

# The Personal Power of Qi: A Revolution in Sports Psychology

*“Chpt02 Evolutionary Significance of Feeling Good and Feeling Bad”* (rev2023-05-14a)

With Andrew O. Jackson

<https://symbioticpsychology.com/>

<https://emotional-evolution.com/>



© Andrew O. Jackson, 2023. All Rights Reserved

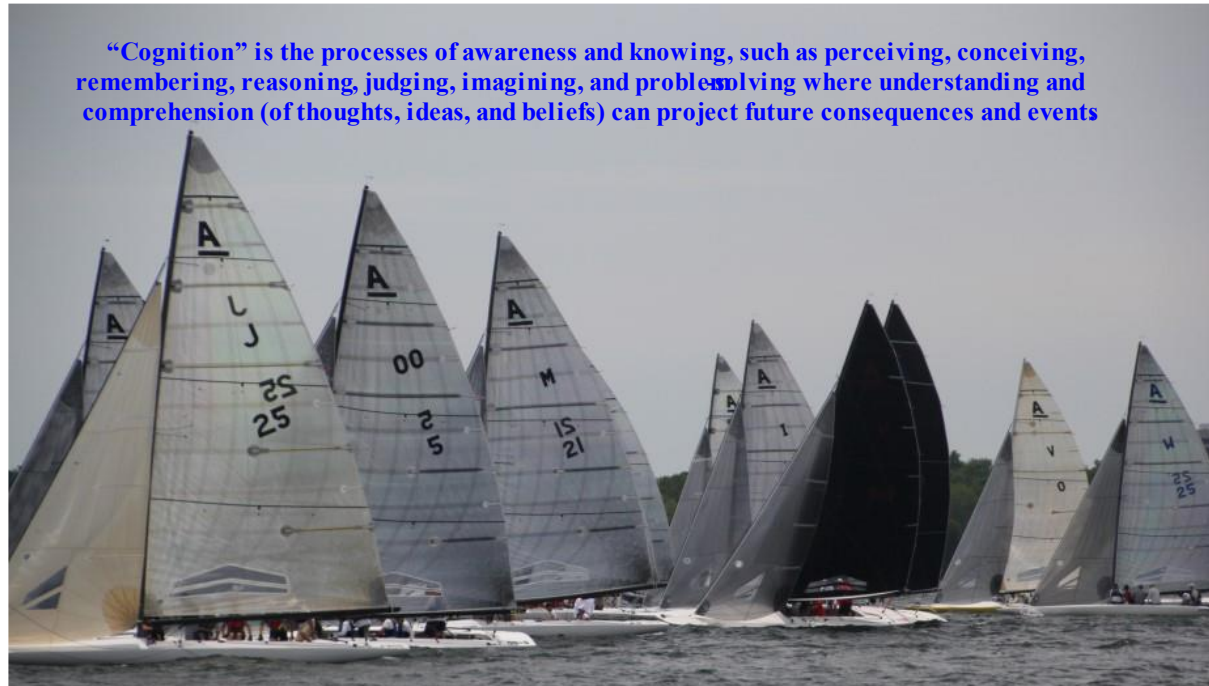
*Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within another universe that surrounds us known only through its quiet revelations.*



Hello, my name is Andrew O. Jackson. I created a two-part, eight-chapter video series titled, “*The Personal Power of Qi: A Revolution in Sports Psychology*” with the intent that athletes of all levels and abilities, and no matter what their sport, can understand, access, and actualize their evolutionary self of strength, speed, stamina, agility, reflexes, cunning, and success.

Part I, Chapters one thru four, “*A Revolution in Sports Psychology*” are about how good-feeling emotions guide cognitive behavior towards a strong and powerful physiology necessary for sports competition. Part II, Chapters five thru eight, “*The Personal Power of Qi*” are how the conscious energy of good-feeling cognitive-emotional behavior called Qi, radiates throughout the Quantum Universe of the Tao, and aligns the rendezvous of people, places, and events through time and space that match an athlete and coach’s cognitive-emotional state of being where space is here and when time is now.

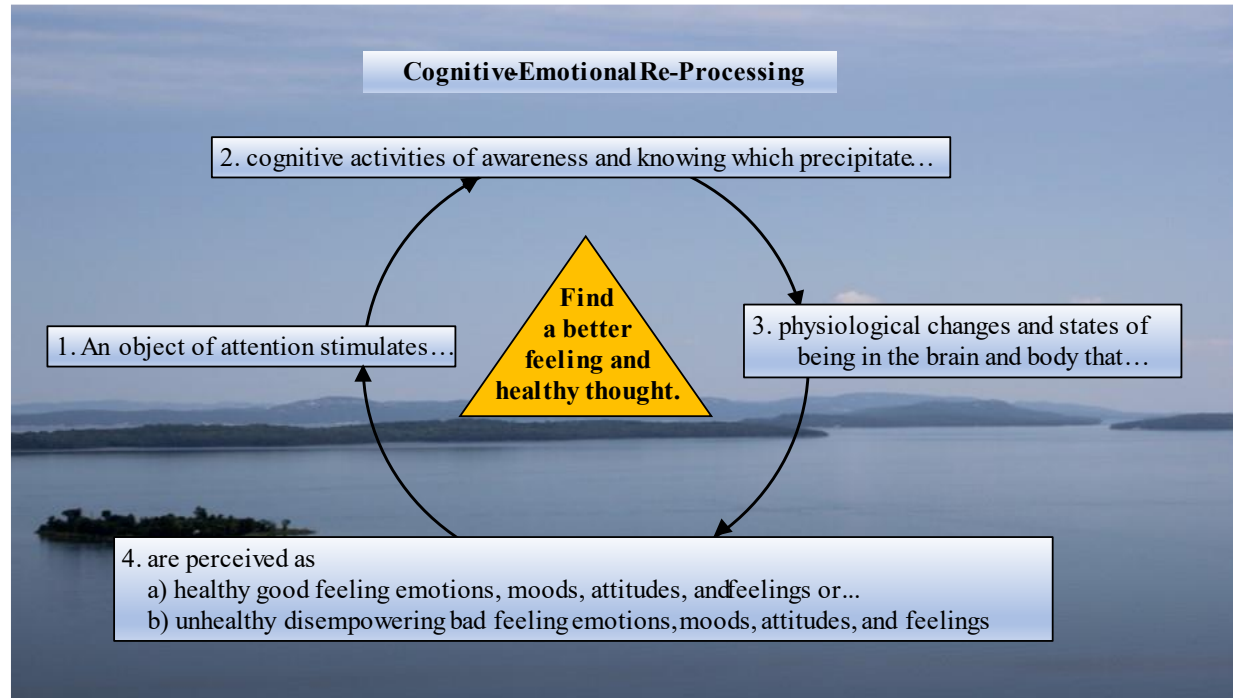
“*Chapter 2, Evolutionary Significance of Feeling Good and Feeling Bad*” is about how good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with empowerment: with health, well-being, and effective and successful decision-making prowess and their actualization. And bad-feeling emotions, moods, attitudes, and feelings have an evolved correlation with their negation. To have a superior, world-class performance, an athlete must be in a feeling-good state of being. That is the nature of human evolution.



Before we begin, I want to reiterate that the terms cognitive and cognition refer to activities and processes of awareness and knowing of the mind, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem-solving where understanding and comprehension (of thoughts, ideas, and beliefs) can project future consequences and events.

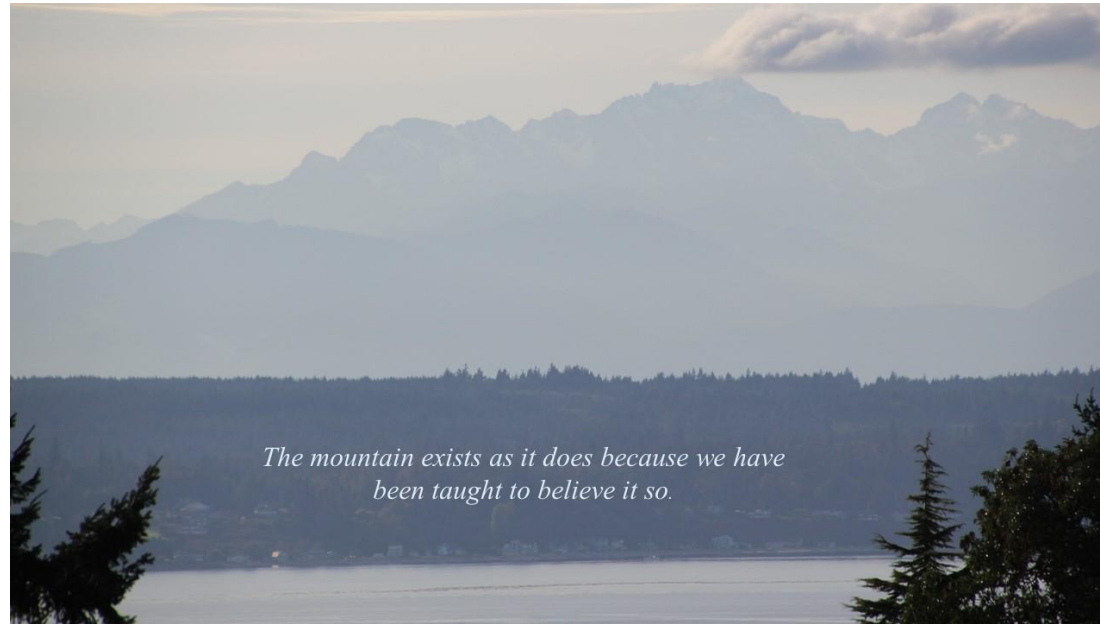


I also want to state that I group emotions, moods, attitudes, and feelings together because they either feel-good as an evolved indicator of a healthy biochemical and neurological physiology or feel-bad as an evolved indicator of an unhealthy biochemical and neurological physiology.



Does a coach or an athlete have the cognitive-emotional awareness to understand that bad feeling emotions, moods, attitudes, and feelings are evolutionary indicators of a disempowering, disabling, and ineffective neurological and biochemical physiology? And then does the coach, or athlete have the capacity to re-process their disempowering emotionally negative cognitions, especially during the heat of competition on the field of play, into empowering emotionally positive cognitions that correlate with a healthy biochemical and neurological physiology that precipitates the strength, speed, stamina, agility, reflexes, cunning, and success and the actualization of a superior, world-class performance?





We all have been taught what a mountain is and because of this we have a common belief that the mountain exists independently of our observation of it. ***But the mountain exists as it does because we have been taught to believe it so.***

The mountain range I am going to talk about is the evolutionary significance of feeling emotionally good and feeling emotionally bad.

Good-feeling emotions, moods, attitudes, and feelings have an evolved correlation with empowerment: with health, well-being, effective and successful decision-making prowess and their actualization. Bad feeling emotions, moods, attitudes, and feelings have an evolved correlation with their negation. Negative, bad-feeling emotions like fear and anger are unique because of their connection to the biochemical adrenaline boost to the body. This adrenaline shot has proven to be an evolutionary short term survival technique, but its long-term consequences are very problematic.

Understanding the power of emotions and what that power is, is vital for every athlete to successfully compete, no matter what their sport and what their position is in that sport. Not until emotions are understood, will their true power be revealed.



There is an evolutionary significance to “feeling good” or “feeling bad” emotions, moods, attitudes, and feelings that has not been fully recognized by current psychological emotional theory and cognitive behavior therapies.



*What is the evolutionary significance of good and bad feeling emotions, moods, attitudes, and feelings?*

Would humanity survive the evolutionary mill in our early cognitive-emotional development if good feelings of adventuring out for the hunt correlated with confusion and ataxia, that is, impaired coordination? Would our earliest ancestors survive if they felt strong, but were actually physically weak while confidently:

- Adventuring out onto the savannahs to hunt during the heat of the day?
- Climbing trees in search of fruits, berries, and nuts?
- Crossing rapid moving streams to fish or to get to the other side?

How about in today's world: what is the survivability of a drunk who confidently gets into a car to drive across town in rush hour traffic?



What is the evolutionary significance of good and bad feeling emotions, moods, attitudes, and feelings?

Would humanity survive the evolutionary mill in our early cognitive-emotional development if good feelings of adventuring out for the hunt correlated with confusion and ataxia, that is, impaired coordination? Would our earliest ancestors survive if they felt strong, but were actually physically weak while confidently:

- Adventuring out onto the savannahs to hunt during the heat of the day?
- Climbing trees in search of fruits, berries, and nuts?
- Crossing rapid moving streams to fish or to get to the other side?

How about in today's world: what is the survivability of a drunk who confidently gets into a car to drive across town in rush hour traffic?

*What is the evolutionary significance of good and bad feeling  
emotions, moods, attitudes, and feelings?*

Imagine that basic life behaviors such as breathing or eating:

- were so emotionally painful
- or their lack was so pleasurable

to bring about suffocation, starvation, and death. Such an emotional and physiological correlation would lead to the demise of an individual and their genetic line.



Imagine that basic life behaviors such as breathing or eating were so emotionally painful – or their lack was so pleasurable – to bring about suffocation, starvation, and death. Such an emotional and physiological correlation would lead to the demise of an individual and their genetic line.

If this were a genetically predisposed or inherited condition or even a genetically developed predisposition to learn such behavior, such a false positive correlation between emotions and physiology would hinder personal and genetic survival. Therefore, there is a natural correlation between feeling good and exhibiting healthy physiological behavior and functions.

*What is the evolutionary significance of good and bad feeling emotions, moods, attitudes, and feelings?*

How would a genetic line survive:

- if the body's need for water did not stimulate the mind to produce imagery of obtaining water or
- if this imagery of obtaining water correlated with negative feeling emotions?

If the body needs water, this need must correlate with the mental act of imagining water and with the positive emotions associated with finding and drinking water.



How would a genetic line survive (1) if the body's need for water did not stimulate the mind to produce imagery of obtaining water or (2) if this imagery of obtaining water correlated with negative feeling emotions?

If the body needs water, this need must correlate with the mental act of imagining water and with the positive emotions associated with finding and drinking water.

There is a correlation between imagining the necessities of life and experiencing positive emotions. If instead, there was a correlation such that the imagery of food, water, and shelter brought about negative feeling emotions, then these basics of life would be avoided and lead to an evolutionary dead end.

*What is the evolutionary significance of good and bad feeling emotions, moods, attitudes, and feelings?*

To survive and even to thrive through the evolutionary mill:

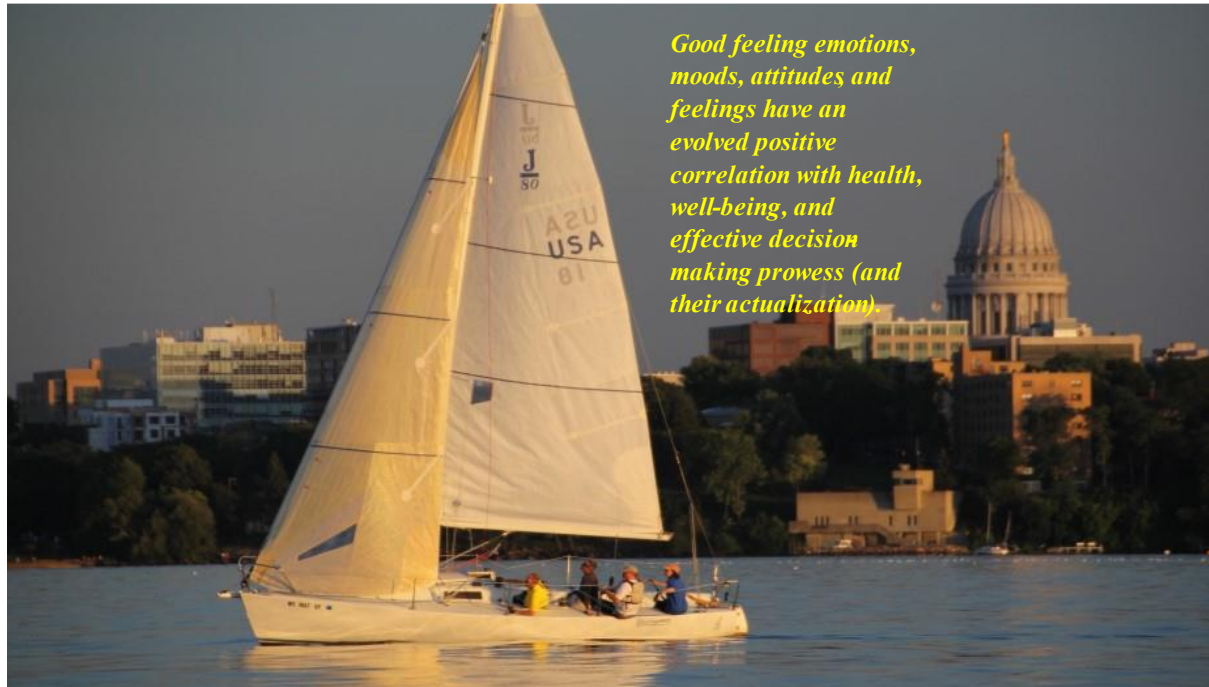
1. Bad feeling emotions, moods, attitudes, and feelings must have an evolved correlation with weakness, confusion, impaired coordination, and dis-empowerment.
2. Good-feeling emotions, moods, attitudes, and feelings must have an evolved correlation with mental sharpness and acuity, physical health, well-being, and empowerment.

If this were not so, our prehistoric ancestors were not likely to survive to adulthood where they would pass on their genetic code to the next generation.



To survive and even to thrive through the evolutionary mill: negative, bad feeling emotions, moods, attitudes, and feelings must have an evolved correlation with weakness, confusion, impaired coordination, and dis-empowerment. And positive, good-feeling emotions, moods, attitudes, and feelings must have an evolved correlation with mental sharpness and acuity, physical health, well-being, and empowerment.

If this were not so, our prehistoric ancestors were not likely to survive to adulthood where they would pass on their genetic code to the next generation.



*Good feeling emotions,  
moods, attitudes and  
feelings have an  
evolved positive  
correlation with health,  
well-being, and  
effective decision  
making prowess (and  
their actualization)*

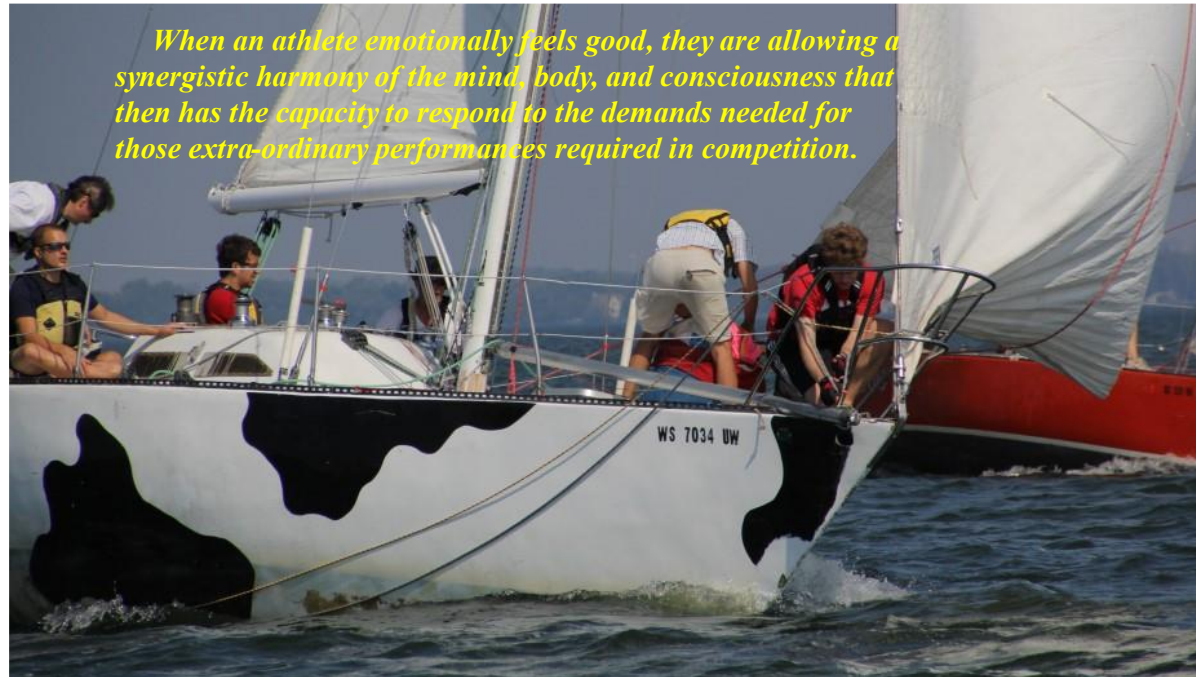
*Good feeling emotions, moods, attitudes, and feelings have an evolved positive correlation with health, well-being, and effective decision-making prowess (and their actualization).*





*Negative, bad feeling emotions, moods, attitudes, and feelings have an evolved correlation with the lack of health, wellbeing and effective and successful decision-making prowess and their actualization.*

*Negative, bad feeling emotions, moods, attitudes, and feelings have an evolved correlation with the lack of health, well-being and effective and successful decision-making prowess and their actualization.*

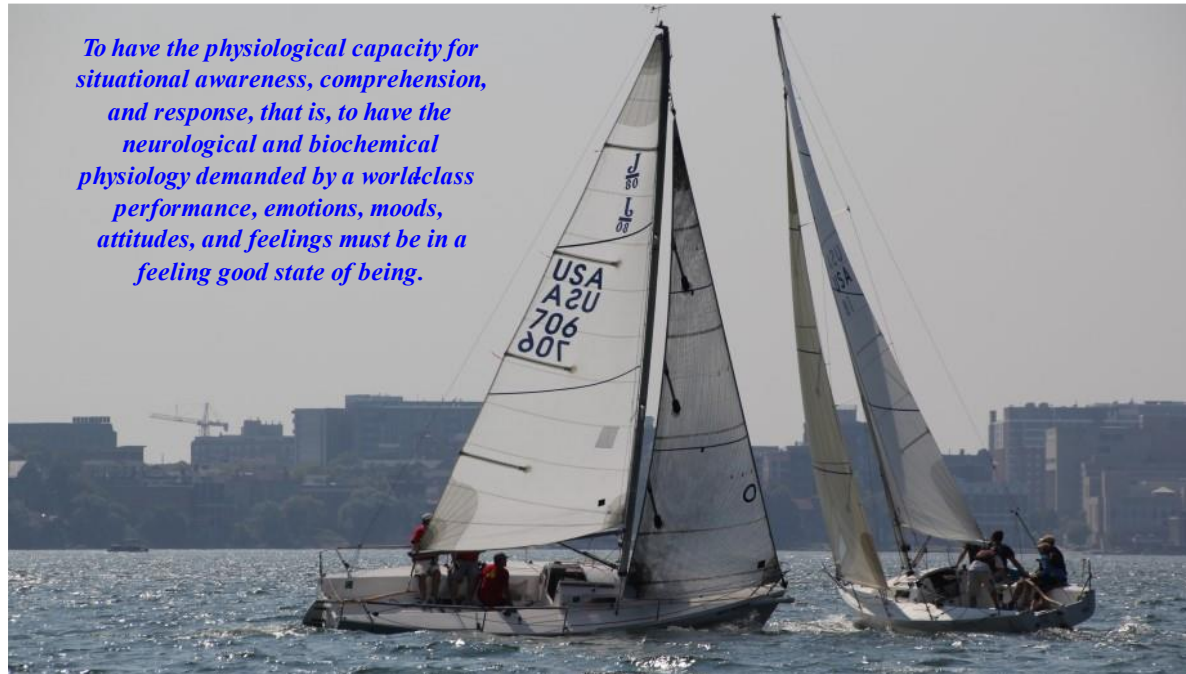


*When an athlete emotionally feels good, they are allowing a synergistic harmony of the mind, body, and consciousness that then has the capacity to respond to the demands needed for those extra-ordinary performances required in competition.*



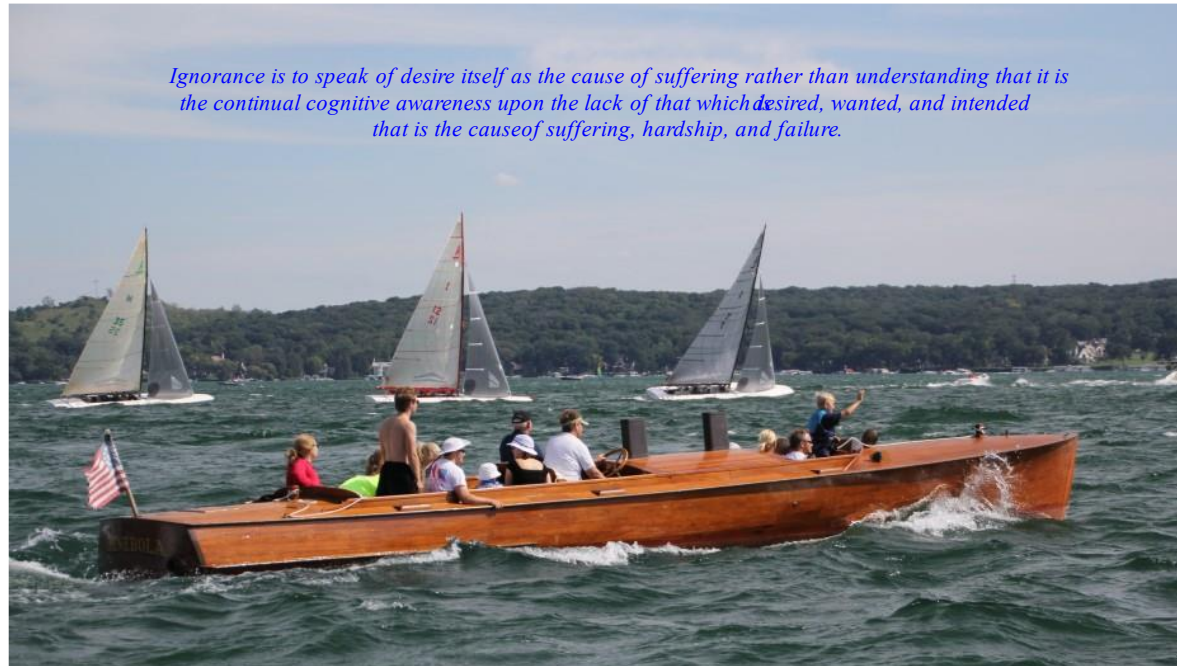
***Good and effective decisions and their actualization cannot be made in a vortex of negative emotions.***

An athlete's physical capacity to perform diminishes the more they ignore their cognitive-emotional negative state of being. Negative, bad feeling emotions, moods, attitudes, and feelings have an evolved correlation with the lack of health, well-being and effective and successful decision-making prowess and their actualization.



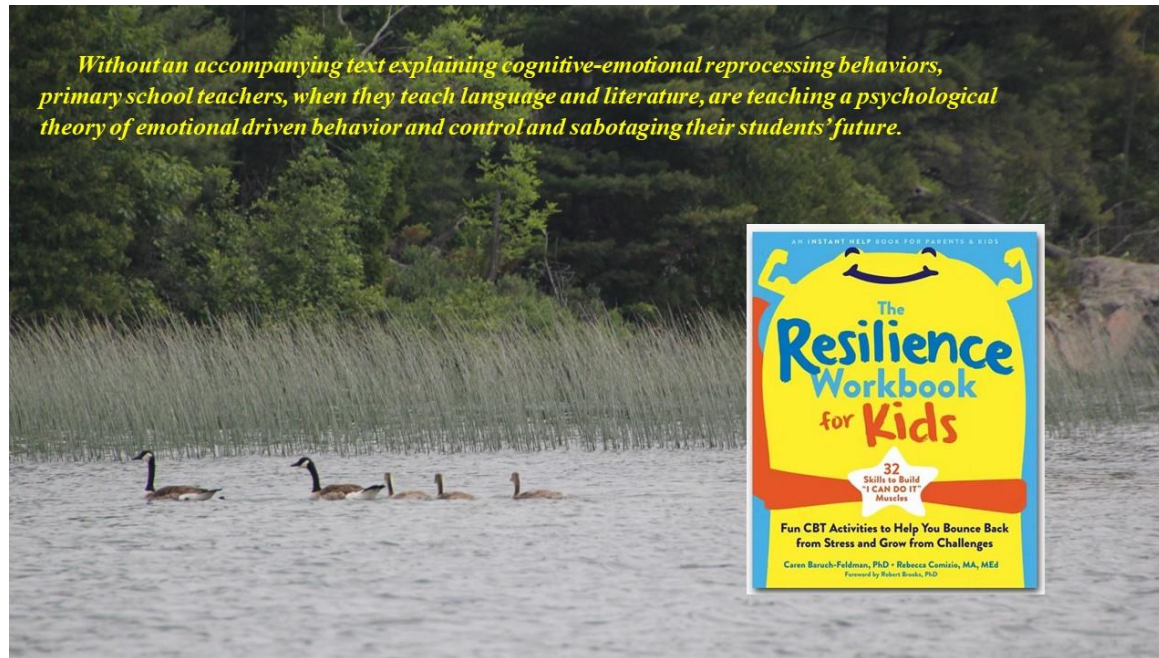
*To have the physiological capacity for situational awareness, comprehension, and response, that is, to have the neurological and biochemical physiology demanded by a world-class performance, emotions, moods, attitudes, and feelings must be in a feeling good state of being.*





***Ignorance is to speak of desire itself as the cause of suffering rather than understanding that it is the continual cognitive awareness upon the lack of that which is desired, wanted, and intended that is the cause of suffering, hardship, and failure.***





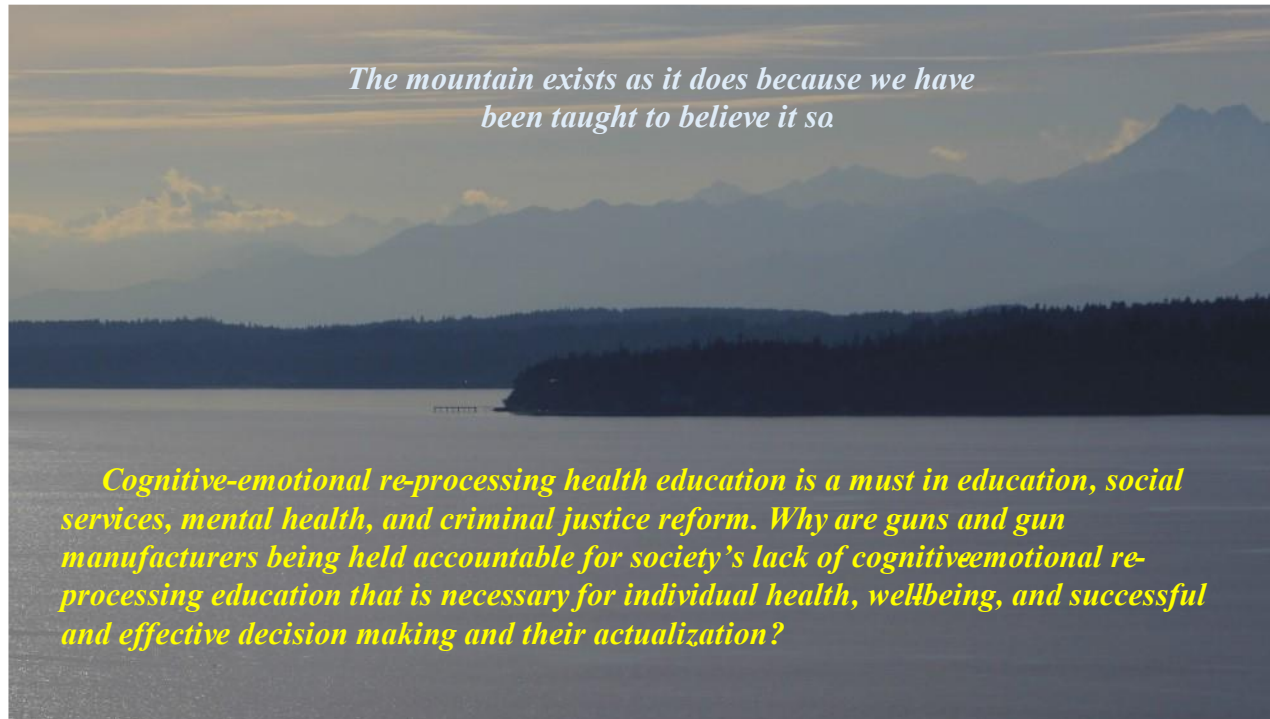
*Without an accompanying text or explanation of cognitive-emotional reprocessing behaviors, pre-school and primary school language and literary educators are indoctrinating their students with an erroneous psychological linguistics of emotional driven behavior and control and sabotaging their students' future.*

These same teachers can augment their students' emotional awareness and understanding with readily available, age appropriate, cognitive-emotional re-processing content. Caren Baruch-Feldman and Rebecca Comizio have developed a wonderful textbook called “*The Resilience Workbook for Kids: 32 Skills to Build “I CAN DO IT” Muscles.*”



I have written two books on this subject: “*Cognitive-Emotional Health Education: A Primary and Secondary School Overview*” and “*The Personal Power of Qi: An Athletes Heritage of Strength, Speed, Stamina, Agility, Reflexes, Cunning, and Success*”

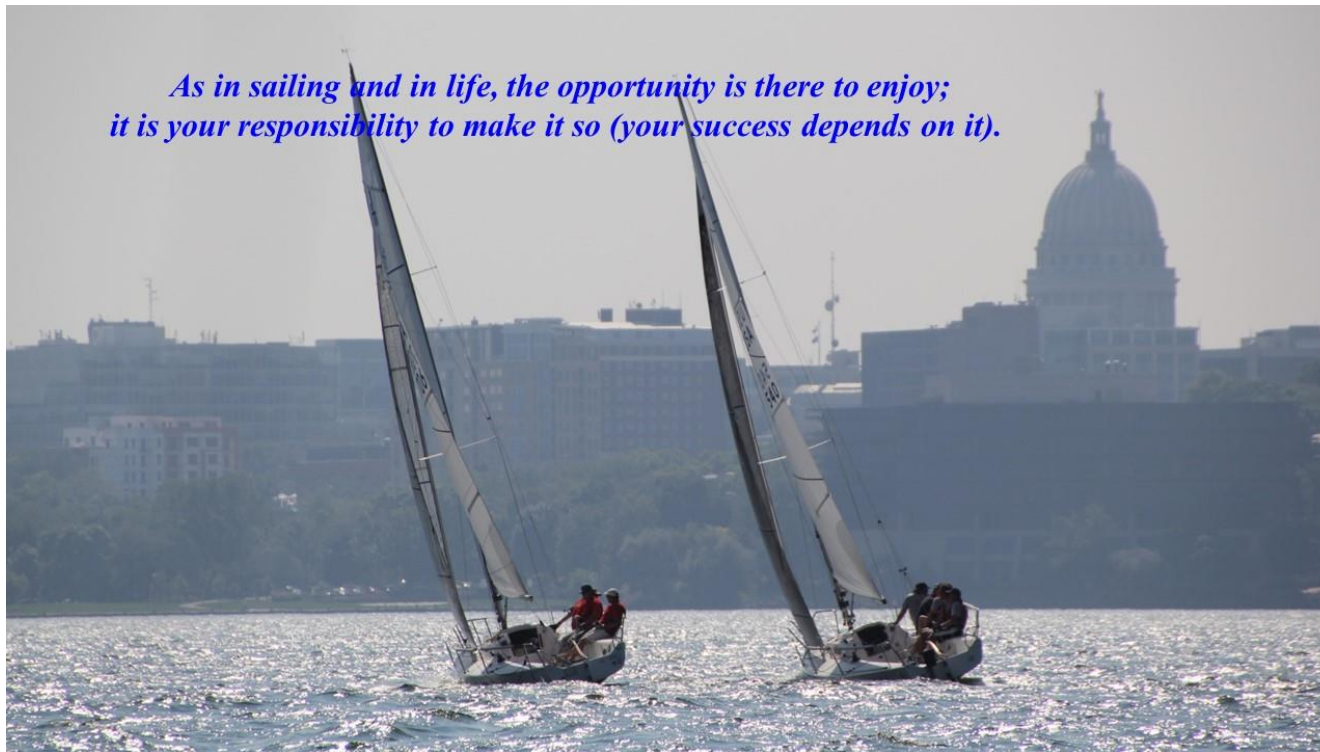
My publications are freely available as downloadable PDFs from my websites, [sympioticpsychology.com](http://sympioticpsychology.com) and [emotional-evolution.com](http://emotional-evolution.com).



*The mountain exists as it does because we have  
been taught to believe it so*

*Cognitive-emotional re-processing health education is a must in education, social services, mental health, and criminal justice reform. Why are guns and gun manufacturers being held accountable for society's lack of cognitiveemotional re-processing education that is necessary for individual health, wellbeing, and successful and effective decision making and their actualization?*

*Cognitive-emotional re-processing health education is a must in education, social services, mental health, and criminal justice reform. Why are gun manufacturers being held accountable for society's lack of cognitive-emotional re-processing education that is necessary for individual health, well-being, and successful and effective decision making and their actualization?*



*As in sailing and in life, the opportunity is there to enjoy;  
it is your responsibility to make it so (your success depends on it).*

*As in sailing and in life, the opportunity is there to enjoy; it is our responsibility to make it so (success depends on it).*

Effective and successful decisions will not be actuated in a vortex of negativity.

Enjoying life is necessary for physical health.

Enjoying life is necessary for mental well-being.

Enjoying life is necessary for effective and successful decision-making.

Enjoying life is necessary for the actualization of that which is wanted, desired, and intended.

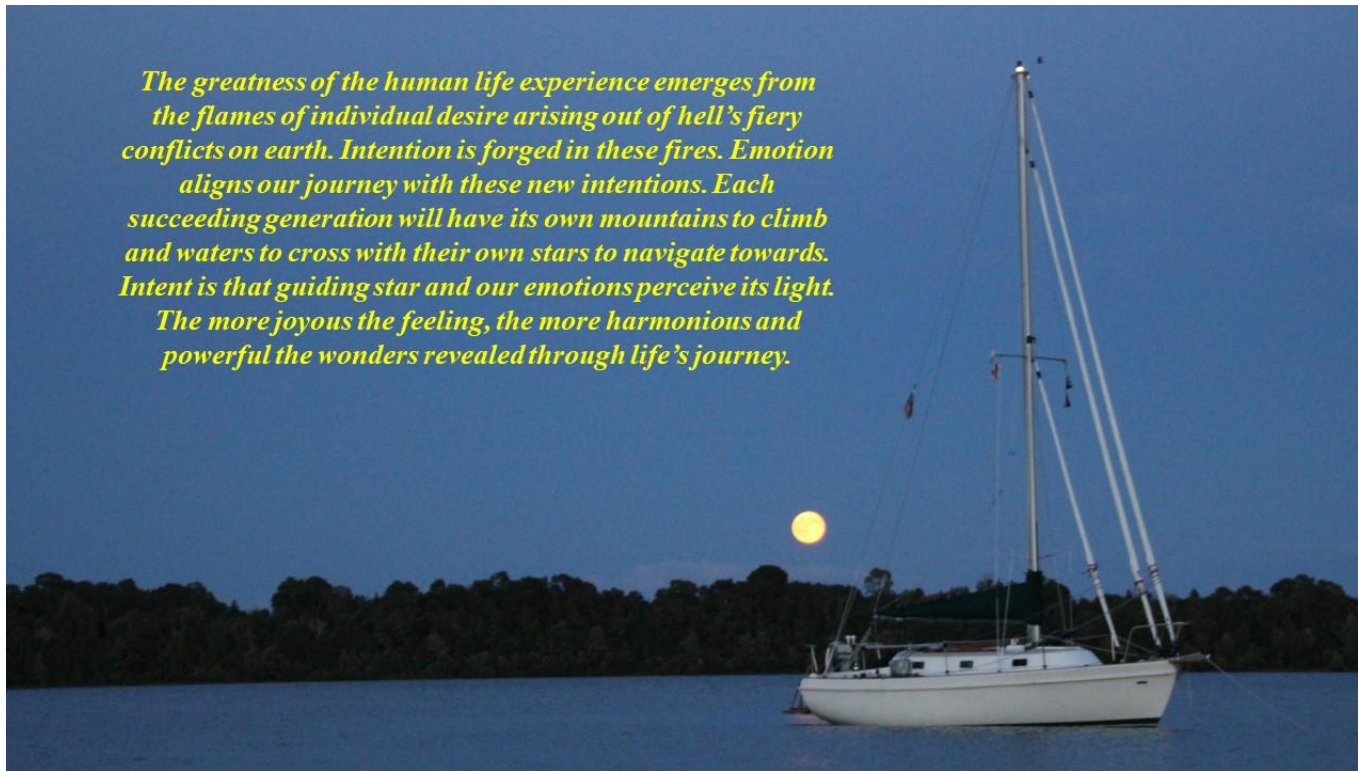
If an athlete or coach wants, desires, and intends to succeed in sports competition and to have a world class performance, they must enjoy themselves, for within their joy lies the empowered good-feeling neurological and biochemical physiology of the brain and body that is necessary to support and maintain a world-class performance.





*Because joy has an evolved correlation with health, well-being, and success we have evolved to be joyous beings!*





*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. Emotion 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 our emotions perceive its light. The more joyous the feeling, the more harmonious and powerful the wonders revealed through life's journey.*



***When joy and good feelings permeate your life, practice, and competition... good things happen.***

I wish you all a successful and joyous life. It is all there for you to enjoy and to make whatever you desire, want, and intend.

Namaste.

[no next slide]

---

*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. Emotion 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 our emotions perceive its light. The more joyous the feeling, the more harmonious and powerful the wonders revealed through life's journey.*

---



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.

---