that their world need no longer exist in your world. This is detachment. This is the challenge the tyrannosaurs provide.

When the neurology changes that supported the age of the tyrannosaurus cease to exist, all their truths about "what is real" and "that is the way it is" cease to exist. The reality of yesterday is no longer real today. Through effort, understanding, and use of an evolved

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biological emotional mechanism these old truths of what is real and the way it is, that demanded a specific behavior of survival in a Jurassic existence, no longer exists. The Jurassic playground can be left to those who still have a need and desire to play there.

Welcome to the new era of the mammalian brain where might is for righteousness. The greater capacity of the mammalian brain supports a more complex and sophisticated neurology. This evolved mammalian neurology supports a more intricate thought, understanding, and behavior which are guided by an evolved biological emotional mechanism.

Super-Hero characters in movies, comics, and books save the world, but are they disempowering their audience? The Super-Hero ride, if it stimulates within a feeling of strength and power then the ride does serve their audience and provides for a touchstone emotion to strive for as an individual. But, if the Super-Hero ride accentuates the need for somebody outside of one's self to save the day, then a person – as a power and force to create their own destiny – is being ruined.

Be wary of those who proclaim others as the reason for your hardship. Be wary of those who proclaim that something outside of your control is the reason for your adversity. Be wary of those who have a magic pill to relieve your sorrow or pain. Be wary of the tyrannosaurs rex who proclaims themselves as one who will make the world right for you. The only person who can alleviate your hardship, your adversity, your sorrow, who can make the world right for you, is you. And it is not that you are making the world right but creating a new time/space to occupy while leaving an old-world order behind.

2.10 Getting Off the Ride When the Show Is Over

The cognitive/emotional rollercoaster ride of a show, movie, or book is entertaining. But when the show is over, when the ride is over it is time to re-engage the emotional bio-feedback mechanism. This means using emotionally negative cognitive activities to identify emotionally positive cognitive activities and then to move on to the emotionally positive. It means reinforcing an internal neurological world that accentuates the positive and negates the negative.

Those who don't get off the ride and re-engage their emotional biofeedback mechanism are like a ship without a rudder and is at the mercy of the greatest winds and the largest waves.

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They are subjects to the forces of tyranny around them. They are neither master nor commander of their fate.

2.11 A Student's "I" Team of Super-Heroes: Mind, Body, Emotions, and Consciousness

Are today's students honoring the millions of years of evolution that make up their heritage? Mind, body, emotions, and consciousness have evolved together to work together as a team. This is the "I" Team. Education may be strengthening a student's cognitive abilities, but are students developing the superpowers of their "I" Team? Are student's mind, body, emotions, and consciousness learning how to work together in synergistic harmony?

Today's humanity is the product of millions of years of successful evolution. Billions upon billions of beings have succumbed to a stronger foe, leaving only the strongest. Yet now standing on that mountain top, will they falter? Humanity's heritage is one of strength, power, stamina, agility, cunning, and wisdom. This is our nature. The professional, the victorious, the successful, the prosperous have all tapped into this reservoir. How about the multitude? Is education providing the knowledge, skills and abilities to unleash a student's *evolutionary-self* that holds their strength, power and success?

For anyone to succeed in this life they must develop their own superpowers. They must become their own Super-Hero. They must take charge of their own education because, unfortunately, their formal education, as yet, does not provide the tools and training they need.

I wrote *Cognitive-Emotional Education* (Jackson, 2020) in order to give everyone the theory and understanding necessary to take charge of their own lives and to comprehend and use their own abilities to empower themselves. The most important reading to understand is Section 5.3: "A Student's Super-Hero Toolkit." Here an introduction to exercises or areas that a person as an individual can exploit and empower themselves to success. There are expert's in all of these areas for anyone to tap into for their own personal development and success.

Some people are born into a world that inherently teaches these skills and abilities. Unfortunately, if they have fallen into the world of tyranny, their social capital has little understanding and compassion for those born without their same privileges and

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understandings. This letter has been a letter of encouragement for each student to start taking responsibility for their own education. As an adult each person will become responsible for their own conditions even if they don't have the cognitive-emotional training to be responsible. A person is just a leaf blown helter-skelter by the winds of events if they are not aware of their evolved emotional bio-feedback mechanism. Everyone does their best with what they have. If society demands more of their citizens, society must then empower their citizens with the tools to do and be more.

The time has come for students to graduate and utilize their tools and abilities to create their own lives. The time has come to be self-empowered and to build their own life and their own house of prosperity, justice, and freedom. The time has come for each student to build their own house. The time has come to create a house for their family and loved ones. The time has come to create a house, based not on tyranny, but on love. That house is called a home.

I wish each reader good luck. Everyone must do their homework. Not I, nor anyone else, can take this journey for the other. It is each person's journey to experience in their own special and unique way. It is up to each person to utilize their own evolved emotional bio-feedback mechanism and make the adventures of living a good and joyous journey. Do this for yourself and for all other beings on this planet.

Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation (Jackson, 2020) (11,000 words) and *Cognitive-Emotional Wisdom, Education, and Training: K-12 Overview* (Jackson, 2020) (37,000 words) can be freely downloaded from <https://emotional-evolution.com/>.

Passionately,

Andrew O. Jackson

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MS Management Technology

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3.0 Dear Athlete

Subject: Unleash Your Evolutionary-Self of Strength, Power, Cunning, and Success

Date: 2019-09-10a

Dear Athlete,

You are the product of millions of years of successful evolution. Billions upon billions of beings have succumbed to a stronger foe, leaving only the strongest. You now stand at the top of that mountain. Your heritage is one of strength, power, cunning, and success. You have all that within you., The victorious, the successful, the prosperous, and the best and most favored athletes in all sports have all tapped into this reservoir. How about you? Do you want to know how to unleash your *evolutionary-self* that holds your strength, your power, your cunning, and your success?

Athletes have worked for years, with thousands of hours of practice building their mental and physical strength, stamina and dexterity. Yet, with all that, there is something more. That something is the *synergy* that can be had when mind, body, emotions and consciousness are working in harmony.

Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation (Jackson, 2020) explains how everyone, including athletes, can understand how the mind, body, emotions, and consciousness work as a team. Each system is the result of billions and billions of conquests where only the strong, the powerful, the cunning, the clever and the wise have survived. The time has come for each athlete as an individual to tap into that wealth of power that lies quietly, silently... dormant... within everyone.

3.1 The “I” Team: Mind, Body, Emotions, and Consciousness

The mind, body, emotions, and consciousness have evolved together to work together as a team. This is each athlete’s “I” Team. An athlete is physically strong, but are they “I” Team strong? Is their mind, body, emotions, and consciousness working together in a

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synergistic harmony? Are they honoring the millions of years of evolution that make up their heritage?

The key to understanding the harmony between mind, body, emotions and consciousness is to understand what emotions exactly are. Emotions are an individual's conscious perception of their body's and brain's biochemical physiology created by the cognitive activities of the mind (Prinz, 2004; Smith, 2016). Emotions are not just something that feels good or feels bad, although that becomes a very important distinction.

An athlete's emotions have an evolved relationship with their mind and body such that when they (1) are thinking of strength, agility, and stamina and their body actually (2) is strong, agile, and resilient, (3) their emotions feel good. Different emotions are perceiving different biochemical conditions of the body such that as an athlete continues to feel good, their body's biology will maintain its harmonies of strength, power, cunning, and success. Any negative emotions, feelings, and attitudes are indications that the mind is sabotaging its own synergistic harmonies. Champions in any sport and in life don't go negative but for a brief moment while regaining their aura of invincibility. (Reference *Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation*; Jackson, 2020.)

An athlete's emotions are indicators of their health and well-being. Emotions are telling them that the harmony of their body's biology is becoming strong or weak. Negative feeling emotions are the body's way of saying "you are creating conditions within your body that will cause, if it hasn't already, weakness, lethargy, clumsiness, ineptness and sickness." Positive feeling emotions are the body's way of saying "you are creating healthy, strong and vigorous conditions in your body."

By entertaining negative emotional thoughts, an athlete is weakening their body's biology and its synergistic harmonies with the mind and consciousness. By entertaining positive emotional thoughts, an athlete is strengthening their body's biology and synergistic harmonies. This correlation between mind, body, and emotions is such that must exist for homo-sapiens to have survived their evolutionary challenges (Jackson, 2020) For your biological health, prosperity, and well-being, what feels-good-is-good and what feels bad is bad.

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Now a feels-good-is-good attitude is fine if a person is living in a world of one. But they are not. A person must do more than find thoughts, actions, and behaviors that feel good for their physical health. They must find thoughts, actions, and behaviors that feels good for their physical health and feels good for themselves as a person living in a culture and society. Driving in a fancy car and having expensive clothes to wear may feel *really good* but being thrown into jail for theft isn't going to do an athlete's sports career any good – if not just plain destroying it.

3.2 Confusing Physical Pain with Emotional Pain.

A pulled muscle, a strained knee or a bruised hip are just some minor injuries most athletes are probably well acquainted with. “No pain, no gain” may make sense with developing your physical prowess. But what about emotional pain? What does emotional pain mean? Should an athlete just ignore it and hope it will go away? Maybe. But that is developing emotional ignorance and an ignorance to their body's health, harmony, and well-being and the destruction of any synergistic harmonies they need for competition.

It is far better to be emotionally aware and to consciously take steps to maintain an emotional sense of well-being, confidence, and invincibility. One may just have an emotional bruise that will heal easily. But just as physical trauma is serious business, emotional trauma from life's journey, and especially the emotional trauma from brutal injuries and accidents during practice or competition, must be understood and be carefully nurtured. Emotional trauma from sport injuries can easily affect an athlete's performance long after their physical recovery. (Ref: Section 4.8: “PTSD/Trauma and Addiction Corrupting the Cognitive-Emotional Relationship” in Cognitive-Emotional Education, (Jackson, 2020)).

Negative feeling emotions are an athlete's body's signal that “you are screwing up.” Mind and body are getting out of sync. Biochemically and/or physiologically, something is going out of harmony. Maybe an athlete's coordination will be off which affects their timing and therefore their muscles won't be doing exactly what they thought they would/should and **BLAM!** “you lose.”

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The ways and means of evolution tend to eliminate those who don't respond to their emotional bio-feedback mechanisms. In sports, those who don't attend to their emotional signals may be left with their shot, their kick, their swing, their vault, their "whatever" looking like a rookie. The "air ball" in basketball is a great example. So is a missed field goal in football, a missed goal in soccer and a bad putt in golf.

*What you saw was mis-perceived.
Therefore, your aim was mis-conceived.
Your muscles were deceived,
because your emotions were not believed.*

3.3 Emotions and Personal Injury

With the presents of emotional pain or emotional trauma, an athlete is more likely to get injured. Something – whether it's their muscles, nerves, the senses like perceptual awareness, or whatever – something is not working in harmony. The "*I*" Team is in trouble. When an athlete is in competition and pushing themselves to their limit.... when they are putting tremendous load and pressures and heavy demands on their body.... when they need all of their parts working together in harmony.... what are ANY unresolved negative emotions going to do to upset one's performance? How bad are these unresolved negative emotions going to affect an athlete's strength, power, cunning, and success?

Emotions mean something. Negative emotions mean, "Something is *NOT* working together! Something is *NOT* in harmony as it was before! Something – don't know what – is going to give! **BLAM! POW! SNAP!** ...YOU... are out for the season!" Their emotions were telling them something wasn't quite right. Will they listen to their "emotional speak" now?

*Make right your emotional might;
without that light there is no sight.
Tonight... fight smoke tonight*

OR

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Tonight.... Be Smoke tonight!

Emotional pain – is no gain.

Is no gain with emotional pain!

3.4 Emotional Strength Is Being Emotionally Aware and Wise

Do the pressures of the next challenge make an athlete reach into their evolutionary soul to bring forth all their strength, power, cunning, and success? Is there so much excitement and anticipation to keep still? This is the emotionally positive what-if-game of success. In fact, there is no what-if with such excitement and anticipation, there is only this is “my game!”

Or, have an athlete’s thoughts turned them numb to where their brain is no longer working? Has the spectacle of the game, tournament, or contest made the brain unresponsive and unable to compete – like a pinball machine gone “*TILT*”? Are an athlete’s thoughts creating nervous energy to the point that they can’t sit still, not because of excitement, but because of nervousness and fear? Somewhere in the mind is a thought on an emotionally negative what-if-game of failure.

An athlete’s power comes from being and maintaining an emotional state of feeling good. Negative emotions are also wonderful. They have their place. They are telling a person exactly what they *do not want*. But don’t stay there dwelling on what is not wanted. Make a diamond out of the charcoal. Use that negative emotion to find thoughts and actions that feel good and go there! For an athlete to succeed, they must go to where their strength and power are.

Synergistic harmonies make an athlete better than they are.

Section 5.3: “A Student’s/Athlete’s Super-Hero Tool Kit” outlines a list of tools and exercises to use and to get off the mentally negative weak and lethargic and onto the mentally positive strong and powerful. Emotions are like a perpetual coach signaling which is which. These are an athlete’s Super-Hero exercises to get their mind, body, and emotions all working together as a synergistic whole. Synergy is where $1+1 = 3$ or 5 or even a lot more. The greatest athletes in the world get to a place where their mind, body, emotions and

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consciousness work as a synergistic whole. These athletes become the MVP because they became greater than themselves.

3.5 A Prevent Strategy Is a Losing Strategy

A prevent defense, a prevent offense, a prevent anything-fence usually means somebody is focusing on something they don't want to happen. A prevent strategy means a person is trying to prevent something from happening, focusing on what they don't want, and therefore it probably will happen. If an athlete, or anybody, dwells upon that which is not wanted, especially during a competition, that event will probably happen. It may not be a conscious activity, but evolution has set up a wonderful emotional biofeedback mechanism where negative emotions will inform an athlete of their possible demise. Being emotionally aware and astute is a primary skill and ability that every athlete absolutely must develop.

If the coach demands a prevent anything-fence, each player should focus on what they want to accomplish and make happen rather than on what they don't want to happen. The same goes with any athlete, they must focus on what they want to happen rather than on what they don't want to happen.

Contrary to normal diminishing ones focus within "that which is not wanted", the engineering mind and the gamer mind (as in chess) seem to develop positive emotions while identifying and holding a problem in stasis and simultaneously searching for and allowing solutions to "come to mind." Bobby Knight (The General), head coach at the University of Indiana with three NCAA Basket Ball Championships and eleven Big Ten Conference Championships explains in his book, *The Power of Negative Thinking* (Knight, 2013) the importance of realizing what a person/coach/player/athlete does not want. But then he uses that information to research, find, and coach that which he does want to happen.

When focusing upon what they don't want – when negative emotions are present – an athlete is weakening the synergistic harmony between mind, body, emotions, and consciousness. To maintain synergy, a person must focus on what they want.

Don't prevent what you don't want. Make happen what you do want!

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What is your “prevent offense/defense” in your sport where you are weakening your physical and mental abilities and laying the foundation for defeat? What emotional shadow do you leave lurking around because “it’s not a big deal?” It is a big deal. What shadow are you not paying attention to? What lingering thought are you ignoring that eventually may lead to your downfall?

- Maybe your downfall will come from nagging thoughts of an old injury.
- Maybe competition brings forth garbage and conflicts and instead of being fun and exciting, competition is misery and pain.
- Maybe a recent argument with a girlfriend or a divorce will trip you up.
- Maybe you and your fans are still celebrating beating the undefeated, number one team in the nation in the semi-finals while your next opponent – in the finals – is busy preparing to beat you.
- Maybe your first game of the season is with a “cupcake” and while you are just “going through the motions” of practice, your “cupcake” is tapping into their strength, power, cunning, and the success of their evolutionary and synergistic selves and becoming more than they are by working hard and by putting all their focus and energy into beating you!

What unresolved shadow is waiting to take you off your game? What shadow is lingering in the dark? Resolve those hidden shadows by using them (Knight, 2013). See these issues as the charcoal that brings forth diamonds. They tell a person what they don’t want. Now each athlete must do the work to find and then focus on what they do want and make diamonds.

When a person is succeeding, they will feel the positive feeling emotions that strengthens the synergistic harmony between – and within – mind, body, emotions, and consciousness. But it takes the heat of a great battle to really get the thrill and excitement of that good feeling energy flowing through your veins and into your desire for a victory.

3.6 Becoming a Master: You are Your Own Opponent

The real game, match, meet, challenge is with yourself. You are your real opponent. Are you dwelling upon what you want, or what you don't want? Are you strengthening and unleashing your "I" Team or not? Your emotions will let you know. Your emotions are telling you if you are creating the synergistic harmonies between – and within – your mind, body, emotions, and consciousness...or not.

Each and every time you succeed in using an emotionally negative feeling thought to find and to move into its converse emotionally positive feeling thought, is a very important victory. Celebrate every emotional transformation. Transforming emotionally negative cognitive activity into their emotionally positive cognitive activities is your most important victory. This skill will carry you to success throughout your whole life in what ever endeavor you may explore.

Now is the time to include emotional awareness and cognitive transformation training with your physical training. Here, winning means you are finding your heritage, your evolutionary-self of strength, power, cunning, and success that comes with pivoting off of negative emotional feeling cognitive activities and onto positive emotional feeling cognitive awarenesses and activities. This means that sports, competition, and life itself is suppose to be FUN! If you are not enjoying your sport and its activities then you are not tapping into your greater strength, power, cunning, and success.

By getting off the emotional pain-train, you will reconnect with your evolutionary-self and the synergy that lies within. The synergy between mind, body, emotions and consciousness will unleash a new and greater power, strength, stamina, agility, cunning, intelligence, and wisdom. This is your evolutionary heritage. This is your evolutionary-self. This is your "I" Team. This is you.

Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation (Jackson, 2020) (11,000 words) and *Cognitive-Emotional Wisdom, Education, and Training: K-12 Overview* (Jackson, 2020) (37,000 words) can be freely downloaded from <https://emotional-evolution.com/>.

3.0 Dear Athlete: *Evolutionary-Self of Strength, Power, Cunning, and Success*

Good Luck,

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3.0 Dear Athlete: *Evolutionary-Self of Strength, Power, Cunning, and Success*

4.0 Cognitive-Emotional Wisdom

The success of our teachers in life – whether they are our parents, teachers and other students in school, religious leaders, bosses at work, or the powerful academia, political, and business leaders who set the stage for our lives – is in their ability to empower us with the skills and abilities to think and to feel good, and to help us move our thought and debate up into the mammalian brain. Here, a “what feels-good-is-good” mentality can evolve into broader and greater awareness of both short and long-term consequences, and decision-making and action can mature into greater complexity and imagination. With such education and personal development, what feels-good-is-good can have a compassionate foundation for existence.

To have ***cognitive-emotional wisdom*** is to have the cognitive and emotional understanding, skills, and ability to avoid acting from the lower platforms of despair, depression, and anger. It is to have the cognitive tools and agility to move up the emotional staircase and **to act** from platforms of good feelings where health, clarity, and vigor reside.

The steps to move up the emotional staircase (or emotional hierarchy) vary depending upon the set of emotions involved. One order of progression may be to move from despair, to anger, to frustration, to displeasure, to pleasure, to joy, to delight, to exhilaration, and finally, to ecstasy. Most people do not have the ability to go from despair to joy. That would be too great a leap. But they may go from despair to anger, from anger to frustration, from frustration to displeasure, from displeasure to pleasure, and from pleasure to joy over time.

Development of cognitive-emotional wisdom also helps an individual to develop the desire, courage, and tenacity to do the work necessary to move up the emotional staircase and to continually reach for thoughts that feel better. Poetry, music, dance, the arts, and sports can all be important motivators because successful participation within these disciplines demand action from higher levels of cognitive awareness and a more refined response to emotional perceptions. Every step higher in the level of accomplishment demands an even greater commitment to a cognitive discipline and the emotional bio-

4.0 Cognitive-Emotional Wisdom

feedback mechanism. Every step higher is a movement into greater happiness, joy and passion. Think about it. Physical and cognitive strength, power, agility, cunning, wisdom, intelligence, and every key attributes for an athlete's success, require the athlete, as a consequence of evolution, to be joyous and passionate within their endeavors (Jackson, 2020).

As individuals mature into adulthood, they should continually be developing new and more intricate methods of utilizing their emotional bio-feedback to create new and more complex harmonies within their minds and bodies and with their external world. The complexities of the mammalian brain need to be utilized to adapt a prehistorically evolved emotional bio-feedback mechanism to the demands, complexity, and nuances of our modern society. Having cognitive-emotional wisdom also means having a broad enough perspective on “what feels-good-is-good” to understand that “what feels good” in the immediate present may have a completely different emotional response in the very near future. Jumping off a cliff may feel great, but the landing leaves much to be desired.

The mind and body exist within a multitude of cognitive conditions and activities, all creating a different symphony of emotional feedback and harmonies (Smith, 2015). It is these harmonies and disharmonies that individuals must bring together as they conduct the symphony of their lives' creations. The primary goal and objective for society and its members should be to nurture and guide an individual into their own being as a creator of their life rather than being a victim of life. People need to learn how emotions have evolved to aide in human development and decision making. Much too often, societal and individual actions create schisms between individuals and their own personal emotional bio-feedback mechanism, sometimes innocently, sometimes with benevolent intent, but sometimes with malicious intent to manipulate individuals for ulterior purposes, such as exploitation or control.

4.1 The Evolved Emotional Bio-feedback Mechanism

Within the psychology of an emotional bio-feedback mechanism, the naturally evolved response to negative emotions is for a person's consciousness to use the energy from the correlative negative cognitive/emotional state to pivot the mind's activities onto activities

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that bring positive emotions (Jackson, 2020). If emotions are skewing negative, it is the person's signal *to stop* and take steps towards a new perspective and to refocus the mind and its activities onto a reframed view of the subject. If these efforts fail, then learning to refocus consciousness onto something entirely different may be the best action to bring a more positive emotional response. As people grow from childhood to adolescence to adulthood, they learn more complicated and sophisticated facets of (1) recognizing and acknowledging the presence of negative emotions, (2) stopping the spiral down the emotional staircase earlier and earlier in the decline (or as in the case of mania, stopping the upward spiral), (3) reframing and refocusing the consciousness into a less negative emotional perspective, and (4) repeating this reframing and refocusing into better feeling emotions until they are back at an emotionally positive, healthy and harmonious vantage point.

Maintaining a healthy and joyful lifestyle requires having an ability to move up (or down in the case of mania) the spiral staircase with ease and fluidity, just as emotions flow up and down with the changing consciousness of watching a movie or reading a book. Issues involved within mental illness, addictions, and violence develop when this more complicated and creative aspect of a healthy cognitive/emotional dynamics are absent, usurped, driven, or even manipulated out of a person's repertoire of life's survival skills. The resulting loss of choice to get on or off the cognitive/emotional rollercoaster can leave an individual broken and in need of professional help.

4.2 Development of Cognitive-Emotional Wisdom

The narrowness of myopic mental vision and perspective plays a role in mental illness and aberrant behaviors to strive for action that is not myopic but, rather, integrates the totality of a person's cognitive and emotional universe. Just as the various sections of an orchestra must be aware that they are playing in the same key to remain in harmony, the various aspects of a person's consciousness and very being must find harmonious integration for the person to remain whole and mentally healthy. Otherwise the dissonance that can develop within a person to accommodate society's diverse demands can become so great that it may be impossible for the person to remain whole and mentally healthy. To be mentally well, individuals must have successfully mastered the necessary skills to navigate their

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cognitive and emotional processes through life's challenges and adventures. They must successfully integrate the lessons demanded by society and develop the necessary cognitive-emotional wisdom to succeed.

In a healthy, cognitive/emotional dynamic symbiotic system, emotionally negative activities of the mind must be a source of inspiration and creativity and inspiration for new, emotionally positive, and transformative cognitive activities that are the necessary precursors to healthy physical action. Emotional wisdom brings forth emotionally positive cognitive and physical activities that bring health, vitality, and nurture a constructive, cooperative, and successful personal environment. Emotional ignorance, on the other hand, brings forth emotionally negative cognitive activities that run amok as they externally create destructive physical actions and internally create unhealthy physiological environments susceptible to disease, illness, and injury.

The first step towards cognitive-emotional wisdom is to establish a person's awareness of the fundamentals of the emotional feedback mechanism. Unfortunately, even the syntax of language misrepresents the mind, body, emotion relationship with consciousness. To say that a person is "emotionally out of control" or having a "fit of rage", or "acting out in anger" or committing a "crime of passion" is an incorrect characterization of emotions. The person is not "emotionally out of control" but, rather, they are "cognitively out of control" because it is the cognitive activities that are creating biochemical/physiological changes which consciousness perceives and calls emotions. Emotions cannot be aberrant and destructive because they are but the messenger. It is cognition that can be aberrant and destructive. It is cognition that is creating the biochemical physiology that is running afoul.

The phrase "don't be so emotional" and the concept of "emotional disorder" do not treat emotions as a perception of mental activities via changes and states of biochemical physiology. This use of language obscures the notion that the display of a person being "emotional" is the direct result of his or her current cognitive activities and it is these cognitive activities that need to be addressed (Jackson, 2020).

Cognitive-emotional wisdom is born when emotionally depressed persons begin to understand and accept the relationship between their depression and the nature of their

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thoughts. The fall into depression is not their fault but healing demands taking new responsibilities. For depressed persons to continue dwelling upon the people and events responsible for their current condition is to create barriers to understanding and accepting their new responsibilities for their own thoughts and actions. Cognitive-emotional wisdom means to begin taking new responsibilities for one's own behavior and to change and develop new habits of thought and perspectives. A neuroplastic brain that has the capacity to rewire and reconfigure itself makes all this possible. (APA, 2020; Costandi, 2016, Doidge, 2015).

4.3 Defining Mental Health and Well-being

Mental, physical, and emotional wellness depend on actuating their evolved correlative relationships to mind, body, emotions, and consciousness. Emotions are a perception of biochemical/physiological conditions which are an actualization of cognitive activities. If a person's emotions are working as they have evolved and are giving an accurate perceptual feedback on their biochemical physiology, then a psychological problem is not an "emotional disorder" it is a "cognitive disorder." A true emotional disorder would be akin to a sight disorder such as near sightedness, far sightedness, or even color blindness. A distinction must be made between a properly working emotional mechanism – one which gives accurate feedback on the body – and an emotional mechanism with a disorder – one which has a non-associative evolved relationship with the body and mind.

Within the context of emotional bio-feedback, a person is mentally healthy when they can naturally (i.e., without alcohol, drugs or medications), respond to their own emotional bio-feedback and move up or down the emotional spiral staircase by choice (Hicks E. & Hicks J., 2006). A mentally healthy person has the aptitude, skills and capacity to return to the pleasures and harmonies of life from event to event throughout life. Having mental and physical health is being capable to do the work that is necessary to move within the emotional spiral staircase: from a mental/physical/emotional negative state into a mental/physical/emotional positive state of existence.

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Well-being and the success of any professional therapy, mental or physical, is not defined by the absence of illness but by the presence of health, vigor, and joy and the necessary cognitive skills, abilities, and motivation to nurture these conditions with one's own emotional bio-feedback.

Once a person learns to maintain their own physical and mental well-being by acting from a positive emotional state, then a new learning process begins: one which delves into the ethics of these actions and thus develops a comprehension of right action. We live in an environment where sales and marketing have become very sophisticated and cunning in the manufacturing of feeling good states of being. In this environment of *caveat emptor* (let the buyer beware) and “free speech”, not understanding the pitfalls of a feels-good-is-good evolved physiology can be very costly to the individual and in the long run to the health and well-being of the family, community, and society (see section 6.0 “The Dark Side of the Emotional Bio-feed Back Mechanism).

Additionally, society needs to rethink the meaning of “criminal justice” and reform punishment for crime into a justice system that actually promotes healthy cognitive rehabilitation and healthy neuroplastic development and a return to well-being (see section 4.9 Criminal Justice Reform). Well-being entails health, vigor, energy and vitality with a joyous anticipation for the future and all its uncertainty along with the skills, abilities and awareness to manifest these attributes.

4.4 Depression: Mental Illness or Mental Injury

The physical pain of a hand on a hot stove brings about a very natural reflexive response. The pain is a signal to get the hand off the stove. If the pain is ignored and the hand remains on the hot stove, the biochemical/physiological signature of the hand changes to the degree that the hand burns. The feeling of pain is significant to the health and survival of the body. The issue is the lack of responsiveness to the pain. But is the condition of the hand an illness or an injury?

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From the perspective of emotions-as-effect theory, the biology of a biochemical/physiological “abnormality” associated with emotional pain (such as depression) is analogous to the biochemical/physiological “abnormality” associated with the hand’s physical pain on a hot stove. The more the emotional pain is (1) ignored, (2) suppressed or usurped, (3) biochemically blocked or sedated, (4) blocked by neurological damage, or (5) unacknowledged for any other reason such that the individual’s thoughts and the activities of his or her mind remain on the ‘hot stove,’ the more the associated biochemical/physiological signature and neurological processes will differ from that of a ‘normal’ healthy person (Raison, Jain & Maletic, 2011). The issue is the lack of responsiveness to the emotional pain which calls out to get the mind off a potentially damaging mental stream of consciousness. But is this biochemical/physiological abnormality an illness or an injury?

The illness in mental illness arises when healthy responses to the emotional system are absent and the individual does not have the mental/emotional capacity, agility, or wisdom to respond to their emotional bio-feedback in a natural and healthy manner to get their mind off of the hot stove. But is this lack of emotional responsiveness an illness or an injury?

1) Cure an Illness, Rehabilitate an Injury

The observation that people with mental illness have a biochemical/physiological abnormality compared to from the mentally healthy people is well documented (Maletic & Raison 2017). But there is, by evolutionary design, supposed to be a biochemical/physiological anomaly when a person’s mental activities are unhealthy, that is, when cognitive activity dwells upon unwanted, emotionally negative aspects of life. When a person’s mind remains on the hot stove, they are activating a completely different neurological network. There should be a different biochemical/physiological signature. The fallacy is in the attempt to pharmaceutically normalize a patient’s biochemical physiology without also removing that person’s mind from the cognitive hot stove and rehabilitating healthy neural network activities between cognition, body, emotions and consciousness.

Where well-being and a natural emotional responsiveness exist, no medical attention is needed. But if the mind ‘burns’ a little, maybe some simple medication accompanied by

supportive psychotherapy would promote healing and a return to a naturally functioning neural network of the healthy mind, body, and emotion correlative relationships that can be utilized by consciousness.

However, in acute cases where such a natural emotional response, awareness, or behavior is lacking, and where healing is not occurring, supportive medication and hospitalization may need to be more invasive. Extensive rehabilitation therapy will be needed to take advantage of the brain's neuroplasticity to recreate a new neurology of healthy mental responsiveness to its emotional bio-feedback system. Supportive pharmaceutical intervention should be an aid to the patient, as a crutch, to help him/her regain healthy responses to their emotional bio-feedback system. The crux of the problem for those suffering to this degree began with their disregard, or ignorance of, a wondrous and highly evolved emotional awareness of healthy biological conditions.

2) Responding to Emotional Bio-feedback

There is great power within the activation of the emotional negative neural network and the realization and conception of that which is not wanted nor desired. But this power is only actuated if the opposite end – the positive, pleasurable end of the spectrum – can be known, that is, perceived, recognized, conceived, and reasoned and then acted on (Encyclopedia Britannica, *Cognition: Thought process*).

People who are healthy, happy and successful in life use their power of consciousness to pivot off the emotionally negative aspect of a scenario and into a more emotionally positive, *re-framed* scenario. They have learned and developed the necessary skills that are essential in our society to manage their focus of attention in response to their own emotional feedback. They have developed a robust cognitive dexterity and ability where disruptive cognitive events only temporarily upset healthy biochemical/physiological balances. They have the motivation, drive and, most importantly, the proficiency to cognitively create a scenario of that which is wanted and desired – which initiates a balanced and a healthy biochemical physiology activating the correlative, emotionally-positive neural network.

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The development of the extreme biochemical/physiological signature of mental illness that requires psychiatric drugs is the result of a chasm that developed between the cognitive activities within the brain and the individual's responsiveness to an evolved emotional bio-feedback system. Severe mental injury or illness that may never fully heal may have resulted from neurological damage, disease, drug abuse, prolonged and extensive use of medications, trauma, birth defect, or some other inherited condition. On the other hand, more treatable conditions may have developed through life from a person's inability to process the indoctrinating effects of life's significant characters. Parents, religious figures, teachers, peer groups, or the constant barrage of information in this new age of technical wizardry can lead to a breakdown between cognition and consciousness's responsiveness to its own evolved emotional bio-feedback system. Less dramatically, such a breakdown may be caused by the many interactions life presents while growing up – where others' emotional bio-feedback systems have usurped, instead of enhanced, a person's natural emotional responsiveness.

3) Rehab

Whatever the dysfunction is called – illness, disease, disorder – and however the symbiotic ties between cognition, physiology, emotions, and conscious were disrupted, the objective in psychological and pharmaceutical therapy should be to reestablish the evolved and symbiotic relationship between these constructs where a person can enjoy and thrive in life with its many exciting challenges. The neuroplastic capacity of the brain to establish new neural circuits takes time. The psychological and pharmaceutical rehabilitation methods to reinforce this new neurological growth with emotions as a perception of biochemical physiology have yet to be properly identified and researched.

4.5 Psychological Therapy: Cognitive-Emotional Rehabilitation

There is a need to develop an understanding of emotional bio-feedback and cognitive regulation in the discipline of psychological and pharmaceutical therapy. Emotional regulation is a misconception and a false construct of actual bio-physiological events (Jackson, 2020). To pharmaceutically regulate emotions is to obscure cognitive behavior from the very consciousness that needs to comprehend its own behavior. Emotions are a

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perception of biochemical/physiological conditions within the body precipitated by cognitive behavior. It is cognitive behavior that must be emotionally accessed by the individual. A psychologist can aide this understanding and can teach the individual how to use emotions-as-effect theory to regulate cognitive behavior. Any emotionally undesirable cognitive activities can be used as a launching pad to reach for less negative and, eventually, positive and productive cognitive activities that result in a healthy biology and associated positive emotions.

Cognitive rehabilitation must help individuals to use the neuroplastic capacities of the brain to develop new and emotionally positive cognitive habits of thought, perception, and imagination. Such a discipline would help a person develop internal powers of choice and creativity to move the mind towards activities that result in associated harmonious emotional responses. Besides the cognitive activities of recognition, conception, reason and imagination, there are the perceptual activities of the senses – touching, seeing, hearing, smelling, and tasting – as well as the physical activities a person may engage in. All cognitive activities associated with these activities also give rise to associated emotional responses to be heralded and empowered into well-being through encouragement by the psychologist.

There is a need for a psychotherapy that fortifies a person’s desire to stay on the road toward a natural state of health and well-being: a discipline where a person’s own emotional bio-feedback mechanism is acknowledged, validated and reinforced. This implies empowering a person with the ability to reach for and chose cognitive activities that feel better, so they actually do feel better in the present, rather than reaching for some goal to be realized in the future. These cognitive activities may simply change emotional experiences from painful to less painful, but eventually they will result in a change from feeling good to feeling even better. The successful caregiver will develop a person’s cognitive ability to find cognitive activities that feel better now, in the present, in this therapeutic session. The goal is for a person to feel even better by becoming mentally and physically well through leading a life responsive to their own emotional bio-feedback mechanism. “Wellness” ultimately means to have a life without therapy and without medications. A person may never reach a state of mental health that is without therapy or medications, but just demonstrating with

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them that they have the ability and the power to feel better now creates hope. Hope can make all the difference between staying with or leaving a program. It can make the difference between staying with or leaving life itself.

Within cognitive behavior therapy (CBT) (Beck, 2011), mindfulness (Farb, et al., 2014), mindfulness-based cognitive therapy for depression (Segal, et al, 2013), eye movement desensitization and reprocessing (EMDR) (Shapiro, 2018), forgiveness therapy (Enright, & Fitzgibbons, 2015), positive psychology (Lopez & Snyder, 2009), emotional intelligence (EI) (Salovey, et al., 2004), and interpersonal psychotherapy (Stulberg, et al., 2018) are the bases of emotions-as-effect theory. These therapies change cognitive behavior to achieve a desired emotional and behavioral outcome. Emotions do change. Behavior does change (Kolk, 2015; Barlow, 2014). However, they all understand emotions as potentially aberrant and destructive with the need for emotional regulation, management, and control because of emotional disorders. Emotions-as-effect theory and its cognitive-emotional process flow chart provide a different answer (Jackson, 2020). If these therapies would recognize and acknowledge their foundation within an evolved emotional bio-feedback mechanism, the efficacy of these therapies would greatly improve.

Therapy that acknowledges the evolved symbiosis between cognition and emotions reaffirms an evolved biological awareness mechanism where emotions are used to evaluate cognitive behaviors. In stark contrast to emotional regulation, within emotions-as-effect theory emotions are not regulated but rather are used instead to regulate, that is, to guide cognitive behaviors. Additionally, in this context, emotions are not viewed as “out of control,” nor is there a concept of “emotional dysregulation” (Barlow, 2014). In contrast, it is the cognitive mind that is “out of control,” and the therapeutic process addresses a “cognitive disorder.” Deviant emotional perceptions are reflections of this aberrant dysregulated cognitive behavior. Emotions are not treated as dysfunctional; rather, they are understood as very functional in that they bring to consciousness the dysfunctional aspect within the mind’s cognitive activities that is creating the aberrant biochemical physiology a person perceives as negative emotions. It is these irregularities in cognitive behavior that need to be addressed. Emotions are but the messenger.

4.6 Psychiatric Therapy: Pharmaceuticals for Healing

Any attempt to understand and affect the internal human environment must be taken with an understanding of the changing biochemical/physiological conditions of that environment as indicated by an evolved emotional neurocircuitry of the human body.

If there is a need for psychiatric treatment, then the use of drugs and medications should be such as to help and aide consciousness to regain its own power and responsiveness to its own emotional bio-feedback mechanism. These medications should also help consciousness break away from a narrow and myopic world view which can spiral cognition out of control. There is a need for pharmaceuticals that can help create a biochemical/physiological environment where the personal powers of an individual's consciousness can start making attempts to be more responsive to their emotional bio-feedback mechanism. These new agents must also augment the brain's neuroplastic capacity.

These new types of pharmaceuticals would aid individuals in their capacities to use their own cognitive skills, abilities, and reflexes to co-function with their emotional bio-feedback mechanisms. As a person's new skills are developed and new neural circuits are cultivated, the need for and the types of pharmaceutical assistance change. There always should be the goal to eventually remove pharmaceutical assistance entirely. But, like the hand on the hot stove, the neurocircuitry within the brain can be "damaged" so extensively that no amount of training and development will ever succeed because entire functions of the brain may have been irreversibly programmed into destructive patterns. In such cases, there is the possibility that the mind/body/emotion chasm may be permanent, resulting in a need for permanent pharmaceutical intervention and, in some cases, hospitalization. Nevertheless, new pharmaceutical research is required to address a new paradigm in which cognition drives the biochemical physiology that emotions perceive.

There is a danger of medications masking destructive cognitive behaviors that normally are exposed through erratic, abnormal, and convoluted *emotional feedback*. If these emotional reflections of aberrant mental and physical behaviors are ignored or camouflaged with pharmaceuticals and if irregular *cognitive behavior* is left unaddressed without proper

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psychological counseling and therapy, cognition may fester unabated and create a myopic vortex of circular mental and physical behaviors. This psychosis can break out with disastrous consequences to the person and to others, who may become characters in a manically conceived tragedy played out in real life.

The approach proposed in this book does not negate the importance of pharmaceutical therapy, rather, it redefines its purpose, which is to target the brain's neuroplastic environment and to help individuals redevelop a healthy cognitive activity in response to their perceptions of emotional feedback about their biochemical/physiological states of being. As discussed earlier, a person has an evolved emotional bio-feedback mechanism that promotes cognitive behavior that feels good emotionally. Negative emotions promote avoidance behaviors. Mental illness may be defined as the inability of consciousness to constructively respond to its own internal dialog between cognition and emotional perceptions and the inability and power of consciousness to actively engage in emotionally positive activities that are useful, healthful and life-giving. Pharmaceutical therapy should augment psychological therapy to create conditions for redeveloping the neural networks that reinforce evolutionary design.

4.7 Cognitive-Emotional Wisdom in Education

What is the purpose of education if it is not to provide the tools and training for a successful adult life? And where is success without joy and passion? Can education be called a success if it does not provide the understanding and training of a personal cognitive-emotional mechanism which has evolved for the actualization and maintenance of mental and physical health and well-being? Education should not be confined to developing a student's cognitive skills without also understanding the emotional connection to happiness and joy needed to succeed in life. Cognition, physiology, emotions, and consciousness have evolved together as a synergistic team. The nature and effective employment of these synergies should certainly be part of our educational curriculum. This means teaching and developing the students' skills and abilities to be happy and joyous within their endeavors.

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Education must also be about training students to develop the wisdom necessary to function with an emotional mechanism that has been evolving hundreds of thousands – if not millions – of years. The biochemical/physiological response to cognitive activities of our reptilian brain are far different than the biochemical/physiological response from cognitive activities to our mammalian brain. To ignore the intricacies of an emotional bio-feedback mechanism is to disregard thousands of years of survival on the savannahs of Africa by our original human ancestry. This emotional bio-feedback mechanism now needs to be prepared, cultivated, and nourished for successful operation within today’s technological world. This modern environment requires a new awakening and acceptance of an individual’s abilities to emotionally guide his or her own life.

The importance of physical education, sports, and even recess in school is that it nurtures the cognitive-emotional relationship to physical health and well-being. We evolved to be active and these school activities reinforce the correlation between positive emotions and physical health and well-being. Encouraging healthful activity with the feeling of joy is to promote this evolutionary correlation. Seeking joy and the feeling of well-being within physical movement reinforces the physiological and emotional connection that has evolved over millions of years.

Performing arts such as dance, theater, and music especially ask each participant to connect with and to discover their emotional awareness. These disciplines require an exploration into emotions (Smith, 2015). Instead of a society promoting a culture of emotional ignorance, these activities promote a culture of emotional understanding and appreciation. This emotional awareness is a vital factor in comprehending the alliances between cognition, emotion, and physiology for human development and successful decision making throughout life.

Basic lessons in the understanding of and the application of one’s own emotional mechanism are vital. This means that our youth need education about how to develop joy in their lives. Emotional wisdom is about taking healthful actions in joy rather than taking destructive actions in anger. The capacity to perform the mental gymnastics necessary to pivot from destructive to healthy mental and physical actions should be developed within

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early childhood education to take full advantage of the brain's neuroplastic behavior to reinforce these habits.

Students must receive the cognitive/emotional dynamic training and skills necessary to climb up the emotional staircase from the lower emotions of rage and anger, to the higher emotional levels of frustration and irritation, and finally to the pleasurable feelings of positive emotions. The failure to develop this cognitive-emotional wisdom, where emotional evolution is ignored, can be directly tied to our society's violent behavior where movement up the emotional staircase is never learned, developed, nor practiced. Like successful students in school, successful people in life know how to use their emotions to guide their cognitive activities towards achieving their goals and agendas.

We, as a society have failed to develop the necessary education and training of a unique and wonderful emotional bio-feedback mechanism. Many home environments don't provide even the basic emotional bio-feedback understanding and training which creates a huge challenge to our educational institutions. The consequences of such an ineffective emotional understanding within our cultures, society, and educational institutions can be readily seen in our prisons, our hospitals and the perpetuation of dependency on our welfare institutions. Violence and a failure to succeed in life are the result of an individual's lack of understanding and appreciation of how their emotional bio-feedback mechanism has evolved for human development and for effective and successful decision making.

The emotional bio-feedback mechanism has evolved to constructively guide individuals so that violence is a last resort response to the threat of immediate physical danger. The overhaul of our criminal justice system must start with an overhaul of our educational system and cultural values pertaining to understanding millions of years of emotional evolution and the nurturing of cognitive-emotional wisdom.

4.8 Military Personnel Decommissioning

The power of the brain's neuroplastic capacity to adapt to the demands of a new environment by changing and developing new neural networks is also demonstrated by the successful migration from civilian to military life. Unfortunately, this neural network change,

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which is developed to succeed in military life, is not later reconfigured for civilian life. There must be a structured decommissioning period for military combatants that accounts for the neural network changes that allowed for success within a militarily structured environment designed for war.

This wartime neural network must be reconfigured for a successful civilian life. Military life starts with a very well-developed boot camp that prepares a civilian for the rigors and demands as a combatant. Where is the basic re-training that deprograms and alters the neural networks that formed while in active military service and that are now detrimental to civilian life? Where commissioning personnel into military service has a long and rich tradition to produce successful combatants, surely it makes sense that the decommissioning of military personnel with the new knowledge of the brain's neuroplastic adaptive behaviors must be explored.

Successful decommissioning of our military personnel can be measured when we no longer hear of homeless veterans or veterans who have given up hope and committed suicide. Military personnel are offered the most advanced and best training in the world to succeed in the most brutal of environments. They should also be trained to become the most advanced, best trained and most capable to succeed within the harsh realities of civilian life.

4.9 PTSD/Trauma and Addiction Corrupting the Cognitive-Emotional Relationship

The recollection of trauma memories is a reenactment of events which differs from the malleable story telling nature memories of normal events. With trauma, almost any awareness can trigger a cascade of very real events within the cognitive mind that reenacts critical and specific parts of the original horror. The key to healing is to bring this traumatic reenactment out of the dark depths and hidden awareness into the story telling nature of memories where new cognitive activities of understanding can modify the horrors into a palatable memory. Traumatic events stamp and imprint a neurological loop within the brain that corrupts the natural cognitive-emotional relationship and continuously affects the body and decision making throughout life unless interceding therapeutic work disrupts the process. (Kolk, B. 2015)

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All traumatic events can surreptitiously affect decision making and behavior to where behavior and decisions are not based within a joyous freedom of being and desire but within the confines and restraints of fearful avoidance. Traumatic events can covertly initiate behavior from unreasonable outbursts and aggression upon oneself and others to seemingly reasonable and rationale decision making to paralytic depression. Traumatic events disrupt a natural harmony of being to where an individual dissociates one's self from emotion's evolutionary function to promote health, prosperity, and well-being.

The correlative relationship between mind, body, emotions, and consciousness has evolved to promote individual health and well-being. Trauma may be defined as an experience – or series of experiences – so severe as to short circuit the normal harmonious and healthy flow of electro-biochemical activity within and between neural network areas within the brain and body that disrupts a person's evolved reaction to seek and maintain cognitive activities that feel good. Human beings have evolved to be healthy and joyous. Culturally this may be far from the norm and be an indication of a broken culture and society rather than an indication of natural human character. A cultural lack of awareness and understanding of the natural cognitive-emotional relationship to produce joy may promote dubious and insidious behavior that only continues the chain of pain, suffering, and trauma upon the next generation.

Self-prescribed remedial behaviors in response to traumatic events can easily become addictive rather than healing. Self-medication with alcohol, tobacco, and other “recreational drugs” may also – and very quickly and drastically – disrupt natural cognitive-emotional activity beyond its elastic capacity to return to normalcy. As a hand that was forced onto a hot stove may forever be scarred and may even become functionally impaired, trauma may severely impact internal biochemical physiology and adversely affect natural cognitive and emotional behavior as well as the physical expression of that behavior.

Adaptive behavior modifications, street drugs, and even properly prescribed medications used to cope with trauma are addictive for two reasons. One is that they buffer consciousness from the pain of the traumatic event and, two, especially with drugs, withdrawal symptoms can be so painful and severe as to prevent any cessation of use. If

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adaptive behaviors to cope with trauma are innocuous, any traumatic injury may never be acknowledged nor the need for any remedial action be recognized. Only when adaptive behaviors become disruptive – or even destructive and criminal – to self or others, does the need for cognitive-emotional rehabilitative therapy become a serious consideration.

The nature of what constitutes a traumatic event or addictive behavior is highly individualistic. Common to post traumatic and addictive behavior is a lack of a natural responsiveness to an evolved emotional bio-feedback mechanism designed to guide cognitive behavior towards individual health and well-being. Any lack of joy and well-being within a supposedly healthy and constructive lifestyle is an indication for the need of cognitive-emotional education and/or rehabilitation intervention.

Society has a moral obligation to provide the necessary education and training within its schools, hospitals, and prisons to establish individual awareness and responsiveness to healthy cognitive-emotional behavior. Section 5.3 “A Student’s/Athlete’s Super-Hero Toolkit” provides a descriptive list of possible rehabilitative activities. Dr. Bessel van der Kolk, M.D. has written a wonderful book on trauma, *The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma* (2014), New York, NY, Penguin Books. Part Five, Paths to Recovery provides a series of healing avenues that should be explored by anyone suffering from trauma as well as by anyone who may have an interest in societal and individual well-being.

Research studies are revealing new realizations and understandings of a neuroplastic brain designed to rewire itself (APA, 2020; Costandi, 2016, Doidge, 2015). The neuroplastic brain makes it possible to establish new, healthy, and constructive awareness and behavior associations. Everyone has within them an amazing capacity to change, adapt, and to thrive within a wide variety of conditions and environments. The concept of the neuroplastic brain has awakened new and exciting possibilities for individuals and cultures now being destroyed by traumatic and addictive behaviors. When should the education and training to heal generation to generation traumatic behavior begin? When should the chain of pain onto others stop? How about now!

4.10 Criminal Justice Reform: Justice Founded upon Falsehood Is Itself False and Unjust

If law is ignorant of what drives human behavior and decision making, how can there be but laws of ignorance and injustice (and disorder, conflict, and crisis). Justice founded upon falsehood is itself false and unjust.

The mental skills and agility that most people have developed since birth to navigate successfully through the societal nuances and intricacies of what feels-good-is-good and what feels bad is bad is largely absent in the millions of incarcerated people. Here, as a result of reinforcement of negative thought patterns with a misunderstanding of emotions as a bio-feedback mechanism, cognitive activity has never moved up the emotional staircase into the pleasures of successful and compassionate decision making and living.

Any successful and sustained rehabilitation is dependent on understanding the brain's neuroplastic nature by our teachers, our parents, our schools, our religious figures, and by our politicians who are blindly, or maybe purposely, setting up rules and laws with punishments that only further degrade human intellectual and emotional wisdom and well-being. Our criminal laws and justice are not designed to rehabilitate but to punish and tend to reinforce the neuroplastic development of a dysfunctional mind. The brain can be rewired from an emotionally negative decision processing that accentuates destructive behavior to an emotionally positive decision processing that accentuates rewarding, useful and constructive behavior, and results (Begley, 2013).

Why does society respond to unwanted behavior via punishment? Why is "spare the rod and spoil the child" such an ingrained euphemism within our culture? Why is punishment for "crimes against society" considered to be just and humane behavior? Our current criminal justice system tends to only further desecrate our humanity and continue the cycle of self-destruction. Why is the justice? Why is this humane? Why is this constitutional?

It is time to stop the individual, cultural, and societal downward spiral into hell. Discussion and debate must move our concepts, systemic practices, and institutions out of our reptilian brain and into our more compassionate mammalian brain where reality not only

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seems different, it is different. Different neural networks can assemble a different world of compassionate and constitutional justice (Benko, 2015).

Within this new world, punishment is not justice and human degradation is obscene. In this new world, empowering an individual to create their own, unique and wonderful world of joy is paramount. Here, society nurtures cognitive-emotional wisdom, the wisdom that finds a thought that feels better within a process that developed over tens of thousands of years of evolution and that is now etched in our DNA.

Where is the society and culture that promotes cognitive-emotional wisdom education and training within our schools and prisons? Every person has an emotional bio-feedback mechanism; its understanding and training must be part of our evolving moral culture.

We have a justice system entrenched in punishment to bring justice. This is not justice. Our system should be about justice, to be sure. But where is the justice if there is no understanding, education, and training to employ a very ancient emotional bio-feedback mechanism? Where is our government that was designed to protect our unalienable rights? How can our government perform its Constitutional mandate to promote the general welfare if it is not promoting life, liberty and the pursuit of happiness? To achieve this aim, we must promote the necessary understanding, purpose, and importance of an individual's emotional bio-feedback mechanism – a biological mechanism necessary for life, liberty and the pursuit of happiness.

Decision making and action from a negative emotional base has its evolutionary foundation within the reality of actual and immediate physical danger. To act from fear and anger within an emotional storm is to act without the benefit of the mental clarity and purpose found within an emotional calm. Reptilian life-and-death cognitive reflexes are for the natural and artificial battlefields that have little to do with most behavior requirements within our modern societies.

A person's power of decision making comes not from the emotional negative places of fear, anger, and despair, but from the emotional clarity found within peace, joy and hope. There can be no criminal justice without also providing the cognitive/emotional rehabilitation needed to succeed in society. This means teaching a prisoner the cognitive/emotional wisdom in the pursuit of happiness. It is a crime of society to believe

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that punishment without a rehabilitative program is justice for criminal behavior. The rule of punishment reinforces and propagates an emotionally negative and destructive way of living. Is that to be society's intent for our current criminal justice system? The lack of ethical decision-making skills within the cognitive/emotional abilities of incarcerated adolescents does not mean these people should not be provided with the education, understanding, and training to practice and develop their own evolved emotional bio-feedback mechanism for their future life of freedom.

Who can predict the motivation, drive and desire of a person to return to the life of freedom and the life of well-being, joy, vitality, and enthusiasm for another day's adventures even after years or even decades of imprisonment? Within a climate of doubt and disbelief of reform possibilities there may still exist within many individuals a flame of hope and the necessary drive to work and develop his or her cognitive-emotional wisdom and return to the freedoms and harmonies of joyous well-being.

There is a moral and a Constitutional mandate for society to give those imprisoned a chance to return to a natural and healthy life of freedom. There is a Constitutional and societal duty to explore, develop and learn about the mind-body-emotion-consciousness connection. Likewise, there is a Constitutional and societal responsibility to understand cognitive-emotional wisdom and the brain's neuroplastic ability to change and to develop new neural networks that can redefine new perspectives, new alternatives, and new possibilities for successful living by our incarcerated brothers and sisters.

Where is our government that was created to protect our inalienable rights of life, liberty and the pursuit of happiness? Where are the protectors of our Constitution for the welfare of all of humanity? (See Appendix D: "Criminal Justice: A Constitutional Challenge.")

4.11 Reframing Antisocial Personality Disorder

Because of the brain's neuroplastic nature to develop alternate networks, more advanced mental constructs of wanting and desire can develop as a person matures. The combination of internal physiological behaviors and the external physical exertion for

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survival also means a more complex development between the biological body and emotions. Movement to gather food or even to hunt on the African savannahs during humanity's beginnings meant survival. Thus, a correlation between emotional pleasure and physical activity would be evolutionarily advantageous.

Although the joy of the hunt and the pleasure of gathering may produce the food needed for survival, during the heat of the day continual exertion risks heat exhaustion, dehydration, and death. Rather than being a mere pawn of pleasure and pain, the individual must make decisions whether to continue to hunt in such adverse conditions with survival of self and family as one possible outcome and the death of the hunter and those dependent on the hunter's survival as another. Or, maybe the hunter's lone survival becomes evolutionarily advantageous.

Thus, neuroplasticity of the cognitive and emotional networks to rewire and reconfigure themselves (APA, 2020; Costandi, 2016) involves a complexity that permits cognitive reflection about the conditions for physical exertion and weighing of conflicting factors of feeling good while getting food versus feeling bad because of the day's heat. The success or failure of these reflections and choices might spawn different genetic lines with different values and behaviors, such as one emphasizing the survival of the self and another emphasizing the survival of the family. One genetic line may care about other people; another genetic line may not. Therefore "antisocial personality disorder" would not be an actual disorder, rather, it would be a natural part of an individual's evolution. Any successful interaction with these individuals – whether individually or as a society – must recognize and respond to their lack of any capacity for compassion, understanding, and kindness except when it pertains to their own well-being and interest.

4.12 Emotions in the 21st Century

The purpose of life from a biochemical/physiological perspective is to find joy. An evolved correlation exists between joy and the biochemical/physiological balances found within the brain's neural networks and the body that makes for a strong and vigorous being. That has been the evolution of the emotional bio-feedback mechanism. A false/positive correlation between joyous emotions and lethargy, weakness, and ineptness would only make

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a being vulnerable and easy prey within the survival of the species. Joy, happiness, and wonderment associated with biochemical/physiological harmony of strength, confidence, skill, and agility, on the other hand, would clearly enhance the survival of the species (Jackson, 2020).

Genetically, humans are wired to feel good emotionally. The very strength and survival of the individual depends on striving for better feelings and what those feelings represent within the body. It is our evolutionary nature. But we do not thrive as individual beings without the societal strength to create and empower the development of cognitive-emotional education where individuals learn, develop, and know how to respond to their own individual emotional bio-feedback with healthful and joyous actions and behaviors.

It is necessary to elaborate on some important distinctions which need to be made in our 21st century consumer-focused society. Sugar may have wonderful feels good associations but gaining weight is probably not one of them. Shopping may feel good but getting the bills may not. Having a brand-new car feels great, but the consequences of it being a stolen car does not. The same feels good but know the bad goes for drinking, drugs, medications and all of human behaviors. Knowing what actions may feel good and knowing what consequences may feel horrendous is a product of the cognitive mind and the emotional perceptual mechanism of the body's biochemical physiology. On the other hand, society's acceptance of such action often impacts a person's attention to their own emotional bio-feedback; what if a person's behavior aligns with emotional bio-feedback but this behavior is contrary to accepted societal norms? And conversely, what if a person's behavior aligns with emotional bio-feedback but this behavior *should be* contrary to accepted societal norms?

Where is the emotional wisdom in a feels-good-is-good behavior model? The correlation between the better one feels and the healthier one is began evolving millions of years ago. In question are emotions' guiding relevance in the 21st century and beyond. Emotions are only reflections of cognitive activities via their correlative relationship to biochemical physiology. Therefore, it is not emotions, but cognition that is in question. The power of cognitive-emotional wisdom lies within one's abilities to meet the challenges of today's complex societies by transmuting life's pains and failures. This requires cognitive work and imagination.

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Thoughts and actions, that feel good and that are integral and harmonious to self, do not demand the obedience and subjugation of others but promote the welfare and empowerment of others. This means moving out of the more reflexive reptilian brain and into the more compassionate and complex mammalian brain. Joy and happiness, if dependent on the requirement and demand for specific behavior in others, is an attempt to appease a false ideology. It can never succeed. Emotional bio-feedback and cognitive-emotional wisdom are self-management tools. To make joy and happiness dependent on others' behaviors is to deny the evolutionary role of the emotional bio-feedback mechanism.

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5.0 The Super-Hero Tool Kit:

Unleashing the Evolutionary Self of Strength, Power, Cunning, and Success

The world that your (neuro) plastic mind understood yesterday, will no longer exist tomorrow if you change your cognitive habits today. When I came to the point in my life that I understood “where I am is not my fault, but it is now my responsibility,” that is when life started getting better for me. It takes effort. But if you have the belief and the desire to improve and empower your own life, start using your emotions, and understand that if a thought doesn’t feel good, it’s not. If what you are doing in life doesn’t feel good, it isn’t good, for you or anybody around you. You must become your own Super-Hero and learn how to use your very own evolutionary superpowers of strength, agility, stamina, and cunning.

Note: cognition/cognitive habits are a person’s aptitudes of awareness and knowing gained through your senses, and abilities to recognize, conceive, comprehend, judge, and problem solve through your abilities of imagination, inspiration, and reason (APA, 2020).

5.1 Redefining Success: Finding Your Synergistic Self

The objective of cognitive-emotional education is for a student athlete to learn the skills and abilities necessary for, and the rationale behind how, feeling emotionally better attains and maintains a mental and physical well-being of power, strength, stamina, agility, cunning, intelligence, and wisdom of a synergistic mind, body, emotion, and conscious self for the achievement and success in whatever endeavors a person may adventure in to. “Feeling it” and “momentum” tap the reservoir of a much greater and more powerful synergistic self.

This section overviews some of the many activities a student athlete may engage in, and with what mental-emotional attitude, to lay the foundation for “feeling it” and creating a momentum of success for not only competition, but for life’s journey and challenges. The rationale and theory behind these activities can be found in *Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation* (Jackson, 2020).

This all starts with learning how to actuate an emotional bio-feedback mechanism that has evolved to develop and to maintain an individual's greater power of strength, stamina, agility, cunning, intelligence, and wisdom.

The role of the teacher or coach is to introduce learning and training activities that pave the way for the student and athlete to move up the cognitive-emotional path of success throughout their lives. How far along the path a person travel depends on his or her motivation to take another step, to take one more step, just to feel a little bit better and to achieve a little more. One step may take a moment, a month. It may take two. But no matter the time, the cornerstone role of the teacher/coach is to help students take that next step with the promise that when they do, they will feel better and achieve greater success in whatever endeavors may come of their lives. At first, feeling better may simply translate into feeling less pain. Eventually though, over time, with the development of new cognitive habits, emotional feelings, moods, and attitudes will transcend from negative to positive.

Cognitive-emotional education is about developing the cognitive skills and habits necessary to harness the evolved emotional bio-feedback mechanism for the purpose of attaining mental and physical well-being, achievement, and success by gaining new perspectives of people, places, and events. With this new perspective, new opportunities, abilities, and power to act and function will be unveiled that were previously masked by old and emotionally negative cognitive habits. And most importantly, such revised cognition causes a person to actually feel better.

Cognitive-emotional health and well-being means: 1) having the ability to evaluate one's own cognitive activities with one's own emotional mechanism, 2) having the ability to STOP...and respond to this evaluation, 3) pivoting from emotionally-negative cognitive activities to those cognitive activities that will elicit positive emotions and feelings and, finally, 4) using these new emotionally-positive awarenesses as the basis for constructive decision making and action.

Negative emotions are very important, in fact, they are fundamental parts of the equation for a student's or athlete's success Negative emotions are the lower steps of the emotional staircase. Positive emotions are the higher steps. Negative emotions bring an awareness of that

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which is not wanted (bottom steps) and are used to identify that which is wanted (top steps) (Knight, 2013). The problem and the solution are part of the same staircase. Engineers, coaches, and gamers for example, have problems to solve. But they don't fixate on what's wrong. They have the unique ability to use what is wrong and not wanted to generate solutions and courses of action. Solutions become more apparent after silently exhaling and quieting the knowing of and the fixation upon that which is wrong. "Be still and listen..."

5.2 Motivation to Feel Better

You can not have a happy ending to an un-happy journey (Hicks & Hicks, 2006). An individual's power, strength, stamina, agility, cunning, intelligence, and wisdom has an evolved correlation, not to pain and suffering, but to joy and feeling good (Jackson, 2020). Therefore, if a student wants to succeed in school or an athlete wants to succeed on the field of competition, they had better learn to utilize their evolved emotional bio-feedback mechanism.

The answer to the question, "how do you feel?" depends on what that student is dwelling upon mentally. Such questions as "tell me, what is going on," "what is happening" or "what's up" coupled with follow up questions such as, "how do you feel about that" or "how does that make you feel" are appropriate to ascertain the current emotional-thought correlations and habits of a student athlete. The reason for asking these questions is to help the student athlete begin to understand and acknowledge the correlation between emotions and mental activities: that what a student is feeling is about what their cognitive activities are and what associations they have developed and nurtured between cognition and following emotional effects.

Answers to these questions will also help the teacher/coach find the desires within their student's/athlete's mental-emotional jungle. These desires can be harnessed as motivation to alter a student's/athlete's current, negatively charged patterns of thoughts and actions into patterns of thoughts and actions that feel better. The question "what do you want?" develops focus. An answer demands a "fearless sifting and winnowing" (Wikipedia, *Sifting and winnowing*) of thoughts, experiences and desires, and redirecting and maintaining one's focus on that which is wanted and desired and their associated positive feelings and emotions.

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However a student or athlete defines success, or what their desire may be, this desire is an important motivation to do the work necessary to feel better. Because of evolution's role, there must be an underlying desire to feel good, to feel better. Feeling good is also needed for activating the underlying neuroplastic changes in the brain necessary for success (Gorwood, et al., 2008).

To feel good, to feel better, to be well, is to have a life and work that one enjoys and requires a student athlete to use his or her own emotional bio-feedback mechanism to change those current habits of thought that are limiting their ability to achieve their desires. Work and action are necessary to *not* be angry, sad, disappointed, depressed, and to lessen the emotional pain and to move out of the depths of despair. "Do you want to be triumphant? Then, do you want to feel better?" If the answer is yes, then here is where one can start: "do something for yourself every day, something constructive, that helps you feel a little better or feel a little less bad in the present moment."

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All these following tools are methods for quieting one's focus and fixation within negative feeling cognitive-emotional activities and allowing less negative or even positive feeling cognitive-emotional activities to emerge into conscious awareness. This list of tools is incomplete. As Aurobindio Ghose states in *The Synthesis of Yoga* "all life is yoga" (Ghose, 2015), even work itself qualifies as a means to reach a better state of cognitive-emotional self-awareness.

Emotions act as a guide because emotions have evolved to give consciousness feedback via emotions perception of the body's biochemical/physiological state of being precipitated by cognition. These good and bad feeling emotions have an evolved correlation with a healthy or un-healthy biology (Jackson, 2020). Therefore, a person can evaluate the biological (un)healthiness of their cognitive activities.

The Book of Human Emotions: From Ambigophobia to Umpty – 154 Words from Around the World for How We Feel (Smith, 2016) is an education in itself for understanding the cognitive-emotional mind. Each word has a causal cognitive (thought) aspect and an associative emotional (feeling) effect aspect. If one were so inclined to dive into the intricacies and depths of

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the cognitive-emotional relationships, this would be a good place to start. But rather than understanding the particulars within basic and complex emotions, it is far more important to develop an awareness of what is working and what is not working towards feeling better.

1) STOP! Don't Go There. Go Here: The Conscious Power of Choice

Negative feeling emotions mean something. Negative feeling emotions should highlight a big red STOP sign that means stop! Don't go there, that is, where ever a person's cognitive activities are taking them, they are activating an unhealthy biology and weakening the physiology of the brain and body. The path may be genetic, a predisposition, or a learned association. However the path was built, a person's negative emotions mean that they need to re-process their cognitive activities (Gross, 2014; Jackson, 2020) of knowing and awareness (APA, 2020; LeDoux, 2019; Prinz, 2004) into an alternative knowing and awareness that activates the good feeling emotions of a healthy and vigorous biology.

The tools and processes that follow present possible activities that a person can initiate to redirect their downhill slide into negativity. These processes are incomplete and experts exist in all of these areas. This list is a start. A person needs to develop their own resources and expertise for reconfiguring and managing their own cognitive processes towards their intended outcome.

Maybe a subject is so vast and unyielding that the only solution is just to, "don't go there." There is no solution, viewpoint or aspect that elicits positive emotions. Avoidance may not be "how I was brought up" or "politically correct" but it may be important for a student's/athlete's health and well-being. "That is not your problem," may be the best advice a teacher or coach can give for developing a student's/athlete's health.

2) Having Compassion for Self

Many people can manifest compassion for a person or animal that is having a difficult time, but they fail to feel compassion for themselves. "Give yourself the same compassion you give to others and stop using your own mind to beat yourself up. Do these thoughts feel good? If not, let us work together and find ways to stop this self-inflicting torture."

There is an important lesson here in valuing personal health and well-being and the role of the personal emotional bio-feedback mechanism over the values imposed by society and others. For example, fixating on hunger, poverty, torture, abuse and all the injustices of the world, or on the COVID-19 epidemic can become overwhelming. If a student athlete isn't able to engage a subject with the self-compassion needed to emotionally feel good about his or her own understanding and place within that world, then perhaps it is a subject best put aside for the present moment.

3) Appreciating and Reframing

To appreciate an event, place, subject, or person means to find something of "value" within them to focus on which stimulates positive emotional responses. To appreciate a situation means to find something of value within the situation to focus on. Appreciation means to make the effort to dwell on some aspect of a person, place, or event that brings about good emotional feelings. Appreciating nature is a wonderful method for extricating oneself from the harsh "realities" of a negative world and into another, a more favorable "reality" of the beauty and marvel that also exists in our world.

Reframing involves just that, put a new frame around the picture. "This rain means we can't go for our walk, but we *can* catch up on our reading." The subject matter doesn't change. It hasn't stopped raining, but the rain's positive attribute towards life's circumstance is brought forward and the emotional state improves. Or as the saying goes, make lemonade out of lemons. Instead of looking at the overwhelming task presented by the thought that "the whole world is a mess", reframe the massive task of fixing the world into a practical task of cleaning one room or one corner, or even to start with, a drawer within my part of the world.

One type of reframing is to step back from the emotionally negative subject of a discussion and to take a more general view. A rose is a very beautiful flower but if one only sees the thorns it is an entirely different plant.

A related challenge is found within these common phrases: *it is good*, *it is bad*, *it makes me happy* or *it makes me sad*. All these common phrasings place the responsibility of one's own emotional state upon that which is outside the "self" or "I" or "me" without realizing that there is a conscious power of choice to dwell upon that which is wanted or that which is not wanted. No

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matter how a student has learned to issue responsibility of one's own emotional state to external factors, healing involves owning one's power in creating "my own" emotional state of being by "my choosing" exactly what to consciously dwell upon.

Remember, the primary goal in these exercises is to bring about emotionally positive cognitive activity which correlates with your power, strength, stamina, agility, cunning, intelligence, and wisdom. If finding an emotionally positive aspect is currently unattainable, it is best to gaze elsewhere...

4) Focusing on That Which Is Wanted

"What do you want?" is a question to bring focus and to identify a subject of desire that brings forth positive emotions. A student athlete knows when they dwell upon "that which is wanted" when positive emotions come forward. Negative emotions come from looking at or dwelling upon such people, places and events the individual *doesn't* want. "You have told me what you don't want [feels bad]; now tell me about what you do want [feels good]" (Hicks E. & Hicks J., 2006). The presence of positive emotions within the conversation may be attributed to success in changing the subject from the *lack* of that which is wanted to the presence or refocusing on that which is wanted. Continual discussion around these emotionally positive subjects lay the foundational touch stones for moving up the emotional staircase to where more joyous and healthy activity resides. At first these touchstones may be just less painful. Yet, with continual work, movement up the emotional staircase will eventually bring continual, emotionally positive results.

Individuals can't focus on what they don't want and simultaneously have positive emotions. They may use positive words, but if the emotion behind their words is still negative, nothing changes. When words and phrases are positive but the emotional state behind such words remains negative, mental activity is still negative and unhealthy. Which emotional feelings connected to what mental activities are the guiding factor. Focus and awareness need to be continuously upon one's own changing emotional states and upon emotions more general, long-term states, mood and attitude. This is an important aspect of emotional mindfulness (Segal, et al., 2013). When positive words reflect positive emotions and negative words reflect negative emotions, communication become honest and in harmony. A conversation revolving around an

emotionally positive subject now leads towards health, success, well-being. The challenge is to continue to modify the subtext of the conversation towards a healthier direction and to elicit more positive emotions.

Contrary to normal diminishing ones focus within “that which is not wanted”, the engineering, coach, teacher, and gamer mind (as in chess) seem to develop positive emotions while identifying and holding a problem in stasis and simultaneously searching for and allowing solutions to “come to mind.” (See: *The Power of Negative Thinking* (Knight, 2013).

5) Acts of Kindness

A healthy lifestyle means to live – and to act from – an emotionally positive place. Emotionally positive actions develop another pathway to an overall healthier lifestyle. One method upon this road are acts of kindness. This extends the mental exercise of appreciation outward and into the world and begins the unveiling of a new life of well-being. A kind act may be as simple as petting a dog or a cat, smiling at a waiter or waitress, cleaning a room, or washing a car. The good feelings of a kind act toward one’s self and others make the reality of an emotionally positive world more real. It stands as a great contrast to the emotionally negative world that a person is leaving behind.

6) Distractions

Sometimes reframing may be too difficult. Then, instead of continuing to fixate on a subject of angst that is just too unyielding to remold into a better feeling accord, it may be time to step away from the subject and to mentally go somewhere else. The object here is to radically change focus and to completely distract the mind and its current emotionally negative and unproductive activities onto something that provokes emotionally positive feelings. Go to a movie. Read a book. Enjoy a bike ride or a walk in the park. If the emotions improve then the distraction is working. The subject of angst can then be re-approached later with a clearer head.

An odd correlative approach is to go to a *more* emotionally negative movie. The old unyielding cognitive activities would be displaced onto a different scenario – the movie – from which it may be easier to emotionally reframe into more positive emotions. But this could also go the wrong way...

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Going to a bar for a few drinks with friends can be a very effective means of distraction. But, much too often this distraction, just like drugs and medications, may be seen as the final solution, and the subject of angst is never re-approached and resolved and the individual's emotional bio-feedback mechanism has been corrupted and can no longer appropriately manage cognitive behavior for a person's health, wealth, and well-being.

7) Hobbies and After School Extra Curricular Activities

Hobbies and after school club activities such as drama, chess, car, soccer, swimming, fishing, karate, yoga, dance, cheerleading, or whatever, all should be undertaken with the idea of exercising one's mind, body, emotions, and consciousness' synergistic relationships with emphasis on utilizing and developing the emotional bio-feedback mechanism.

This is training for a healthy lifestyle after graduation. Isn't one of education's objectives to develop the skills, habits, and abilities needed for a success in life? Exercising and developing the emotional bio-feedback mechanism could arguably be the most important function of education because successful utilization of all other academic abilities is dependent upon maintaining a healthy and synergistic mind, body, emotion, and consciousness relationship.

8) Creative Writing and Writing Memoirs

Creative writing and especially writing of one's own memories can be very therapeutic by reconstituting past traumatic events into new and innovative meanings that can be used as stepping stones into healthy cognitive-emotional processes. Writers would benefit from an instructor with strong psychological and therapeutic skills to safeguard from personal wallowing and accentuating within old and traumatic events rather than using these events as steppingstones – or spring boards – into emotionally positive desires, visions, and dreams. Writing and bringing old traumas to the light for others to read should be just that, bringing trauma into the light where these events are exposed for personal purposes of self-transformation into a new, exciting and healthier life style where the mind, body, emotions, and consciousness harmoniously work together to bring a new peace, happiness, and joy. (Ref: background reading, Bandler, R., Grinder, John., (1975) (1976))

(Note: Traumatic events can be more demanding and need special attention. Ref: Section and Section 7.2: “Trauma and Addiction Corrupting the Cognitive-Emotional Relationship.”)

9) Music and the Arts

Training in music and the arts is significant in that these disciplines reach into the emotional bio-feedback mechanism and demand an outward expression to an audience. The processes of reaching inward and identifying emotional states is a significant step toward harmonizing one's own cognitive/emotional symbiotic relationship. Music and the arts can provide an opportunity to bypass confused and convoluted cognitive activities by requiring a concentrated focus into the inner harmonies of thought and emotion. Music and the arts can also express agitation, anxiety, nervousness, fear and apprehension. Whatever the desired effect, a sense of understanding and connection between the harmonies of mind, body, and emotions is required. But for following one's own emotional bio-feedback towards health and well-being, there is only one key signature.... joy.

10) Sports

Within the K-12 educational curriculum, organized sports provide the obvious benefit towards physical health and well-being and in addition, organized sports provide great opportunities to promote lifelong habits towards mental health, well-being, proper human development, and effective decision making. For most athletes, performing well is their top priority and focus. An enhanced physiology for peak performance is a function of feeling good and its evolved correlation with an athlete's synergistic self of power, strength, stamina, agility, cunning, intelligence, and wisdom (Jackson, 2020). Dedication to pivoting off of emotional negative cognitive activities and onto feeling good cognitive activities means developing the habits towards and a strict adherence to a protocol of utilizing the evolved emotional bio-feedback mechanism.

Although excitement may bring forth good feelings, over excitement is indicative of a new biochemical physiology that has yet to be integrated into the harmonious synergy of mind, body, emotions, and consciousness needed for competition. Negative attitudes and nervousness hinder an athlete's synergistic performance potential. Negative emotions indicate an altered

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neural circuitry and a diminished biochemical/physiological balance from that found within the natural performance-enhancing attitudes of confidence and invincibility. Record-setting performances come from a physiology found within emotionally positive states of being.

An athlete's whole life will benefit from the cognitive skills and training developed to utilize the emotional bio-feedback mechanism for performance enhancement during athletic competition. (Ref: "Dear Athlete: *Unleash Your Evolutionary-Self of Power and Strength*" in Part 1, Letters and in the appendix, "Nets on Fire: Making the Air Electric.")

11) Yoga and Meditation, Contemplation, and Mindfulness

Meditations are healthful activities whose function is to remove consciousness from the mental chaos generated by daily life. Meditations refocus one's cognitive activities away from life's illusions to bring into focus the reality within one's breathing, or within the flame of a candle, or within whatever one has as their object of attention. By slowly quieting the turbulent thought processes of the mind the meditation allows the quiet revelations of another unseen Universe that surrounds us.

Mindfulness has a similar exercise of dwelling upon and noticing the details and intricacies the reality of that which is before the practitioner. The key is not to latch onto or fixate upon the meanderings of the mind, but to detach from, and allow any thought, sound, image or other cognition and emotion to pass through the mind.

More mentally active, guided meditations take place when someone leads the thought process. Yoga and tai-chi are even more active meditations that involve the movements of the physical body. Running, biking, and rowing are activities that may also be utilized and have the meditative quality of quieting the turbulent mind.

Monitoring the emotional state is essential to the effectiveness of any meditation. These methods of detachment, calming the mind, and "emptying it of thought" are a means to stop emotionally negative cognitive activity. A student will feel better because mental activity has been removed from any subjects of angst which then allows emotionally positive cognitive activities to reassert itself. The real fruit of this labor comes when this new, more emotionally positive cognition is allowed to grow and prosper after the meditation process is over. Meditation

cultivates and prepares the fertile soil of a quiet mind and plants the seed that contemplation, along with emotional guidance, allows to grow and sprout into a wonderful new world.

12) Religion, Mantras, and Prayer

To Walk within God is to Walk within Joy.

There are many aspects of the world's religions that pertain to easing the mind of its burdens. There are the Sufi dances of peace; there are the Hindu practices of yoga – which means union with God; and there are the Buddhist meditations for enlightenment to reach Nirvana and the cessation of suffering; and the songs of Jewish cantors or Christian chants have a similar effect. Religious practices can be explored with students who are so inclined. Personal emotional awareness and wisdom are important because within religion are also ideas and beliefs that, rather than bringing about an experience of salvation and peace, simply invite “hell on earth.” Emotional bio-feedback is about controlling one's own activities, not about controlling others.

“Let go and let God” or “trust in Allah” are just a couple examples of how religious beliefs can be used to bring about emotionally positive cognitive activities. The subject of forgiveness may be about someone and their transgressions but, most importantly, forgiveness is by and large for the injured. Forgiving someone is an act of letting go of a past experience so that a new life may begin. Forgiveness is a way for a student to move on with life so that they may be “reborn” into a better existence. Other words of comfort may include:

- 1) “When I let go of what I am, I become what I might be.” Lao Tzu
(brainyquote.com)
- 2) “May God console you among the other mourners of Zion and Jerusalem
Ha'makom yenahem etkhem betokh she'ar avelei Tziyonvi Yerushalayim.”
(myjewishlearning.com)
- 3) “Sadness is the heart telling you to find Allah. Depression is not listening to your heart. Comfort is remembering Allah is always there.” Yahya Adel Ibrahim
(islamicquotesdb.com)

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- 4) “The LORD is my shepherd; I shall not want...” Psalm 23 (King James Bible)
- 5) “Wherever you go, go with all your heart.” Confucius (goodreads.com)
- 6) “Happiness radiates like the fragrance from a flower and draws all good things towards you.” Maharishi Mahesh Yogi (brainyquotes.com)
- 7) “There is no path to happiness: happiness is the path.” Gautama Buddha (quoteideas.com)
- 8) “Before becoming a Sikh, a Muslim, a Hindu or a Christian, let’s become a human first.” Sri Guru Nanak Dev Ji. (<https://beartales.me>)

Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within another Universe that surrounds us – known only through its quiet revelations.

13) Touchstones,

Any object, event, or odor can also be a reminder of an emotionally positive moment. Pictures, for example, are very common keepsakes. Smells, songs and music have a special way of quickly activating thoughts and mental activities and their related emotional responses. Understanding what personal touchstones can draw out emotionally positive thoughts is but another aspect of emotional rehabilitation.

The opportunity to stop old habits of thought and to develop new habits of thought presents itself many times throughout the day. Objects, events and odors can quickly bring back memories of abuse and trauma. Daily negative flashbacks are a burden. But each flashback is an opportunity to soften its reality and put some distance between today and past traumas. (Ref: Section 4.8 “PTSD/Trauma and Addiction Corrupting the Cognitive-Emotional Relationship.”) A person doesn’t have to explore one’s inner self for negative experiences to dig out like a weed. When the weed appears, then you can work on it and dig it out. But until then, let these seeds lie dormant.

14) Psychological Therapy

Therapy based on the symbiosis between cognition and emotions reaffirms an evolved biological guidance mechanism where emotions are used to evaluate cognitive behaviors. In stark contrast to emotional regulation, with this approach emotions are not regulated but are used instead to regulate, that is, to guide cognitive behaviors. Also, in this context, emotions are not viewed as out of control nor is there a concept of emotional disorder. On the contrary, it is the cognitive mind that is out of control and the therapeutic process addresses instead, a cognitive disorder. Deviant emotional perceptions are reflections of this aberrant cognitive behavior. The emotions are not treated as dysfunctional but, rather, are understood as very functional, in that they are bringing to consciousness the dysfunctional aspect within the mind's cognitive activities that is creating the aberrant biochemical physiology we are perceiving as emotions. It is these irregularities in cognitive behavior that need to be addressed. Emotions are but the messenger.

“What do you want?” is a question that brings about an emotionally negative response if the person is dwelling within the cognitive constructs of the not wanted or lack of that which is actually desired. Our evolutionary reflexes are to move consciousness from the not wanted into cognitive activities of that which is wanted. The therapist's role is to aid in their person's understanding of this process and to train and develop the cognitive-emotional skills necessary to pivot cognitive activity from that which is not wanted to cognitive activity of that which is wanted.... from feeling bad to feeling good. Emotions are the guiding light regarding the success or lack of success in this change of focus within cognitive mind. Neuroplasticity of the brain means that everybody has the capacity to realize a new and more beneficial reality because the brain can rewire itself and create new circuits of understanding and alternative healthy behavior (APA, 2020; Costandi, 2016, Doidge, 2015).

It is the symbiotic nature of cognition and consciousness that enables a person to ferret out that which is wanted from within that which is not wanted. This nature also enables a person to acknowledge that which is not wanted (or focus on the lack of what is wanted) from within that which is wanted. Cognition and consciousness have a basic biological function to maintain a healthy and vital biochemical physiology. Emotions have a function. Emotions bring an awareness to consciousness of the health, or lack thereof, of cognitive

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activities. Feeling good correlates with a healthy biochemistry and feeling bad correlates with an unhealthy biochemistry. Psychological and pharmaceutical therapy must honor these functions. Mental illnesses arise when healthy responses to the emotional bio-feedback mechanism are absent and the individual does not have the mental/emotional capacity, agility, or wisdom to respond to their emotional bio-feedback in a natural and healthy manner to get their mind off the hot stove.

The goal and practice of *psychological rehabilitation* is to utilize the brain's power of neuroplasticity and to develop within a person the mental agility and reflexes to constructively respond to his or her emotional bio-feedback mechanism. At first, these steps may simply go from painful emotions to less painful emotions, but eventually, with the development of new habits and skills of mental agility, the steps will be from feeling emotionally good to feeling emotionally even better. The presence of these skills is the presence of mental health and well-being and the ability to lead a normal life.

15) Pharmaceutical Therapy

Medications can be very effective in “normalizing” external behavior from an observer's perspective, but what are these chemicals doing to the cognitive-biochemical/physiological-emotional neural feedback circuit? What are they doing to consciousness' ability to control and change cognitive activities in response to emotional bio-feedback? How can emotions guide cognitive behavior when emotional or physiological neural networks are being targeted with artificially introduced chemical agents?

Emotions have an evolved role in guiding cognitive behavior and decision-making. If emotions are perceiving a biochemical physiology that cognition actualizes, how are emotions out of control and in need of emotional regulation? No! It is cognition that is out of control and therefore, it is cognition that needs regulation.

Any pharmaceuticals designed to impact the emotional bio-feedback mechanism also impact the emotions' correlations with (1) the mind's cognitive activities and (2) the body's biochemical/physiological activities and (3) the emotions' response to the body's biochemical/physiological conditions. Biochemical agents must harmonize with emotional

neurological construction and augment the brain's neuroplastic capacity for developing new constructive habits (APA, 2020; Costandi, 2016, Doidge, 2015). The purpose of pharmaceutical therapy should be to assist consciousness' power and ability to manipulate cognition and thus to help consciousness to respond to the emotional bio-feedback mechanism in a healthy and constructive manner. That is not the intent of current pharmaceutical therapy.

5.4 Cognitive-Emotional Wisdom

Emotions have value. They are important. But to have value and to be important emotions must be used as they have evolved. The presence of negative emotions did not evolve to add fuel to the fire and escalate emotionally negative situations and events down an emotional negative spiral into more negativity. Like a runaway train down a mountain, there is not going to be a good outcome. The question is, can a student become the observer-self? Can a student separate him or herself from the pathos of the moment...and STOP...stop the cognitive activities that are fueling the fire? (Dubic, *The Brain*), (Goleman & Davidson, 2017) Can the teacher help a student become empowered to stop, and act upon a negatively charged situation in a more emotionally positive direction? The quicker a student realizes that he or she is on a runaway train, spiraling out of control, the easier it becomes to stop the downward and emotionally negative train of thoughts and actions.

Much of a student's negative emotion comes from dwelling on the undesirable actions of others. Try telling someone who is angry at someone to look the other way at what they do want in order to feel better and that angry student may reply, "I will feel better when I punch him in the face." Or, "when my brother stops doing that, then I will feel better." That is, when the proverbial "they" stop doing "whatever," then "I" will feel better. To depend on someone else's behavior changing in order to feel better is a trap. It requires that every person in the world who doesn't do as you like must change. Is that really a reasonable expectation? Negative feeling emotion is about what the observer is doing within their interpretation of their reality. The need for action can and should be satisfied, but action from a positive emotional place is far different and more effective than action taken within anger.

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Cognitive-emotional wisdom isn't only about moving up the emotional staircase when circumstances and events are conducive to upward movement, it's also about having the discipline and fortitude to resolve the internal struggles and to create the mental and emotional harmony necessary for action when circumstances and events are not conducive to upward movement. Too many people have the unfortunate life circumstance in which the motivation for stopping the emotional-downward spiral into self-destruction only develops from having already personally followed this path into a barren, despondent wasteland. It is the fortunate few who work and regain their evolutionary roots and relearn how to act from an emotionally positive platform.

A student may have to focus only on a very narrow and constrained view of the world in order to access and use his or her emotional bio-feedback. A student's world view may be limited to a sport, hobby, club or a backyard or to the shadows on the bottom of a pool of water. But as healing occurs, broadening the understanding of how to use the emotional bio-feedback mechanism in an increasingly vast and complicated world becomes possible and necessary. Developing the cognitive-emotional ability to function in society is one measure of health. A greater measure of health and sanity is to actually enjoy the opportunities life and society offer. Tens of thousands of years of human evolution have developed within our species the capacity to use our emotions to guide our cognitive behaviors towards a life of health, prosperity, and well-being.

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Good and bad feeling emotions are the perception by consciousness of the body/brain's biochemical physiology precipitated by cognitive activities.

Emotions have evolved over millions of years into a discernible identity for all living species not only to survive, but to thrive within this planetary existence called Earth. A parallel process, cognition, likewise, has been evolving into a discernible identity. But, the symbiotic relationship between cognition and emotion, which had become so successful within the multitude of species over Earth's history, somehow has become convoluted within humanity's cognitive construct of this unique and wonderful relationship.

6.1 Society's Grand Illusion: Feeding the Dark Side of Emotions

Humanity's current cognitive construct of emotions is illusionary. Emotions cannot overpower reason; emotions are the result of reason. Note that the meaning of emotion from the Oxford Living Dictionary, (Oxford Dictionaries, *Emotion*) "A strong feeling deriving from one's circumstances, mood, or relationships with others" does begin to catch the reality of the evolved cognitive-emotional relationship. But their following sentence examples seem to reaffirm emotion's illusionary status in changing the biology that drives behavior:

- *She was attempting to control her emotions*
- *He began to drink heavily and seemed quite incapable of controlling his emotions. How could she have let him do this to her, to affect her this way so that she had no control over her own emotions?*
- *He said the crash had devastated the entire station and emotions were still raw.*
- *When he does react, he makes sure that his rational side is always in control of his emotions.*

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- *Her emotions were too strong, too raw, for her to be able to suppress them any longer.*
- *He said he could never condone her reaction but her emotions were understandable.*
- *She loves the fact that there is an intensity about holidays that can spark strong emotions.*
- *She hated letting other people see her cry, as if it was a point of shame to possess human emotions.*
- *There has been an attempt to defuse aggressive emotions and any desire for revenge.*

Wikipedia, along with an extensive discussion, sums up this illusionary nature of emotions by: “Emotions *produce* different physiological, behavioral and cognitive changes” (Italics mine for emphasis) (Wikipedia, *Emotion*).

All the previous sections of this book have been an argument and explanation of a different cognitive construct of emotions: “*emotions are consciousness’s perceptions of the body’s biochemical physiology precipitated by cognitive activities.*” Thus, the construct that emotions produce various physiological, behavioral, and cognitive changes is a red herring for our psychological, psychiatric and pharmaceutical detectives. And most importantly, their patients and the mental health profession suffer greatly with the perpetuation of this grand illusion as ascribed to by most of humanity.

6.2 The Morality of Feels-Good-Is-Good

To summarize what has been stated earlier, the cognitive construct of the emotional bio-feedback mechanism evolved out of the necessary correlative relationships between cognition, biochemical physiology, emotions and consciousness that promoted life throughout the ages (Jackson, 2020). In the most basic biological sense, this means that what feels-good-is-good. That is, cognitive activities that support a healthy, vital, and vigorous biochemical physiology must feel good. Any cognitive activities that depress health, well-being and survival that would correlate with the conscious perception of good feeling emotions instead of bad feeling emotions, would promote behavior contrary to the existence of the species. This basic biological play between good and bad feeling emotions grows

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extremely complex as humans have evolved an extensive and intricate cognitive neural circuitry to manipulate a multitude of cognitive facets and reflections of constructs, concepts, knowledge and awarenesses. But, no matter the complexity, the basic evolutionary correlation of health and well-being rests upon conscious manipulation of cognition and a return to good feeling emotions. Using one's own emotions to evaluate one's own cognitive iterations is called emotional bio-feedback. The skill and gymnastics to manipulate these cognitive intricacies into joyous health, well-being, power, and freedom for self and others is called emotional wisdom.

6.3 Emotional Feedback Gone Wrong

Often nature's wonderful mind, body, emotions and consciousness correlation relationships go astray. Humans have evolved to be happy, joyous and healthy beings. Yet, this is far from our current status quo. An introduction to the how, where, and why nature's emotional bio-feedback can go wrong is discussed in the following paragraphs.

1) Aberrant and Destructive Emotions

The “modern” psychological cognitive construct of emotions believes in aberrant and destructive emotions. The premise of cognitive behavior therapy is that emotions produce biochemical/physiological changes rather than that emotions are the perception of biochemical/physiological changes. According to this view, emotions are bestowed with a causal property such that they are falsely understood as aberrant and destructive – or the opposite – normal and constructive, and thus their evolved power of guidance is muddled. Thus, instead of emotions being used to guide cognitive activities, they are treated as a dangerous disorder that must be managed and controlled. This illusionary construct is ignorant of (1) the dependent nature of emotions on the cognitive processes of knowing and awareness, namely, perception, recognition, conceiving (which includes imagination and inspiration) and reasoning (Encyclopedia Britannica, Cognition: thought process) where understanding and comprehension can project future consequences and events and (2) the influence of this cognitive activity – through activation of an “emotional” neurology – on the

biochemical physiology of the body/mind, which (3) activates the emotional neural networks of perception.

2) Emotional versus Cognitive Disorder Management

The whole content of this book is to empower individuals to use the evolutionary nature of their emotional bio-feedback mechanism. Ignorance of this evolutionary attribute of emotions has led to erroneous cognitive constructs of emotional disorders and hysteria that overpower reason, which has resulted in a pharmaceutical approach to manage and control emotions. More insidious is the cognitive construct of cognitive management of emotions by which emotions are deemed to be empowered with a force and influence they do not have.

Yes, emotions change with the change of cognitive behavior in both cognitive behavior therapy and emotional bio-feedback training, but the difference lies within the intent of these disparate theories. Within cognitive behavior therapy, emotions are in disorder and in need of management and if emotions cannot be personally managed, then pharmaceutical management of *emotions* is warranted. But, to artificially sedate and manipulate emotions is to falsify and distort consciousness' perception and awareness of the body's biochemical physiology and thus, to falsify and distort the very awareness of the cognitive behavior or activities that this therapy purports to utilize for healing. This can generate a vast disconnect between emotions, cognition, and resulting behavior. This truly is creating insanity.

The intent of emotional bio-feedback is to use emotions to guide cognitive behavior because emotions are reflecting the consequences of cognitive behavior on the body's biochemical physiology: any disorders and chemical imbalances or neural network abnormalities are due to these cognitive activities. If cognition cannot be personally manipulated with one's conscious awareness of own's own personal emotional state, then it is *cognition* that must be pharmaceutically managed, rather than emotions. What is retained in emotional bio-feedback therapy is not a distortion but an honest and accurate emotional feedback of cognitive behavior or activities.

Of course, emotions can be sedated and artificially manipulated with chemicals or electronic implants. However, consider the analogy to using chemical pain management when setting broken bones after extreme physical abuse. Pain is a necessary consequence of

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physiological harm and abuse. Not knowing if one's leg is broken would have dire consequences. Artificial pain management may be necessary during healing, but with these pharmaceuticals, there is also a keen awareness of further physical abuse and damage because of the lack of honest and accurate pain feedback. Similarly, any artificial emotional management must be temporary and come with the keen awareness of continual and unrealized cognitive self-abusive behavior because of the lack of honest and accurate emotional feedback.

3) Medication Addiction: *Inertia – A Body at Rest, Stays at Rest...*

How easy is it to come up with an excuse to not to go to the gym for some needed exercise? Exercise is wonderful for the body. Likewise, emotional bio-feedback may be encouraging a change in cognitive behavior, but how easy is it to take a drink and numb the senses instead of exercising a change in cognitive activity? Contrary to the interest of the pharmaceutical industry, millions of people successfully self-medicate this way and manage to navigate the potential pitfalls of addiction. But finding a successful prescription which acts only as a temporary cognitive/emotional band aid is not in the fiscal interest of the current pharmaceutical industry.

How easy is it to avoid the effort needed to question one's own thoughts and values and to rework a lifetime of so-called useful core beliefs? A psychiatrist explains to you that, "your condition is the result of an illness. You are not at fault, but you must be responsible and take care of yourself and learn to manage your illness. Your responsibility is to now take these medications for *your own benefit*, maybe/probably/definitely for the rest of your life." Your doctor doesn't question their years of education, training and the millions of dollars spent on researching and reinforcing the paradigms of affective disorders, diseases, and illnesses. Who are you to question the seduction of pill therapy, which is only further reinforced when these drugs camouflage any emotional dissonance that existed as signals that you need to alter your own cognitive behavior? And to further dilute your powers of emotional bio-feedback, the pain and agony of chemical withdrawal because of biological addiction and the ensuing suffering from not taking certain medications and drugs can be the

final blow to the freedom and empowerment emotional bio-feedback would otherwise promise.

4) Self-Indulgence

The pain of self-cutting and self-burning creates a distraction from an internal emotional pain. It is also symbolically broadcasting outward this internal and hidden emotional pain. Emotional pain does not broadcast a need for sympathy and understanding to the world like a broken leg does. Also, "...it feels so good when I stop!" is an intuitive awareness that "my emotional pain should stop so why doesn't it?" Why is it obvious that the self-abuse and pain from hitting your thumb with a hammer will stop when the behavior stops, yet the same concept is not understood with cognitive self-abuse. Emotional pain is telling you to stop beating yourself with your proverbial cognitive hammer.

Merriam-Webster defines self-indulgence as: excessive or unrestrained gratification of one's own appetites, desires, or whims. This definition promotes the view that a self-indulgent person dives in and explains, expounds, and continues the cognitive/emotional rollercoaster ride by allowing their emotions to drive cognitive behavior. On the contrary, it is cognitive behavior which further drives and embellishes its own cognitive vortex, thus accentuating an emotional feedback reverberation loop. A cognitive/emotional rollercoaster may be fun at a concert, play, or show when it is enhancing emotional joy, but if the same uncontrolled self-indulgence activates hatred, envy, anger, depression or some other emotionally negative pattern of thought, it can be a disastrous ride through hell, very possibly resulting in a tragic ending of death/suicide.

Along with learning how and when to get on a cognitive/emotional rollercoaster for entertainment is the necessary knowledge and skill to get off and stop this self-indulgent cognitive behavior when desired. Also, allowing a book, concert, or play to drive cognitive emotional behavior for entertainment is ethically different than allowing a salesperson or politician the same unrestrained control and influence.

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5) Camouflage, Deception, and Trickery

The power of millions of years of evolution is within your emotional bio-feedback mechanism. Yet this power is a challenge to others who need your servitude for their own edifice. Culture, society, religion, government, education, psychology and your parents are major influences: within their weaknesses they impart weakness; within their strength is the possibility to educate, teach, and train emotional empowerment.

Camouflage, deception, trickery, entrapment, and many, many other cunning devices have evolved throughout the natural world and so to find these within humanity should be no surprise. Who has not been given a very believable sales pitch from an apparently honest and respectable person, only to be *had*? Sales and marketing have become a very powerful force of human nature. Affective realism is the concept that the emotions that I feel when observing an event, person, or object are also believed to be an inherent and intrinsic truth or property of that event, person, or object. Sales and marketing have become masters at creating the illusion of feels right for their own selfish interest and gain even to the detriment of their customer. This deception of personal emotional bio-feedback must be acknowledged, understood, and be part of emotional bio-feedback training and development within our educational institutions.

6) Affective Realism Gone Really Wrong

Affective realism falsely empowers an event, person, or object with an inherent and intrinsic emotional truth or property because “my” emotions say it is so. A police officer will see a gun that is not there because they are in an emotional state to see a gun (Barrett, 2017). Remember, emotions occur as a result of cognitive behavior. Therefore, if an officer is in an emotional state such that they are anticipating violence, cognitive activity is already creating a bias for its existence. If they feel a lack of control, they are cognitively projecting aggressive behavior onto a person irregardless of the actual circumstances.

An officer’s actual power comes from the synergies between the mind, body, emotions, and consciousness where their emotional state is positive and feeling good. If an officer is trained to honor their evolved emotional bio-feedback mechanism and perceives

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their own emotional negative and fearful state of weakness, and has been educated and trained to initiate self-directed cognitive reprocessing activities to change emotionally negative cognitive activities into emotionally positive activities that are indicative of their strength, power, cunning, and success, affective realism will create a different reality with different circumstances with different set of reactive options.

A different scenario of affective realism gone wrong is when “I” feel this way because of what *they* are or what *they* have done. It is their fault and responsibility that I feel this way. And therefore, something must be done about *them* so *I* feel better. “My” emotional reality – which comes from my thoughts, values, and beliefs – projects its reality onto others, irregardless of existing factual circumstances. For example:

A father hires a nanny for his daughter and the nanny turns out to be a sexual predator. The daughter keeps silent and her abuse goes on for years. The father, a very successful businessman and powerful lobbyist, rather than accepting responsibility for his inadequacy as a father (because his daughter couldn’t confide in him and allows the abuse to continue) and employer (because he hired the nanny) becomes a self-righteous crusader for “justice.”

He initiates a lifelong crusade damning tens-of-thousands of people whose sexual encounters don’t meet his standard of propriety to a lifetime of punishment, pain, and suffering irregardless of how innocent or abusive an encounter. He continues with no acceptance of the fact that all people, including sex offenders, have the neuroplastic capacity within their brains to change, reinterpret reality, and to recreate a beneficial new reality and quality of life for themselves and for all those around them (APA, 2020; Costandi, 2016, Doidge, 2015). (ref. documentary film *Untouchable*: David Feige, director.)

Feeling good is necessary for biological health, vigor and well-being. But there is a difference in feeling better as in feeling *less bad* and feeling better as in feeling *more good*.

6.0 Emotional Bio-feedback – The Dark Side

Notice the cognitive construct of the blame game vs. the guilt complex. Blame feels better than guilt. It feels better to blame than to be guilty but they both feel bad. It feels better to blame than to admit inadequacy. It feels better to find fault within others rather than to admit one's own personal inadequacy. It is easier to condemn and punish than to allow forgiveness and healing. One does not condemn a person who is physically broken and bleeding to a prison cell to suffer and die, yet a mind that has been abused and broken being condemned to further torture and abuse is considered justice. This whole scenario is nauseating. The real crime is in society's ignorance of not only emotional bio-feedback training, but an understanding of the real pitfalls from lack of such training. If our educational institutions don't take the lead in cognitive-emotional education for the well-being of our cultures and society, who else can?

7) Cognitive/Emotional Entanglement

The infectious enthusiasm of the Grateful Red, that is, the UW student section, is spreading throughout the 80,000 spectators as the traditional end of the third quarter jump around begins to the tune of the same name by the group House of Pain.

Similar audience enthusiasm can be found at sporting events, musical concerts, and other entertainment performances around the world. This massive infectious quality of emotions can be found within even the smallest of interactions. It only takes two.... two on a dance floor is beautiful, but two in a suicide pack is tragic.

Cognitive and emotional entanglement is the infectious quality of thoughts, concepts and ideas to spread across a population. Fan support of their home team is fun. Mob insanity for a lynching is incomprehensible....to most of the world. The South's enthusiastic unification into the Confederacy to defy the Unions' usurping their righteous belief in slavery, Nazi Germany's mass hysteria for Jewish extermination, and white America's extermination of the Native American population shows how insidious and infectious thoughts, ideas, and beliefs may become unquestioned and acceptable patterns of thought and behavior. Again, the lack of emotional bio-feedback training is horribly unappreciated.

6.0 Emotional Bio-feedback – The Dark Side

Acceptance of the absurd and ridiculous may seem impossible but the brain, with its extraordinary neuroplastic adaptive abilities (APA, 2020; Costandi, 2016, Doidge, 2015), makes the many socio-diverse populations possible. Inanities to one population are acceptable and unquestionable truths to another. Closed, untarnished and free from contamination by outside realities, segregated populations are free to evolve their own myths, constructs and truths....as in the conclusion that “*I deserve death, simply for existing...*” rationalized below:

“The church also taught me the story of Jesus, the son of God, whom God sent to earth as a defenseless human infant. Jesus spent 33 completely sinless years on this planet, only to be brutally murdered as a sacrifice for me, because of me. I was born with my sinful nature and no matter how good I try to be, how many prayers I pray or Bible study gatherings I attend, I am ultimately a sinner — and the wages of sin is death. According to the church, I deserve death, simply for existing. But the church also claims there’s good news! Even though I deserve death, Jesus’ bloody crucifixion and subsequent bodily resurrection saves me from a fiery eternal hell — all because I believe this supernatural story and earnestly accept the gift of his grace. And because of this sacrifice, I owe him a lifetime of gratitude, worship and a commitment to follow his commandments (even though, because of my human flesh, I will always ultimately fail him) (Baker, 2018, Nov. 11). ”

So, the issue really isn’t the absurdity of one paradigm versus another, but what does an individual person do with what they believe:

- a. Does her belief that she and others are “always an ultimate failure” contribute to a life of emotional trauma?
- b. Does her belief that she deserves death turn into a belief that she and others deserve to be executed for lack of obedience to *His* laws?
- c. Should others die because they don’t express the appropriate faith as was decided during the Spanish Inquisition, the Salem Witch Hunts, the Jewish Holocaust, or the extermination and genocide of the Indigenous populations of the two continents of the Americas?

6.0 Emotional Bio-feedback – The Dark Side

- d. Does all this belief and faith in death and deserving of death translate into a breaking point where somebody goes ‘crazy’ and burns up a church or shoots up a Synagogue?
- e. Or how about “just” punishment within the judicial system of the USA including capital punishment, that ignores neuroplastic changes within the brain which offer opportunities in rehabilitation and recidivism reduction.

Hopefully, the woman quoted above has successfully navigated through the dark side of her emotional realism and has retained her humanness and is living a healthy, wealthy, and joyous life.

8) Core Beliefs: The Good, the Bad, and the Ugly (Vincenzoni & Leone, 1966)

The definition of a core belief can be very complex under the epistemological view called foundationalism... or a core belief can have a simple, useful definition of, “commonly accepted thoughts and ideas held without question”. I have done my best to outline how a commonly accepted understanding and definition that is the core belief of emotions has outlived its usefulness. Any discussion of emotions can and should be thought of in their simplistic sense. Simply, there exists something commonly called emotions that we feel, and it feels good or it feels bad. The great question is not really “how do you feel?” but “how do you want to feel?”

The flexibility of the mind, body, emotion, and consciousness relationship is confoundedly amazing to realize, as exemplified by the thousands if not millions of different societies around the planet over the thousands of years of human existence, each with their own unique beliefs, understandings, interpretations, and explanation of life’s realities. The core beliefs within a culture that are passed down through the generations can be very useful. The concept of karma and reincarnation has allowed billions of individuals to find comfort within their difficult existence. But this same understanding of cause and effect surrounding life’s good and bad fortune can create an emotional realism and ignorance of possible (and very real) actions available to individuals within their culture for their own upliftment and for the upliftment of their fellow humans.

Within another culture exists a core belief of just punishment for breaking the law. Within this discussion is a very real and complex debate of what is law and what are the

6.0 Emotional Bio-feedback – The Dark Side

grounds for its existence and what is just punishment and the grounds for its existence. These core beliefs are useful and have demonstrated success in many cultures, but the acceptance of such beliefs have curtailed the debate of how the core belief of forgiveness can be the mainstay of a successful culture. A developing new core belief and understanding of neuroplasticity – the concept that the brain can rewire itself to accommodate new beliefs and realities – leads to a frontier of law and justice without punishment but a rehabilitation of cognitive and emotional neuro-networks. Because of neuroplasticity, a reality and behavior of violence that existed yesterday, action taken today to develop new habits of thought, that same violent reality of yesterday will no longer exist tomorrow.

Justification for the domination of one people over the other, for the enslavement of a people, or even for the extermination of a people has somehow always found a foothold somewhere within the human psyche. Even today, war wages, individuals are tortured, and children are ripped away from their families in the most *advanced* civilization ever to exist. This same culture justifies the deaths of the 45,000 people who die annually because of lack of health care (Cecere, 2009) so the richest people in the nation can have even more wealth. As a world, the people in power justify more wealth in exchange for the deaths of 10 million children who die yearly from lack of health care (Associated Press, 2008).

Because the brain has the capacity to rewire itself and adapt to accommodate the billions of individual families within the thousands of cultures around the world, a person can learn – and many have learned within a proper environment – to be empowered for joyous success without disempowering another's capacity for joyous success.

Until the illusion of emotions is understood, your personal power will always be manipulated by those who deem their own joy and success is dependent on disempowering and taking from others.

6.4 Reptilian vs. Mammalian Cognitive Processors

The “reptilian” mind is a metaphor for a very fast and reflexive cognitive neural network processor of the brain. Reptiles have been a very successful animal species on Earth, dominating the landscape for hundreds of millions of years, whereas modern human

6.0 Emotional Bio-feedback – The Dark Side

existence can only be thought of in tens of thousands of years and our domination of the planet in terms of a few thousand years (Kaneda, 2018).

Reptilian ethics is about an intuitive knowing with a lack of complex thought and rationale. It is reflexive and quick and where the fastest and strongest win with a might *is* right ethical attitude. This is perfectly understandable in sports competition. And in the hierarchal structure within business and industry, quick decision making promotes inventiveness, creativity and growth. The next better idea can quickly displace an older, less profitable/functional better idea. In war and combat, the reptilian brain will act where the mammalian brain is a sitting duck.

Mammalian ethics is a metaphor for a complex, and sophisticated cognitive neuro-network processor of the brain. Mammalian ethics is about thought and reason, a might *for* right attitude. It is not because I have the power it is right but what is right? If I have the power of deception, what is the right use of deception? If I have the power to decide, what is the right decision? Life is not so simple: there is a vast array of ideas and meanings to life in which “what feels-good-is-good” is a complicated ideal that needs deliberation and thought.

Again, with the lack of understanding, education, and training about their emotional bio-feedback mechanism, people can be subjugated and manipulated to support action against their own self-interest. It took WWII with the cost of 70-85 million lives to bring Germany out of its hypnotic stupor (Wikipedia, *WW II casualties*). Ideally, our government officials work for the benefit of all, not just for the favored few. Governments working to empower its citizenry to be healthy, wealthy, independent and strong feels right. Businesses’ developing, manufacturing, and producing products to empower its customers to be healthy, wealthy, independent and strong feels right. Henry Ford paid high wages so his laborers could buy his cars and all of society benefited and became wealthier. The health, wealth, independence and strength of a society is dependent on these same attributes existing within all the people living within the society: the proverbial high tide does lift all boats.

Ideally, reptilian and mammalian brains work in concert within their varying environmental demands. The great problem in our time is the reptilian control of mammalian powers. Control and deceit have become more and more sophisticated. A political discourse

of lies, misinformation and deceit can be impossible to sort out. And the more lies there are, the less comprehensible is this discourse, which leads to reptilian politics based on an emotional effect of conflict and fear which weakens all of society. A compassionate inclusive, multi-agenda politics is based in a joyous and hopeful emotional affect, which strengthens and empowers all of society. For the good, the health, and the well-being of a society, it is now time to start teaching, training and educating the population about their own emotional bio-feedback mechanism.

6.5 Out of Darkness: The Intentional Life

Emotional bio-feedback is about coming to an internal place of emotionally feeling good. The brain/mind has such wonderful qualities of allowing others to have their own realities. The ability of individuals to adapt into thousands of vastly different and complex cultures is astounding. But ultimately, a clash of ideals arises against society's rules of behavior. Individual conflicts with statutory rules, class rules, house rules, and "my" rules and customs are inevitable. But maybe here, what feels-good -is-good has not gone wrong.

Compassion for one's own family members may seem natural, but stewardship of other people and beings of the planet can and should become just as natural. What need are the deaths of great whales, magnificent sharks, or ancient turtles satisfying? A rare life on this planet should be respected, glorified, and honored, not needlessly destroyed and harvested for its resources. Individual wealth and power may not necessitate a greater stewardship of others who occupy this planet, but wealth and power should not lessen one's respect for the other beings who occupy this planet. Modern science and technology's greatest gift to humanity is the capacity to respect the life of this planet. Might does not make right, but might does make for the capacity to contemplate what is right.

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The greatness of the human life experience emerges from the flames of individual desire arising out of hell's fiery conflicts on earth. Intention is forged in these fires. Emotional bio-feedback aligns our journey with these new intentions. Each succeeding generation will have its own mountains to climb and waters to cross with their own stars to navigate towards. Intent is that guiding star; and it is our emotions that perceive its light. The more joyous the feeling, the more harmonious and powerful the wonders revealed through life's journey.

7.0 Conclusion

The human spirit is intertwined within a massive collection of neural networks and circuits. Evolution has guided all these interconnecting relationships into a highly functioning being who learns and grows and strives for a joyous collaboration with his or her internal and external environment. The nature of being is to be healthy and to live a joyous life. Those who haven't naturally grown into this wonderful connection may need help and guidance in utilizing an emotional bio-feedback mechanism that has evolved to guide their cognitive universe.

Well-being begins with an appreciation and understanding of the remarkable emotional bio-feedback circuitry found within each and every person. Those striving to become well may need the help of a psychology and psychiatry discipline that honors and promotes the emotional bio-feedback mechanism as an evolved biological sensory system of the human spirit. Some people may need the help of pharmaceuticals specifically designed to help them manage their cognitive behaviors with the guidance of their emotional bio-feedback mechanism. And with successful psychological rehabilitation, there is a need for a progression of less invasive medications that allow – and demand that – individuals be more responsive to their own emotional bio-feedback.

Psychology and psychiatry can heal. They can free the mind from its bondage of past injuries and reestablish the power of consciousness to respond to its own emotional bio-feedback in ever new, healthful and creative ways. Despair, frustration, anger, hate and depression should not serve as fuel for acts of violence, war and suicide. Instead, they should serve as a springboard of awareness for the need and priority to.... STOP ...to stop the downward spiral into hell.

There is an array of neural networks associated with positive emotions, physiology and actions, a second associated with negative emotions, physiology and actions, and a third that inhibits and freezes action. The inhibitory neural network provides the circuitry to stop and to not act. Activation of this neural network is the backbone of humanity's genius and ability to stop and take a moment to reflect, reevaluate, and alter their destiny. From a mental

7.0 Conclusion

locus of great pain and anguish there exist steps to lesser pain, from which exist steps to no pain. Eventually these clear and iterative improvement steps will lead to new places and acts of appreciation, joy, and passion. The value of our educational institutions to help a person train his or her mind cannot be underestimated.

The Therapist Teacher: A Metaphor

Well-being and the success of any professional therapy, mental or physical, is not defined by the absence of illness but by the presence of health, vigor, and joy along with the necessary cognitive skills, abilities, and motivation to nurture these conditions by employing one's own emotional bio-feedback mechanism. For within a patient's joys, lies their strength, power, stamina, agility, cunning, intelligence, and wisdom to meet all of life's challenges and for them to thrive and to accomplish their own success and individual greatness... for themselves and for the culture and society in which they live on this planet called Earth.

Section 8.0 Appendix

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Appendix A

Nets on Fire: Making the Air Electric

(rev2007-01-29)

The Grateful Red, the student section of the UW field house, are cheering and stomping their feet in appreciation for the skillful play of the Badgers. Team execution has reached a new level of excellence. Every shot is dropping, and for some reason, a teammate is in the right spot for every loose ball, block, rebound or steal. There is an electric current flowing. It feels good! It feels great! It is wild. This didn't just happen. It started with an attitude, a positive attitude. It is easy to have a positive attitude when the plays are working. It takes practice to get there when it really counts, when things are going wrong and that last shot was an air ball. Especially when it is the opposing team's court and the crowd's taunts are echoing throughout the auditorium. That doesn't feel very good at all.

What is a positive attitude, or getting into the zone or getting the momentum of a game or getting into the flow? This mental game of attitude, the zone and creating momentum is about emotions. And it is these good feeling emotions that a positive attitude is about. A positive attitude isn't positive unless the emotions and feeling are there. The practice of positive attitude is about getting into the zone, the emotional zone, creating the emotional game first, and only then is the court yours.

Each player has their own marvelous emotional bio-feedback mechanism and it is not an all or nothing proposition. Some players may pivot from that feeling of blowing it to isn't this wild in a heartbeat; but for most it will come in steps. It may start in anger and frustration and move from there. It may start even lower, in the disempowering emotions of depression and despair. But from wherever a player is, it can and will move up into empowerment, in

steps, with a little effort. Anger is not being in the zone, but it is a step in the right direction from despair. Being frustrated that those shots are rimming out is not being in the game, but it is closer than anger. Aggressive actions taken in frustration or anger are not taken from the emotional state of being in the zone. Action here will probably result in a turn-over or foul. The results and outcomes of actions, shots, plays, follow the emotional game, not the physical attributes of the player and team. Find the right emotions first, then take the action. And with practice, moving from the despair of an “air ball” to the elation of “nothing but net” will come faster and faster, easier and easier. And then the fun really begins.

Every moment throughout every day is an opportunity to move into a better and better feeling place, to create a more powerful positive attitude. The emotional bio-feedback mechanism is giving constant feedback on whether “your head” is getting into your game or into theirs. Emotions are a response to all that activity going on between the ears. They are a guidance mechanism that lets each player individually know where their mind’s activities are heading. The better the feeling, the more the mind’s activities are in the game. The worse the feeling, the more the mind’s activities are getting lost in the opponent’s game. A time out to stop and step up the emotional staircase, from despair to anger, from anger to frustration, from frustration to hope, from hope to belief, from belief to joy, from joy to excitement, from excitement to...is a time out that means making the ball and court yours. But more than that, it means the mind, body, and heart got into the game – your game.

Practicing a positive attitude is an internal practice that doesn’t need a gym. Within every event in the day – be it with a roommate, instructor, family, driving in traffic, in a classroom or work – there is an opportunity to pivot into a better mental/emotional place, to find a more powerful positive attitude. It may start with an appreciation: an appreciation of the opponent for asking the best out of each play, shot, and defense. Each player needs to develop their own mental gymnastics to step up into a better feeling mental activity that moves them up into a better emotional state to play the game. The emotional bio-feedback mechanism is there constantly, in every moment, guiding, and letting each individual player know which direction their mind’s activities are going.

Appendix A Nets on fire: Making the Air Electric

Practice off the court, so when it counts, during a game, pivoting into the zone becomes automatic. The emotional bio-feedback mechanism is a constant, steady, and dependable coach that can guide the mental game so that every game can, with effort, feel like you're in the home court. Every event throughout the day is an opportunity to practice for The Big Game and to create the air-electric. Developing mental discipline means developing the skills for listening and then responding to your emotional bio-feedback mechanism (not theirs). Listening and responding to what your emotions are saying about your mental activities will get your mind back on track towards that great feeling of being unbeatable. Moving the mind's activities – from anger to frustration, to hope, to belief, to knowing that any game on any court belongs to you – takes effort and practice. And there are hundreds of opportunities to practice every day, if you take a time out and do it. Then every game in life becomes yours and any place in the world becomes your home court. Then the air becomes filled with electricity and someone will create a spark that sets the nets on fire.

Andrew Jackson

2007-01-29



Appendix B

The Wisdom of a Champion: Let Joy Reign

*The Grateful Red (the UW student section) are stomping their feet in appreciation for the skillful play of their basketball team. Team execution has reached a new level of excellence. Every shot is dropping, even more bizarre and – amazingly – a teammate is in the right spot for every loose ball, block, rebound or steal. There’s electricity in the air. It feels good! It feels great! It is wild. For team member and fan alike, this didn’t just happen; it **began** with a feeling, a positive good **emotional** feeling that grew and then exploded...lighting the nets on fire!*

Evolution advanced a correlation between feeling good and a well-balanced and vital body. Emotional awareness of this, either consciously or unconsciously, meant survival. Those who acted without this understanding did not survive. To act without joy means the body is *not* in a prime biochemical/physiological state and simply does not have the harmony within itself to excel and perform at peak abilities. To physically compete at a peak physiological state, the emotional state cannot be negative, which means that consciousness must direct cognitive activity towards joyous being.

The mind-body-emotional game of any contest is about having the discipline to use the mind and all its cognitive abilities to find, to focus in on, and finally, to use the presence of good feeling emotions that proclaim a synergistic harmony of mind and body and being in the zone. “Do you feel it?” *It* being this mind-body-emotional zone of confidence, momentum, and an undercurrent of *knowing* success.

An athlete cannot play his or her best having an emotionally negative state of mind. The presence of negative emotions means that a well-balanced and vital body is *not* physiologically present. A biochemical/physiological disharmony, felt through emotional dissonance, manifests directly from cognitive dissonance. Eye hand coordination will be off.

Touch will be off. Execution will suffer. Mistakes are inevitable. Emotional negativity leads to injuries when the body is stressed and pushed to its limits during competition because the mind and body are biologically not working together as a unified whole.

The mental game of being in the zone, creating momentum, being connected and having confidence is about *emotions*, about *good feeling emotions*. There is no mental game, there is no mental focus, there is no confidence, there is no success, unless the emotions and feelings collaborate and acknowledge it. The mind, body, and emotions must work together as a synergistic whole – as the proverbial team – to bring forth an athlete’s best performance. This mind-body-emotional game is about cognitively bringing forth an emotional belief of success, which also brings forth by evolutionary necessity, the correlative physiological and biological foundation for success.

How much time in the off season has been spent in the gym to get the body physically ready for a long season of competition? How much time has been spent training one’s cognitive abilities to enter and sustain the emotional feeling of confidence and knowing of success and its correlative physiological and biological harmony? An athlete can easily name ten key conditioning and skill exercises they use to develop the body. How many athletes can name ten cognitive/emotional exercises they use to enter and to sustain the synergistic harmony of mind, body, and emotions necessary for success (see 8.2: *Exercises in Cognitive-Emotional Rehabilitation*).

Every moment throughout every day is an opportunity to train and to practice moving into a better and better feeling place of success. Every negative emotion is an opportunity to create a more powerful, emotionally positive mental attitude. Winning starts when each negative emotion is used as motivation to find a thought that feels better. Each of these successes helps develop the mental gymnastics required to respond to an evolved emotional bio-feedback mechanism with intent and purpose. The emotional bio-feedback mechanism is giving constant feedback on whether their head is getting into their game of success or into their game of failure. The question is, “does an athlete have the discipline to listen and the skills and training necessary to make the cognitive adjustments needed when the competition demands them?”

Appendix B: *The Wisdom of a Champion: Let Joy Reign*

The mind-body-emotional play of a competition starts long before the actual game begins and must continue throughout any competition. Championships are lost because emotional bio-feedback gets distracted from the final outcome and is sidetracked into the pregame publicity of yesterday's success. Winning feels good but a tournament isn't over with the semi-finals. A race isn't won in the preliminaries. The competition isn't over until it's over. Now is the time for real mind-body-emotional discipline; to use the mind and its cognitive abilities to focus on, to recreate, and then to maintain an emotional background of previous successful competitive endeavors.

As I was walking through a grade school gym where I was substitute teaching, a very young and small boy wanted me to watch him shoot a basket. Amazingly, with his limited ability, he shouted with glee as his shot just hit the rim. He looked at me beaming with a smile, obviously very proud of his success, and proclaimed, "it almost went in!" He had found the emotion of success where most would have only discovered failure.

The smallest of actions, a moment of brilliance, any second where "I feel it," are all mind-body-emotional states of previous successes. It is a time when that felt good! The *Exercises in Cognitive-Emotional Rehabilitation* of section 8.2 contains a list of exercises to recreate these mind-body-emotional states as fortification from any barrage of doubts, fears, uncertainties, and questions presented by an upcoming event. Recreate these mind-body-emotional states as a defense from the lure and illusion of a victory that doesn't yet exist. Recreate these mind-body-emotional states as a reaction to any doubt and fear that squelches any inner harmony, peace, and enjoyment of competition. Recreate these mind-body-emotional states as an offense to the opponent's barrage of jabs, hits and punches to assert their dominance. Cognitive/emotional training starts in the off-season at home and continues each day and through each practice and right into the locker room and onto the court and throughout the game. Half-time is but an opportunity to reaffirm the joyous mind-body-emotional synergy of success. Too many half-time talks by the coaching staff disconnect

rather than reinforce each individual's and the team's connection to strength, agility, coordination and power.

“If there are any doubters who don't believe that we are going out and taking over the second half and winning this game, you can stay right here. We don't want you. We don't need you.” UW football player halftime speech to the team (paraphrased).

The audience may be watching and emotionally reacting to the action on the basketball court, but the real plays take place in the minds and hearts of each athlete. Which athlete is going to maintain their knowing of, and feeling of success? Which athlete will rise and overcome each challenge on who owns this ball, these nets and this court? Which athlete will first feel the frustration of a missed shot or stolen ball or an opponent's score and which team will first succumb to the gnawing fear of doubt? Every move and pass before a shot is time surgically utilized to assert self-confidence and domination. Pass the ball around to set up a shot but also to break down the opponent's mental resilience and to assertively demonstrate to them that “we” control this game. We own this game. We are enjoying this game. Our bench is enjoying this game. We are winning this game no matter the current score. “Do you feel it? Good! Take the shot.”

Emotions are responses to all that activity going on between the ears. They are an ever-present coach that lets each athlete individually know where his or her mind's activities are heading. The better the feeling, the more mental activities are in *your game*. The worse the feeling, the closer mental activities are to getting lost in your *opponent's game*. The question is, how much time and energy has been devoted throughout an athlete's career to understanding and appreciating the cognitive/emotional game necessary for success?

Any break in the action provides a moment to utilize the months and years of cognitive/emotional training and exercises and to stop and step up the emotional staircase. That is, if in despair to move up into anger; if in anger, to move up into frustration; if in frustration, to move up into hope; if in hope, to move up into the joy of believing; if in the joy of believing, to move up into the excitement of knowing.... of success! “A time out is an

Appendix B: *The Wisdom of a Champion: Let Joy Reign*

opportunity to get *your* mind, your body, and *your* heart into the moment of *your* event. If you learn how to take the time to own each competitive event and to make those moments in time joyously yours, then any event throughout life can bring joy and must become *yours*.

Appendix C: A Cognitive Reconstruction Between Emotions and Meditation

(rev2018-11-30)

The illusion of emotions is to believe that destructive and aberrant emotions are driving mental and physical behaviors instead of emotions being a perceived reflection of destructive and aberrant cognitive behavior precipitating biological changes that drive physical behavior. It is cognitive behavior that is accessible for consciousness to act upon and modify.

The meditation discipline and training of Tibetan Monks and Lamas provide them insights incomprehensible to the ordinary person. But only those who have the opportunity, time, and resources to commit to their enlightening meditative methods can have access to Tibetan Buddhism's vast depth of knowing. There are millions of others around this Earth who, as yet, do not have the inner drive, strength, and power to obtain the knowledge and wisdom associated with thousands of hours of meditation. But they can take a step closer. Humanity has the internal wisdom to take another step out of their ignorance.

I wish to speak of meditation, contemplation and other cognitive acts of knowing and I wish to speak of these mental activities' relationships to emotions and the body. I wish to develop and extend the definition and understanding of emotions into a concept that appreciates the existence of emotions. Emotions have a common definition within the mass consciousness. The time has come to change this definition that has been used for millennia. Mass consciousness is ready for a more accurate understanding of the relationship between mind, body, and emotions.

If a meditative activity results in negative emotions, are not emotions providing insights into the effectiveness, or ineffectiveness, of the meditation? Are not the emotions of peace and joy the indications of a successful contemplation of knowledge? Do not emotions

aid in the understanding of the effectiveness, or ineffectiveness, of meditations and contemplations? If a meditator experiences negative and destructive emotion, are not these emotions indications of ignorance? Emotions used in a manner which provides insights are constructive because emotions are providing valuable information on the effectiveness of the meditation and contemplation practices.

Therefore, who cannot use their own emotions to understand the effectiveness and validity of their own mental processes? Tibetan Monks and Lamas can realize the success or failure of their meditative and contemplative practices by acknowledging the presence of associated emotions. Any ordinary person may also use their own emotions to realize the nature of their own mental and cognitive processes. Emotions that feel negative indicate thoughts and cognition that is deviating away from a person's intentions. Emotions that feel good are indications of a mind in harmony with a person's intent. Thus, a key to fulfillment is to use the feedback emotions provide on the quality of mental processes and whether those mental processes are meeting a person's intentions.

Modern science has the tools to clearly demonstrate that (a) cognitive activities stimulate (b) various areas of the brain. These stimulated cognitive areas, in turn, send signals to (c) other areas of the brain which activate biochemical/physiological events that change (d) the biochemistry throughout the body. It is these biochemical/physiological changes that are then perceived. We call these perceptions... (e) emotions.

Cognition (a) causes biochemical/physiological activity (d) that we perceive as emotions (e). The emotions that we feel (e) are the result of cognitive activities (a), not the cause of them. The illusion of emotions is that emotions drive the mind. Humanity is ready to accept the understanding that emotions do not precede cognition. Cognition, or the mental acts of knowing, come first. Even if emotions are first realized before any mental activity is acknowledged and *it seems* as if emotions are driving thoughts and activities, this is not the case. Failure to recognize cognitive activity before emotional activity only indicates the lack of attention being given to the thoughts and ideas being generated within the mind.

Therefore, as the mind can have destructive and aberrant cognitive activities, it is the resultant emotions which are giving their creator key knowledge, understandings, and insight

Appendix C: *A Cognitive Reconstruction Between Emotions and Meditation*

into these mental activities. Negative, destructive, and aberrant emotions are precipitated by the cognitive activity of the mind. The illusion of emotions is to believe that destructive and aberrant emotions are driving mental activities instead of emotions being a reflection of destructive and aberrant cognitive behavior which is accessible for consciousness to act upon and modify. The extreme power and value of emotions to the individual is that emotions clearly broadcast to the individual a previously unrecognized aspect of their own cognitive activities.

Using emotions to evaluate cognitive processes is the bridge from ignorance to enlightenment for those who do not have the internal nor external resources for thousands of hours of meditative practices. Emotional bio-feedback can be used in the mundane activities of daily life by anyone who wishes to lead an intentional life. Tibetan monks are using emotional bio-feedback. I am only reshaping the concept towards a more general application that anyone can, and should, learn and use.

Mass consciousness and academia currently believes in the cognitive construct of destructive and aberrant emotions. I have reasoned above how this illusionary nature of emotions, though commonly accepted and professed, is in error. Not until this illusionary construct of emotions is reconstructed, will the power of emotions be available for humanity's self-empowerment.

The full argument: *Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation* (Jackson, 2020) can be found on <http://emotional-evolution.com/>.

Appendix D:

Criminal Law and Justice: A Constitutional Challenge

Justice Founded Upon Falsehood Is Itself False and Unjust

Justice within our courts is founded upon a false psychology of emotions. Punishment guidelines are erroneous because current comprehension of punishment is based upon an erroneous understanding of emotions within human psychology. Also, the statistics of recidivism that exist only exist because of this ill-founded knowledge of human behavior. Punitive requirements cannot be based upon these statistics because punishment and recidivism based upon a different psychology – one that accurately portrays human biology – will create different statistics. Current statistics now based within a mistaken psychology cannot reflect behavior grounded within another, more accurate psychology.

The power of a consciousness lies within its choice of cognitive activities: thoughts, imaginations, observations, and rationale.

Current justice, punishment, and recidivism are based on a psychology of behavior where emotions drive biological change and subsequent behavior. This is a false premise. Emotions perceive biological changes/states precipitated by cognitive activities. Behavior doesn't follow emotions, instead, behavior follows cognition. The power of a consciousness lies within its choice of cognitive activities: thoughts, imaginations, observations, and rationale. Justice served is not raw punishment and confinement. True justice helps to restructure and empower a person's power of consciousness to wisely choose its cognitive activities from which outward acts of behavior germinate and sprout.

A justice of punishment for a crime is inhumane because of a lack of intention to change a person's cognitive behavior towards health, prosperity, and well-being. Or is that not the goal of justice? Should justice be defined as punishment with an intent to inflict pain,

Appendix D: *Criminal Law and Justice: A Constitutional Challenge*

suffering, or hardship upon an individual? Or, should justice be defined as an intent to empower cognitive behavior for the health, prosperity, and well-being of the individual and society? Should our criminal justice system be an extension of “an eye for an eye” or is justice served by entrusting individuals with the training, skills, and understandings to make better choices for themselves and others throughout their life.

Neuroplasticity: The neural networks that supported a reality and the cause of violent behavior yesterday, those same neural networks have the physical plasticity to change today and to no longer have the capacity to support that violent reality and behavior tomorrow.

Current human behavior modification is based within an erroneous psychology of emotions. Also, punishment as “justice” for a crime denies the science of neuroplasticity. Neuroplasticity is a concept where the brain rewires itself (APA, 2020; Costandi, 2016, Doidge, 2015). This rewiring results in new interpretations of old awareness. Thus, a reality that once manifested criminal behavior no longer exists. Where is justice in a design and intent that reinforces a psychology of the mind that encourages and leads to continual criminal behavior? A justice under God is one that creates the conditions that will honor a psychology of a neuroplastic mind where neural networks that supported a reality and the cause of violent behavior yesterday can change and to no longer have the capacity to support that violent reality and behavior tomorrow.

The text *Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation* (Jackson, 2020) provides a basic understanding and awareness of the necessary theory for a prisoner to forge a new identity and to recreate a new life. *Cognitive-emotional Wisdom, Education, and Training: K-12 Overview* (Jackson, 2020) provides a basic understanding of the tools that are necessary part of prisons if we as a society believe in a justice under God.

The scalpel to dissect and to lay aside the flaws within contemporary justice lies within the scientific concept of neuroplasticity. Neuroplasticity is a scientifically proven concept which outlines how the brain can rewire itself and form new realities. That is, what was real and exists yesterday, may not remain real and exist tomorrow. Everyone has the

Appendix D: *Criminal Law and Justice: A Constitutional Challenge*

physical attribute neuroplasticity to change and to be a different person than the being which committed a crime.

Our criminal justice system not only does not recognize this possibility but creates conditions to inhibit and retard any possibility of individual neuroplastic transformation. Can that not be defined as “cruel and unusual punishment” from which the Constitution protects us all from?

A law based upon illusionary science is delusionary and denies a person’s Constitutional protection to be free from cruel and unusual punishment.

In order to use the concept of neuroplasticity to repeal inhumane justice, the illusionary beliefs of emotions driving behavior must be dispelled. Emotions are an evolved sensory system designed to be used by consciousness to guide the internal cognitive behavior which leads to external physical action. This new paradigm – where emotions are an evolved biological sensory system that perceives biological changes precipitated by cognitive activities- is developed in *Emotions-as-Effect Theory: The Linguistic Semantics of Emotional vs. Cognitive Regulation* (Jackson, 2020)

Criminal justice must cultivate the conditions that reflect our society and reinforce a life and culture of health, prosperity, and well-being. A criminal justice based upon punishment and hardship without an educational path for cognitive-emotional awareness, understanding, and realignment is constitutionally unjust punishment.

Criminal law is operating within an archaic knowledge and understanding of humanness. This knowledge must be updated and incorporated into any proper and scholarly discussion of criminal sanctions. New advances in psychology provide new understandings of the actual harmful effects of incarceration presently deemed appropriate justice for a crime. A justice designed to reinforce and structure a neuroplastic mind of violence and crime is not justice, but an abomination.

The Constitutional Challenge

Modern and up-to-date understandings in the physiology of cognitive and emotional psychology have not been integrated into the fundamentals of criminal sanctions and the understanding of justice. Although those who condone current practices of incarceration may defend them as proper and acceptable in modern society, I will argue that, in the absence of programs and a culture to teach, educate, and train an incarcerated population towards a neuro-psychology of health, prosperity, and well-being these practices (1) should be understood as cruel and (2) should be understood as limiting and even prohibiting the free exercise of religion under the Constitution of The United States of America.

- a. ARGUMENT 1: Neuroplasticity is a concept supported by scientific discipline which indicates that the brain has the capacity to rewire functional areas of itself as a result of new experiences thus providing for a capacity within a being to cognitively reinterpret life experience and to reform a previous self-destructive existence (APA, 2020; Costandi, 2016, Doidge, 2015).

Within the current culture of punishment and incarceration, without a reformation agenda, this natural attribute of brain physiology tends to reinforce and maintain a cognitive neural circuitry of criminal behavior. That is, the learning experience within this environment tends to accentuate the existing neural circuitry of the brain that has led to an existing criminal interpretation of life experience. This reinforced criminal interpretation of reality diminishes and even prevents a person's religious freedom to exercise a behavior within God's favor. (reference Constitution Amendments I – free exercise of religion)

- i. Also, this reinforced criminal interpretation of reality tends to further convolute a person's intent, rational capacity, and self-

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control and therefore is cruel. (reference Constitution Amendment VIII – cruel and unusual punishment shall not be inflicted)

- b. ARGUMENT 2: Emotional bio-feedback Theory (Jackson, 2020) redefines an evolved emotional neural circuitry as a neural circuitry of perception of the body’s biochemical physiology precipitated by the brain’s cognitive activities. This means that the neural circuitry of emotional behavior has an evolved function to guide cognitive behavior and physical activity towards the desirable aspects of life, such as, health and well-being. Emotions have naturally evolved to lead physical and cognitive behavior towards life, liberty and the pursuit of happiness.

*Within the current culture of punishment and incarceration, without a reformation agenda, **this natural attribute of emotions** tends to reinforce and maintain **an emotional neural circuitry** of existing criminal behavior. That is, the learning experience within this environment tends to accentuate **the existing emotional neural circuitry** of the brain that has led to an existing criminal life.*

i. ***This reinforced emotional reality** of criminal behavior diminishes and even prevents a person’s religious freedom to exercise a behavior within God’s favor. (reference Constitution Amendments I – free exercise of religion)*

ii. *Also, **this emotional reality** of criminal behavior tends to further convolute a person’s intent, rational capacity, and self-control and therefore is cruel. (reference Constitution Amendment VIII – cruel and unusual punishment shall not be inflicted)*

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- c. CONCLUSION: Neuroplasticity and an Evolved Emotional feedback mechanism redefine humanness and reconceptualize what it means to be human (Benko, 2015). These new understandings within the physiology of psychology must be incorporated to understand the nature of the actual punishment being inflicted upon a person within current incarceration as punishment practices that preclude any means of reformation.

I am arguing that a system of incarceration as punishment for a crime without any reformatory processes cannot be just and is cruel because it exacerbates and reinforces the criminal element of behavior by convoluting intent, rational capacity, and self-control. This usual practice of criminal justice is a process of dehumanization and therefore is cruel. Also, a system that reinforces criminal behavior by convoluting intent, rational capacity, and self-control diminishes a person's religious freedom to live in God's favor, thus limiting and even prohibiting the free exercise of religion.

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Appendix F:

Escape from Alcatraz

POW is traditionally a designation for those captured and retained within a military campaign of a war in the traditional sense. But there have been no declared wars by the United States since WWII. Yet many of our military personal have suffered, died, and have been captured in undeclared wars ever since. I offer no disrespect to all those honored heroes. I am acknowledging another war, the war beneath the surface from which all military campaigns emerge as well as the undeclared war waging in our streets every day.

Within this war there is a conflict of ideas and beliefs. Within our society punishment is seen as “justice” for a “crime.” Punishment is not justice. It is not The Truth. Crime and punishment for a crime are but a socially accepted concept fabricated to control a lesser people of God. It is an idea and a belief given an illusion of validity and power to dominate and enslave a lesser culture of God. I am writing to you to help you break this illusion of acceptable behavior of a society that has fallen into a coma.

Punishment is not justice because we all have within our brains the neuroplastic capacity to change, grow, and realize a new reality where we feel and are eventually treated as a better person than we are now. There is a war of cultures. One is an ideology that believes in self-righteous power and domination over a “lesser people of God” and which will manipulate and twist any ideology to advance their dominion. Their desire is to subjugate another ideology that believes in empowering and raising up all peoples of this planet because we all are children of God with the rights of life, liberty and the pursuit of happiness.

You are within a war of ideologies. One ideology teaches how to love and embrace humanity so that we all may enjoy this life on this planet. The other ideology does not care about other people and beings. It sows hate and fear that we wage violence upon each other. It is a belief that the spoils of this planet are only for the favored and deserving few. You are a prisoner of an undeclared war and I honor your faith and belief in a better world. You are in

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a fight to the death because only one reality is triumph within your heart. Which reality will you embrace, and which reality will you let die?

We need to stop squabbling among ourselves for that is their desire. Who are they? They are the tyrants in our circle; the circle of reality we have created and are now living. They are the ones who dominate us and plant the beliefs of violence and torture that we must suffer and die. They are the ones who wish us to give up and become one within their circle of aggressors. We need to stop the squabbling within ourselves for they are also the ideals, beliefs, and values that live inside our minds. They are also us. Look at those walls and bars around you. Do you see a prison, or do you see playground? These tyrants can be our greatest allies and teachers, our keys to freedom. Or, we can join them in our greatest defeat and become one of their instruments of lies and deceit.

This is guerrilla warfare.... you are on your own. There is no society to save you, no Super-Hero to break down your prison walls and stamp out your oppressors. You must be your own Super-Hero. You must stop accepting the validity of their justice and their definition of who and what you are. You must be the creator of greater justice and no longer be a victim of unlucky circumstances. Become the creator you were born to be. Create your life of liberty and pursue, not your anger, not your jealousy, not your envy, but pursue your happiness and joy. Joy is your true inheritance that exists for you. But you must believe in it and claim it as yours.

I would like to say I'm sorry you are a prisoner here. It's not where you want to be. But it is where you are. I hope these words I am writing will make your life easier for you. When I was in El Paso County Jail, trying to make the best of a bad situation, you know, making lemonade out of lemons, my wife began telling all her friends, "he likes being in there." But you must make the best of a bad situation. You must make the best of the cards you are dealt. She came to visit me.... once....to have me sign a paper saying I was mentally unstable and at the same time said she was getting a divorce. A guy would like a little sympathy from his wife, but it may not come. All the sympathy I was getting for uprooting my life and moving to El Paso for her career was a few tenderizing moments from my friends in blue and an inmate friend of mine.

Appendix F: Escape from Alcatraz

That was another lifetime, another life I was then living. It all changed when I took responsibility for my life. My circumstances for being in jail were not my fault, but they became my responsibility. As long as I was a victim, as long as I got angry and blamed God knows who..., as long as I looked everywhere but within my own heart and soul, I was going to remain in prison...

I am now looking out my window at a cold Wisconsin winter's end. It is cloudy, and the leafless trees make a bleak silhouette against the gray and dark sky. I love the freshness of the cold and the brilliant whiteness of winter's snow and the stillness of our frozen lakes. It is a very quiet time of year, a time of hibernation, but also a time of exhilaration. Spring will be here soon, and everything will be turning green, the leaves will be coming out and the birds will be returning with their happy songs of cheer.... I am happily married. We met in the want ads about 18 years ago. Life did get good for me. I got out of jail, cured my mental instability and I have been having some good times boating on the water, watching football and having barbecue cookouts with my friends. I changed my life and if you listen closely, you will walk out of that cell and find your own good times with friends and family.... I will share with you a plan, a path on how you can escape from the worst of prisons, even those worse than the infamous Alcatraz...those within your mind.

Appendix F:

Revisions

1. 2020-09-03a: First Draft
2. 2020-09-07a: Second Draft
3. 2020-09-10a: Release
4. 2020-09-10b: General editing and corrections: edited “Am I Me?”



Andrew O. Jackson suffered from psychotic mania and suicidal depression and was in and out of mental hospitals from 1979-1996. Once after another “blackout” period, he “awoke” in a mental ward and wondered how he got there this time. The nurse said he went up to a police car and told them that his friend needed help. His “friend” was a trash can. Another time he “awoke” with a rope in his hand ready to put an end to this torturous life when a voice asked him, “Can you go on?” “They” wanted him to continue this existence a while longer. He replied, “Yes” and got himself to a hospital.

Around 1992, in a moment of inspiration that has now led to his emotions-as-effect theory, he began a self-directed healing program using his emotions as feedback for his biochemical, neurological, and physiological state of being. After a couple more psychotic episodes – one that landed him in the El Paso county jail and led to a divorce from his first wife – and after seventeen years of therapists, psychologists, and psychiatrists, he no longer needed the benefits of their assistance. He has been medication free and without disassociation, depression, or mania episodes since 1996.

Since 2005, he has been writing to academics around the world advancing a new emotional paradigm that defines cognition as causal to and emotions as an effect of biochemical, neurological, and physiological states of being. Emotions, instead of being regulated by cognitive behavior as current psychological academia prescribes, have evolved to guide cognitive behavior for the health, well-being, and prosperity of the individual.

He has an MS in Technology Education and an MS in Management Technology from the University of Wisconsin – Stout. He was a high school shop teacher, a college CAD (computer aided design) instructor, a guest instructor in China teaching quality and inventory management, and a quality manager at an OEM (original equipment manufacturer). He is now happily married and retired from mechanical engineering, spending his summers sailing and winters alpine skiing.