

The Personal Power of Qi: A Revolution in Sports Psychology

“Chpt03 Cognitive-Emotional Re-Processing Dynamics” (rev2023-05-14a)

With Andrew O. Jackson

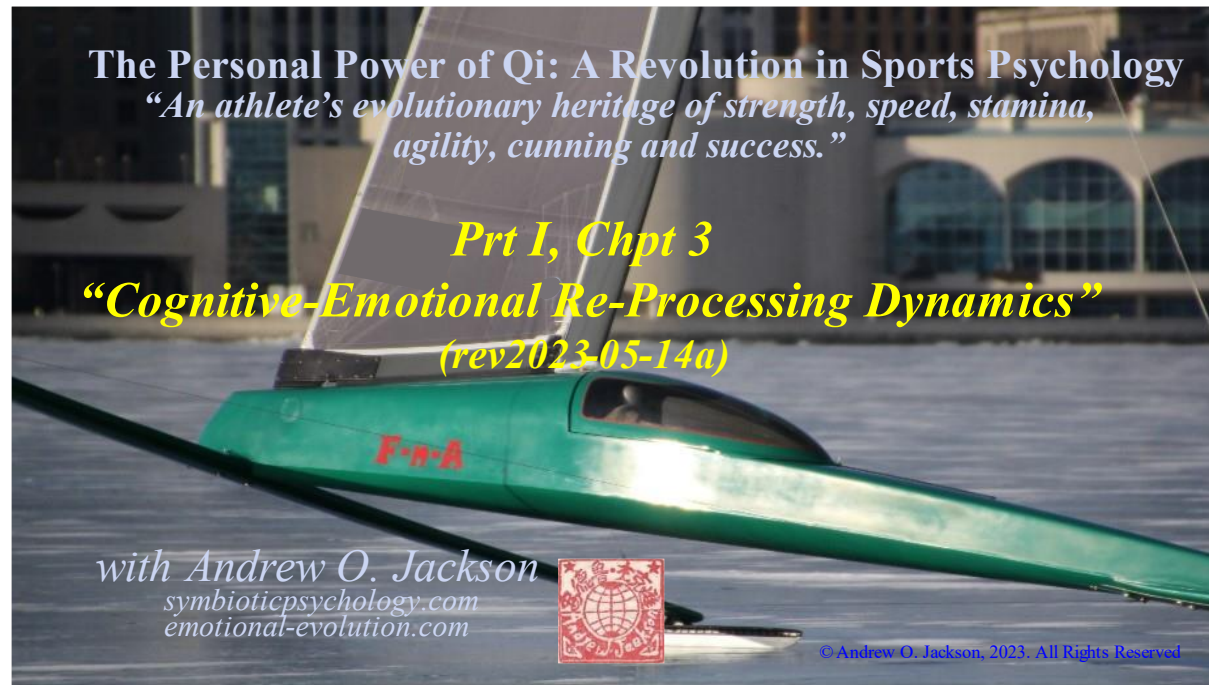
<https://symbioticpsychology.com/>

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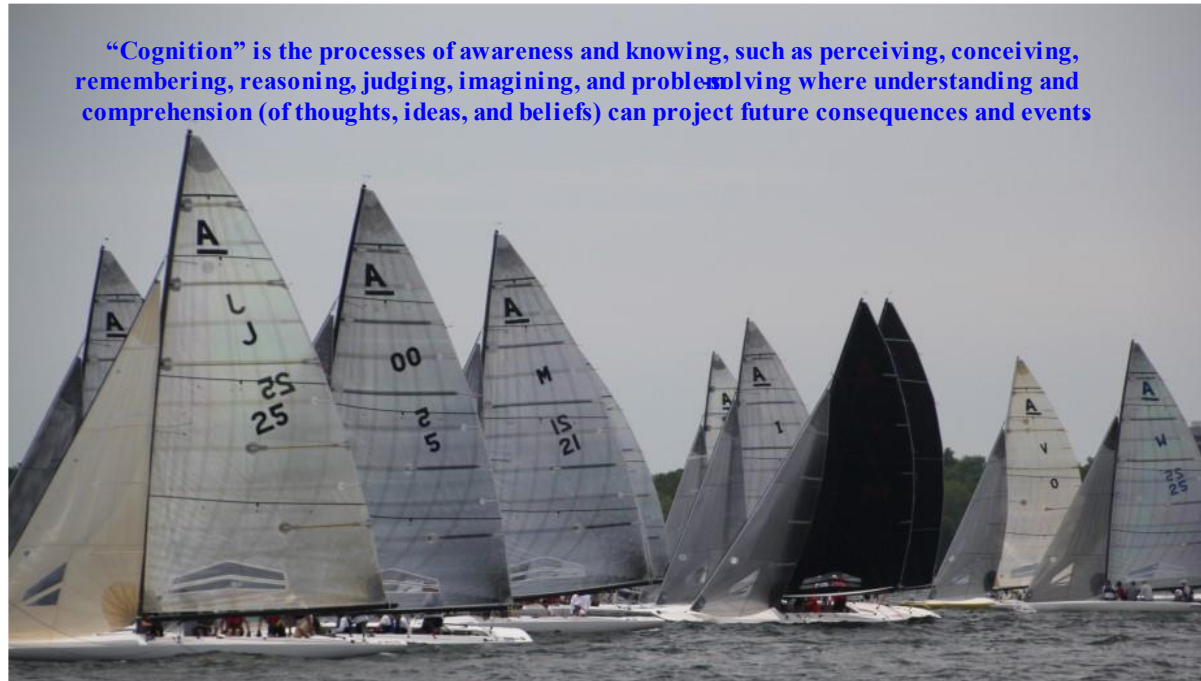
Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within another universe that surrounds us known only through its quiet revelations.



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.

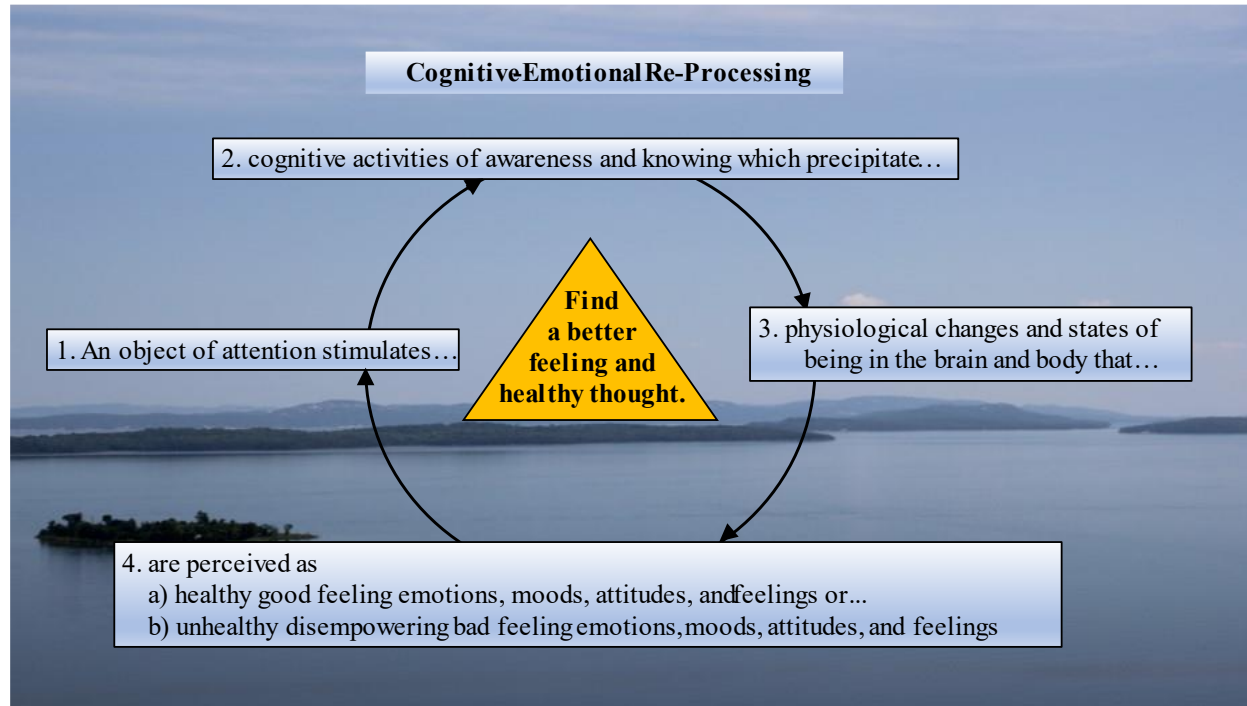
“*Chapter 3, Cognitive-Emotional Re-Processing Dynamics*” is about re-organizing, re-structuring, and re-developing disempowering, emotionally negative, bad-feeling cognitions into empowering, emotionally positive good feeling cognitive activities that correlate with health, well-being, effective and successful decision-making prowess, and their actualization. An athlete and team’s performance in competition is dependent on their skills, abilities, and understandings to re-process disempowering, bad-feeling, emotionally negative cognitions into empowering, successful, and good-feeling, emotionally positive cognitions. These skills, abilities, and understandings are critical for a superior, world-class performance, especially during the heat of competition.



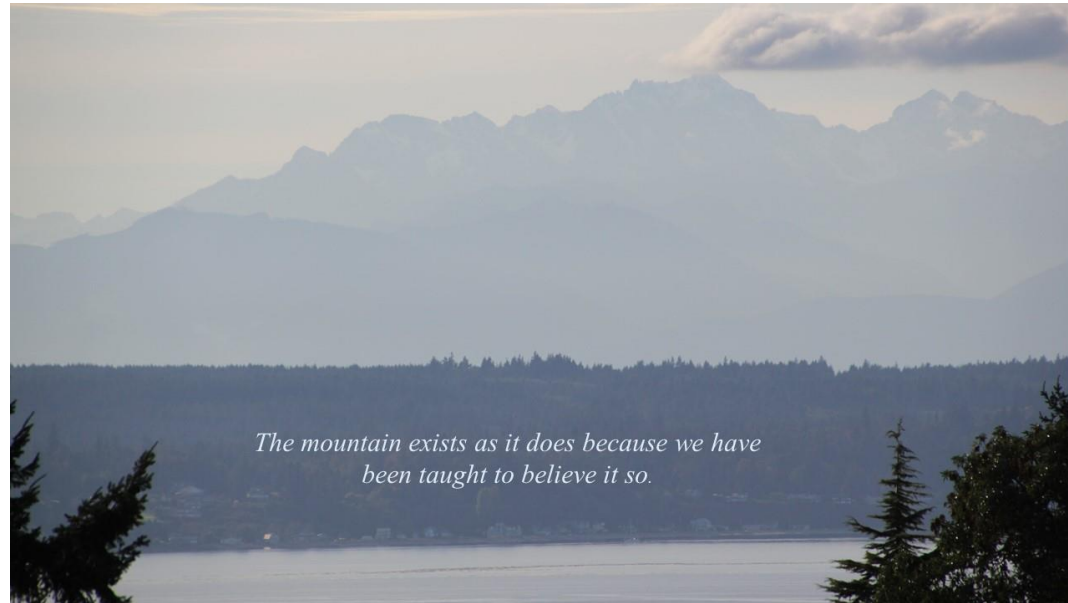
Before we begin, I want to reiterate that the terms cognitive and cognition refer to activities and processes of awareness and knowing of the mind, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem-solving where understanding and comprehension (of thoughts, ideas,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

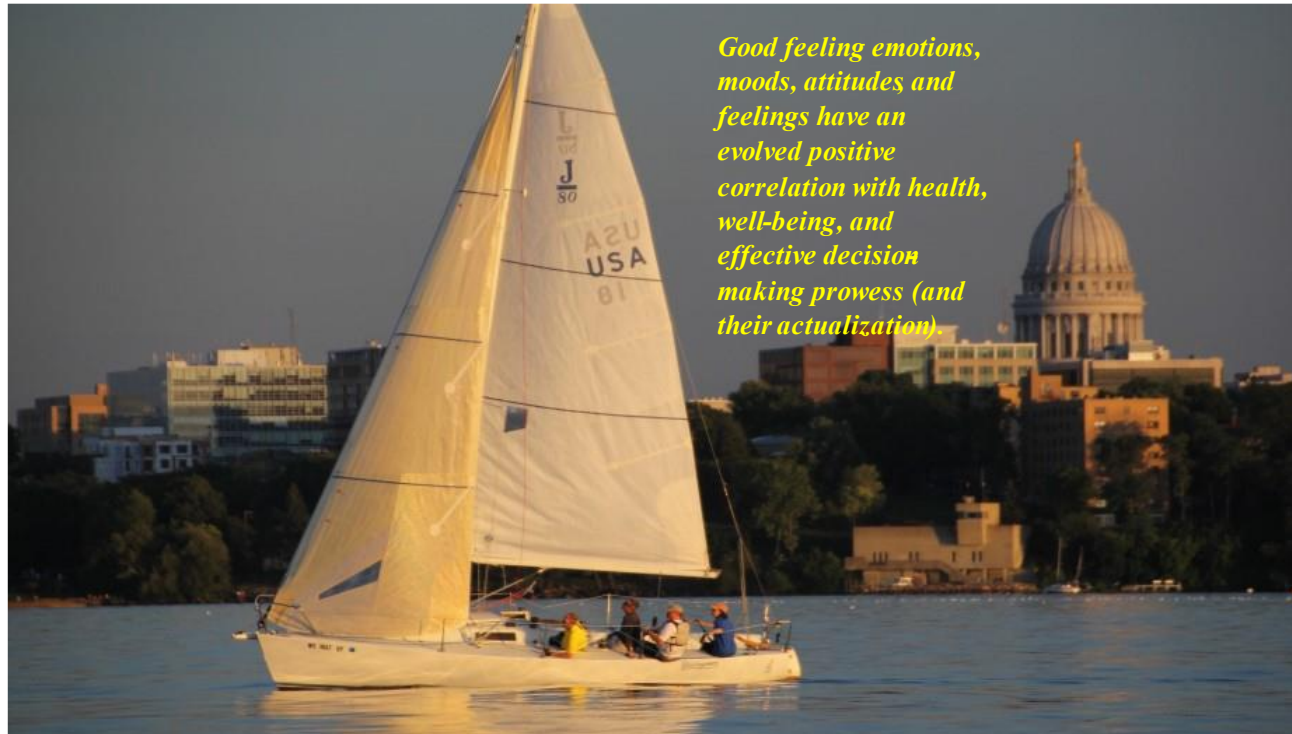


We all have been taught what a mountain is and because of this we have a common belief that the mountain exists independently of our observation of it. ***But the mountain exists as it does because we have been taught to believe it so.***

The mountain range I am going to talk about is about our uniquely human evolved cognitive-emotional re-processing dynamics.

No one would leave their hand on a hot stove to burn and become disabled. We have an evolved sensory system of pain that brings to conscious awareness the impending damage and destruction. The same goes for emotional pain. Negative, bad-feeling emotions, moods, attitudes, and feelings have an evolved correlation with the negation of health, well-being, and effective and successful decision-making prowess and their actualization. Yet, every year thousands and thousands of people, including athletes of all levels and abilities, leave their minds on the “hot stove” to where the pain becomes so unbearable, they kill themselves for relief. That is the mountain that exists today and that mountain must change.

Understanding the power of emotions to guide cognitive activities off the hot stove 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.



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

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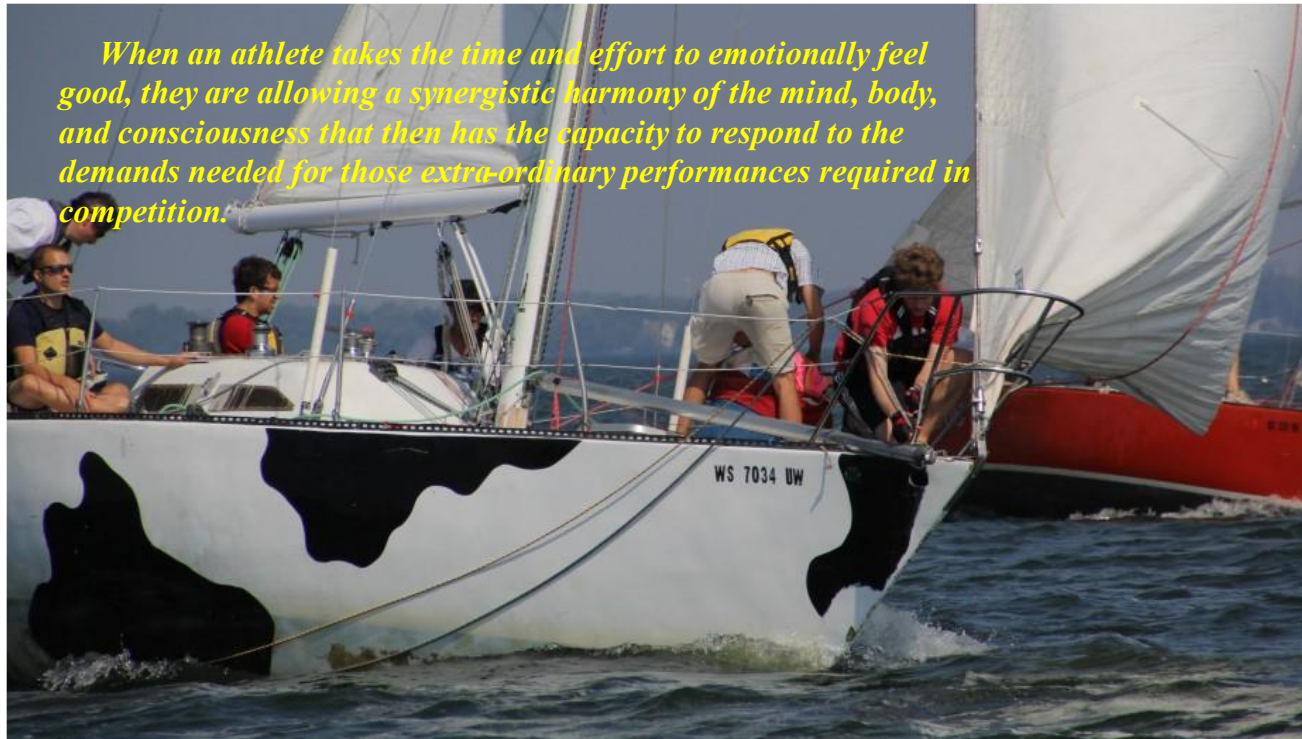
An athlete's neurological, biochemical, and physiological strength, speed, stamina, agility, reflexes, cunning, and success has a positive and evolved correlation with feeling good emotions, moods, attitudes, and feelings.



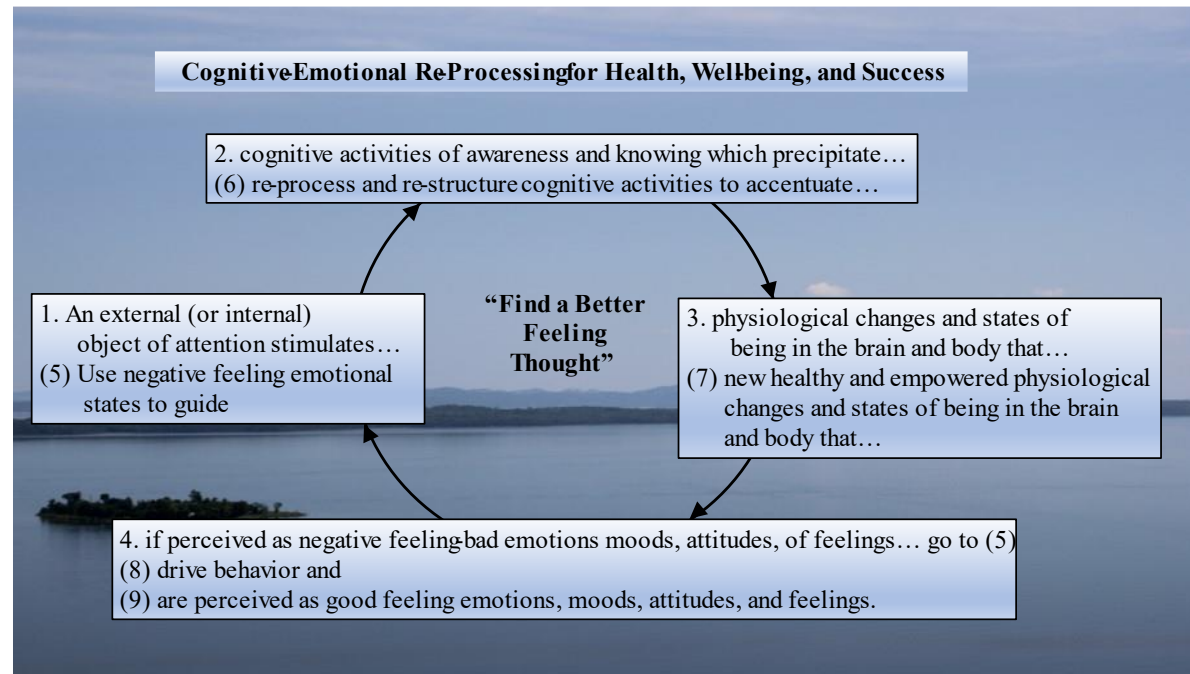
Negative, bad feeling emotions, moods, attitudes, and feelings have an evolved correlation with the lack of health, wellbeing and effective and successful decision-making prowess and their actualization.

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An athlete's abilities and performance in a competition are directly dependent on their ability to reprocess, re-structure, and redevelop bad-feeling emotionally negative cognitions into good-feeling emotional positive cognitions.



When an athlete takes the time and effort to emotionally feel 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.



If we restructure the ideas that do exist in traditional psychology, we have the human function of “cognitive-emotional re-processing” to find a better feeling thought that correlates with health, well-being, success, and empowerment.

If we start at (1) on the left side... an external (or internal) object of attention stimulates (2) cognitive activities of awareness and knowing which precipitate (3) physiological changes and states in the brain and body that (4) if perceived as negative bad-feeling and disempowering emotions, moods, attitudes, or feelings, we begin a re-processing procedure at (5) where our object of attention is our negative feeling emotions. At (6), we use this awareness to re-process and re-structure cognitive activities to precipitate (7) new healthy and empowered physiological changes and states of being in the brain and body that (8) drive behavior and (9) are perceived as good feeling emotions, moods, attitudes, and feelings.



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 lack of ability to perform in competition.



To re-create the cognitive-emotional state of being of one's past, best performance is one step closer to creating now, a new best performance.

Everyone has had a time and place where they have had an outstanding performance in their sport and, hopefully, have had many such instances where they felt the energy and excitement of excellence. If not, use the excellence of another to recreate these cognitive-emotional feelings. This exercise aims to re-engage those emotions, moods, attitudes, and feelings of success into one cognitive-emotional event now, as preparation for competition.

Hopefully, a cognitive-emotional re-creation of past, brilliant, and amazing performances will eventually become, in some form or fashion, an integral part of an athlete's everyday life. Until then, it may be necessary to rehearse, and practice re-enactments in a quiet setting where an athlete can take the time to recall and note any circumstances, events, and behaviors that they ***cognitively and emotionally*** experienced before, during, and after a moment of brilliance.

Principles of Cognitive-Emotional Re-Processing Dynamics

1. Cognition precipitates the changes and states of neurological, biochemical, and physiological being in the brain and body that are perceived as emotions, moods, attitudes, and feelings.
2. Good feeling emotions, moods, attitudes, and feelings have an evolved correlation with a health, wellbeing, and effective decision-making prowess (and their actualization).
3. A person's health, wellbeing, and effective and successful decision-making prowess (and their actualization) is dependent on their skills, tools, and understandings to re-process, restructure, and re-organize cognitions into a better feeling emotion, mood, attitude, or feeling



The principles of cognitive-emotional re-processing dynamics are:

- 1) cognition precipitates the changes and states of neurological, biochemical, and physiological being in the brain and body that are perceived as emotions, moods, attitudes, and feelings.
- 2) good feeling emotions, moods, attitudes, and feelings have an evolved correlation with health, well-being, and effective decision-making prowess (and their actualization).
- 3) a person's health, well-being, and effective and successful decision-making prowess (and their actualization) is dependent on their skills, tools, and understandings to re-process, re-structure, and re-organize cognitions into a better feeling and empowering emotion, mood, attitude, or feeling.

Principles of Cognitive-Emotional Re-Processing Dynamics

4. Intent and Purpose of psychological and pharmaceutical therapies is to augment and re-establish the natural and evolved cognitive-emotional reprocessing dynamics.
5. The skills, tools, and understandings of cognitive-emotional reprocessing for health, well-being, and effective decision-making must be part of education, social services, mental health, and criminal justice reform.



4) The intent and purpose of psychological and pharmaceutical therapies is to augment and to re-establish a person's natural and evolved cognitive-emotional re-processing skills, tools, and understandings.

And 5): The skills, tools, and understandings of cognitive-emotional re-processing for health, well-being, and effective decision-making must be part of education, social services, mental health, and criminal justice reform.

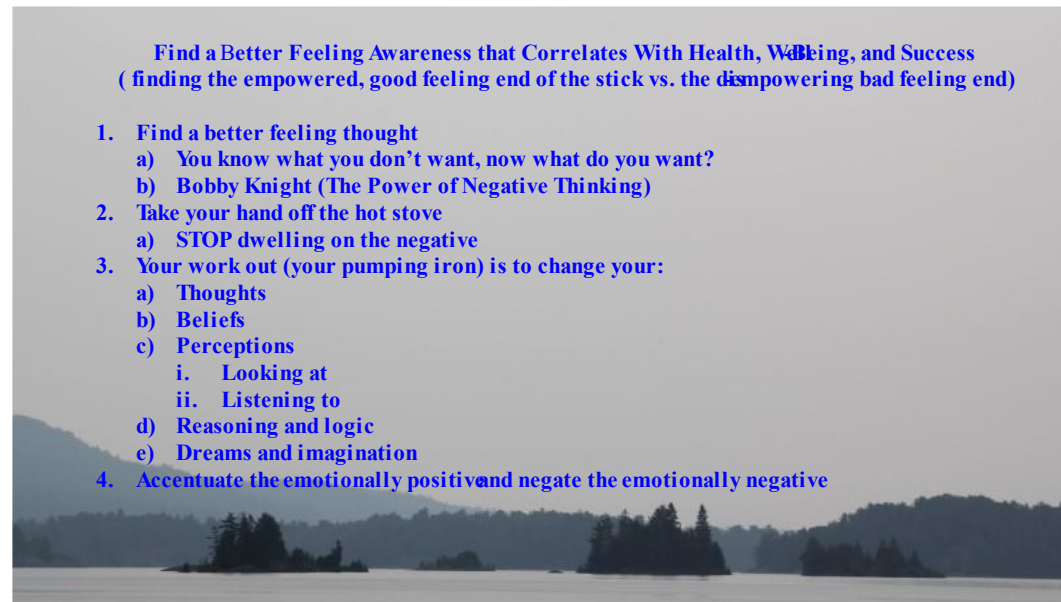


We no longer live in a cognitive world or an emotional world, but a cognitive-emotional world of re-processing cognitive activities guided by emotional awareness.

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.



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Every subject is a two ended stick. One end is that which you do not want and feels bad and the other end is that which you do want and feels good. The feeling bad end is disempowerment. The feeling good end is empowerment. The purpose of re-processing, re-structuring, and re-organizing cognitive activities is to grab the empowered, feeling good, end of the stick. Just understanding that negative, bad-feeling emotions mean you are dwelling upon something you do not like or want in your life is a very good start...

Bobby Knight, was Indiana's Basketball Coach of 11 Big Ten Titles and 3 National Championships. When the craze was "the power of positive thinking" he wrote a book called "The Power of Negative Thinking." His point was that there is power grabbing the disempowering, bad feeling, end of the stick and in knowing what you do not want. Once that is identified you can strategically use that information to formulate an offensive and defensive coaching strategy you do want. Your work now is to grab the good-feeling and empowered end of the stick.

Cognitive-emotional re-processing means get your hand off the hot stove. Stop dwelling upon that which you do not like, want, or intend. Your work, your pumping iron, is to re-process your cognitive activities and change your thoughts, beliefs, perceptions, that is, change what you are looking at or listening to; change your reasoning and logic; change or re-structure your dreams and imagination.

The idea is to accentuate the emotionally positive and negate the emotionally negative.

Physical Therapy for the Mind

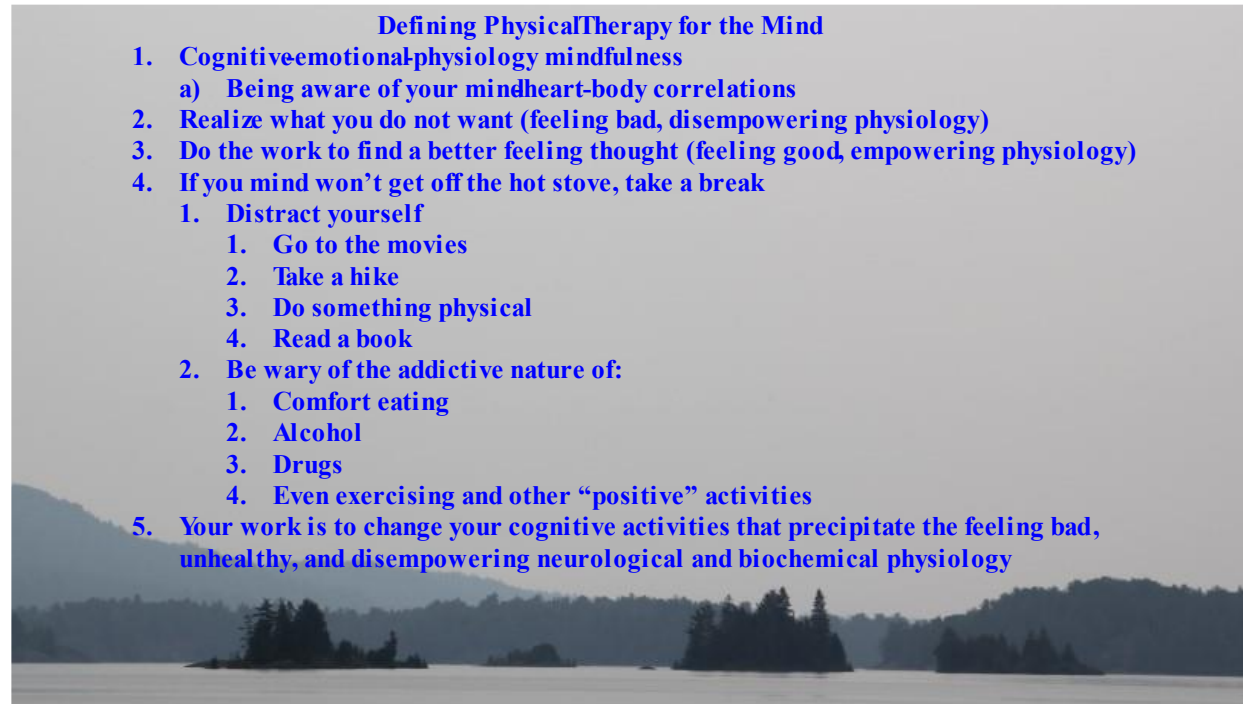
1. Formalized CognitiveEmotional ReProcessing
 - a) rational emotive behavior therapy (REBT)
 - b) cognitivebehavior therapy (CBT)
 - c) dialectical behavior therapy (DBT)
 - d) eye movement desensitization and reprocessing (EMDR)
 - e) Mindfulness
 - f) mindfulness-based cognitive therapy for depression
 - g) forgiveness therapy
 - h) positive psychology
 - i) emotional intelligence (EI)
 - j) interpersonal psychotherapy
 - k) method of levels therapy



If you break your leg or arm, there is nothing wrong with going to a doctor and having it taken care of. And, more than likely, there is going to be physical therapy afterwards. If you cannot get into a healthy and empowered good feeling place on your own, you may need some “physical therapy for the mind.” Here is a list of formalized cognitive-emotional re-processing techniques that are professionally available.

If you need to go this route, I suggest you look these processes up on Wikipedia to see which one may appeal to you.

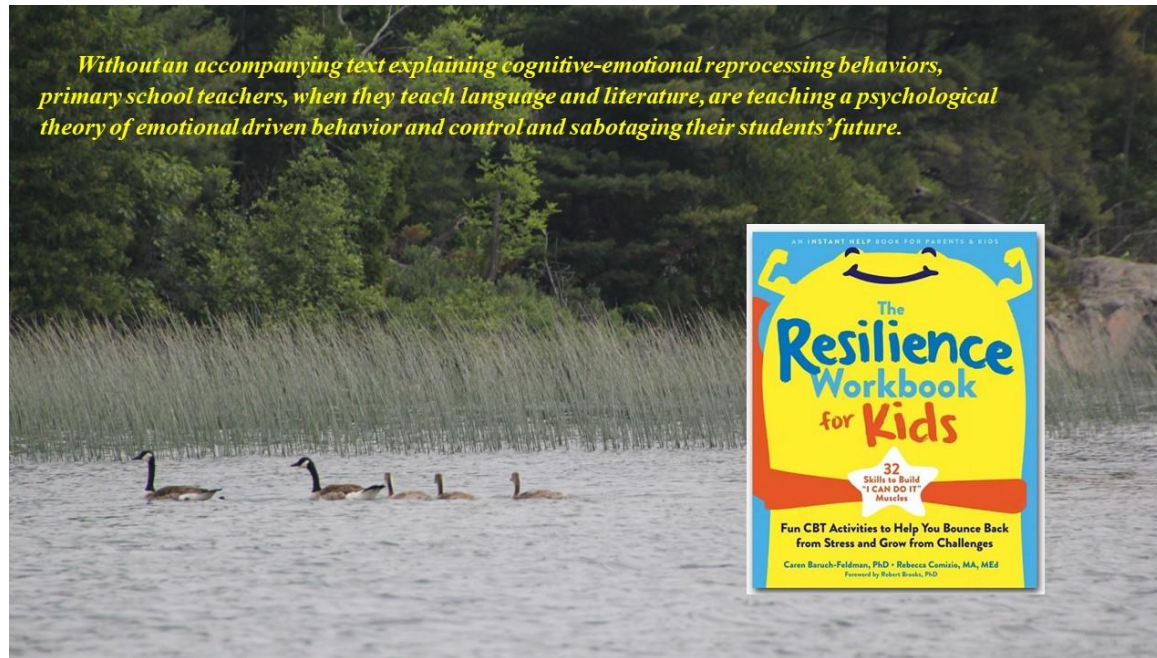
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Remember what physical therapy for the mind is:

- 1) Being aware and mindful of cognitive, emotional, and physiology correlations of the mind, heart, and body.
- 2) Realize what you do not want is a feeling-bad, disempowering physiology
- 3) And that your work is to find a better feeling thought that correlates with a feeling good and empowering physiology.
- 4) If your mind just will not get off the hot stove, take a break. Distract yourself. Go to the movies. Take a hike. Do something physical. Read a book. But be wary of addictive distracting activities such as comfort eating, alcohol, drugs, and even exercising and other "positive" activities that become an addiction rather than a temporary distraction.
- 5) Remember, your work is to re-process your cognitive activities that precipitate the feeling bad, unhealthy, and disempowering neurological and biochemical physiology

The objective of formal psychological and pharmaceutical therapy is to re-establish and re-develop an athlete's cognitive-emotional re-processing skills, tools, and understandings.



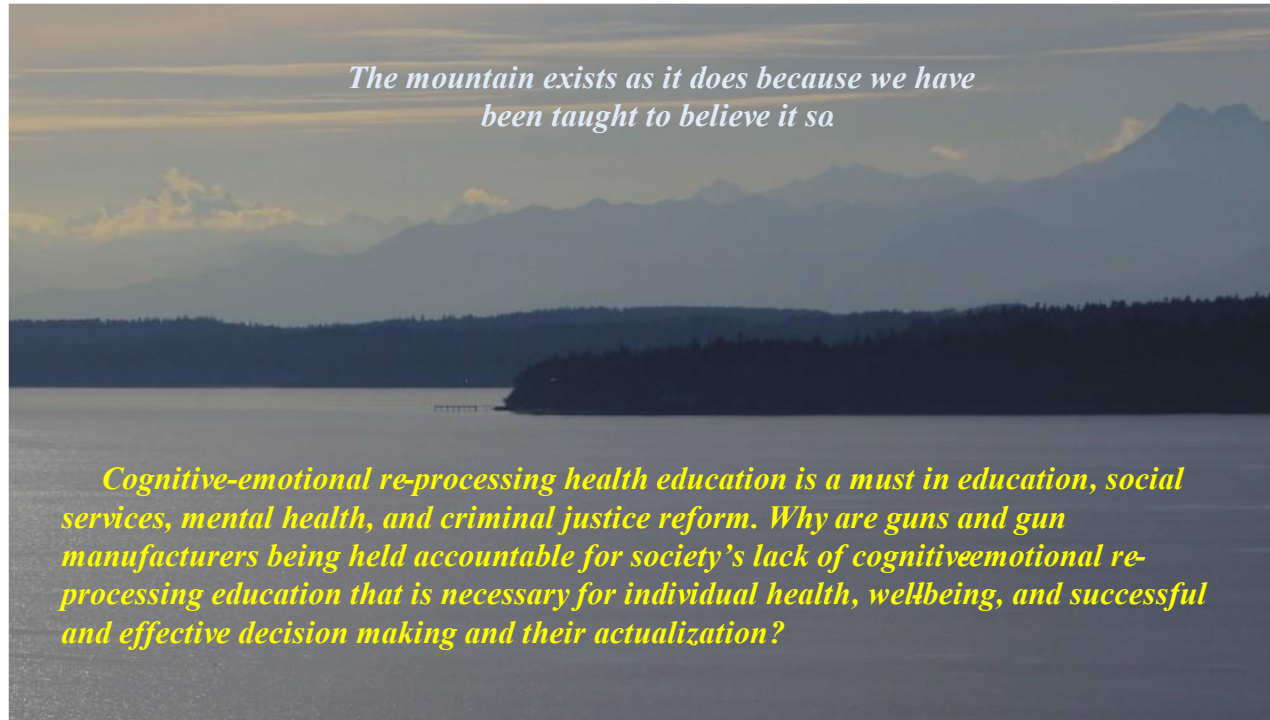
Without an accompanying text or explanation of cognitive-emotional reprocessing behaviors, pre-school and primary school language and literary educators are indoctrinating their students with an erroneous psychological linguistics of emotional driven behavior and control and sabotaging their students'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



It is time that we evolve out of our ***“Old World” technology of emotionally driven behavior and emotional control,*** regulation, and management.



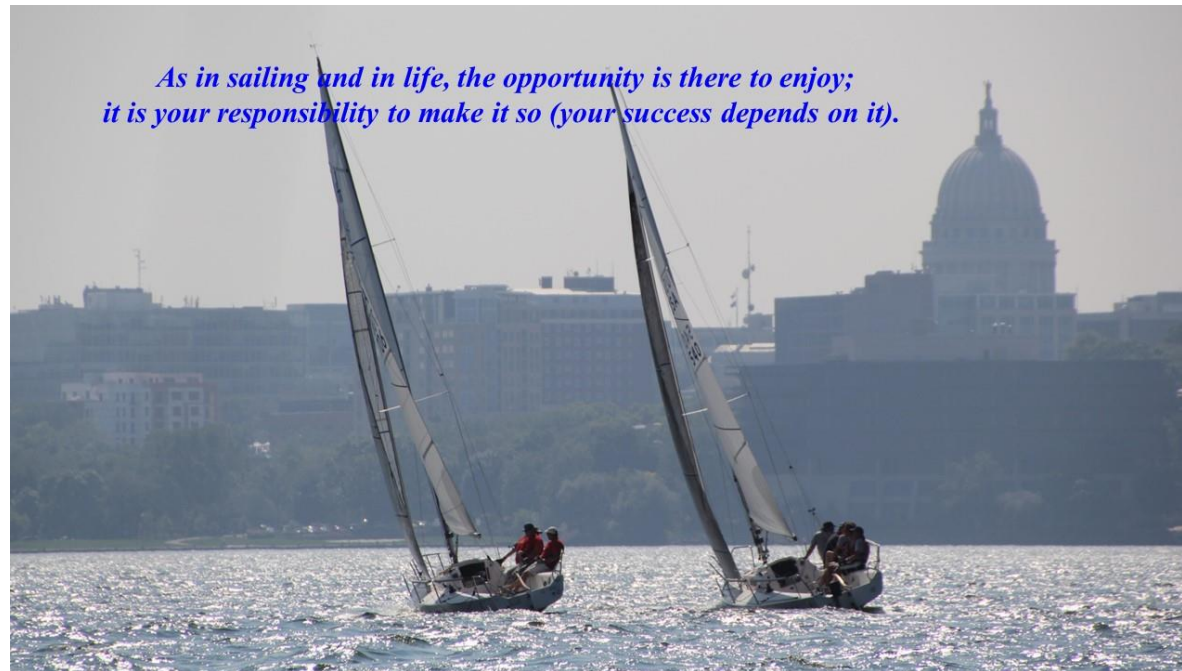
A “New World” where success in sports competition and in life demand an evolved cognitive-emotional re-processing dynamics where emotions are used to guide cognitive behavior to a better feeling, healthier, and more effective state of being.

We are now in a “New World” where *success in sports competition and in life demand an evolved cognitive-emotional re-processing dynamics where emotions are used to guide cognitive behavior to a better feeling, healthier, and more effective state of being.*



Each person has a responsibility to re-process their own cognitive-emotional behavior into a healthy, more competitive, and better feeling place.

Team work is about trust... Everybody has a job to be mindful of their own cognitive-emotional vortex so they can have the situational awareness to do their job and act appropriately, effectively, and successfully. ***Each person has a responsibility to re-process their own cognitive-emotional behavior into an empowering, healthy, more competitive, and better feeling place.***



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.

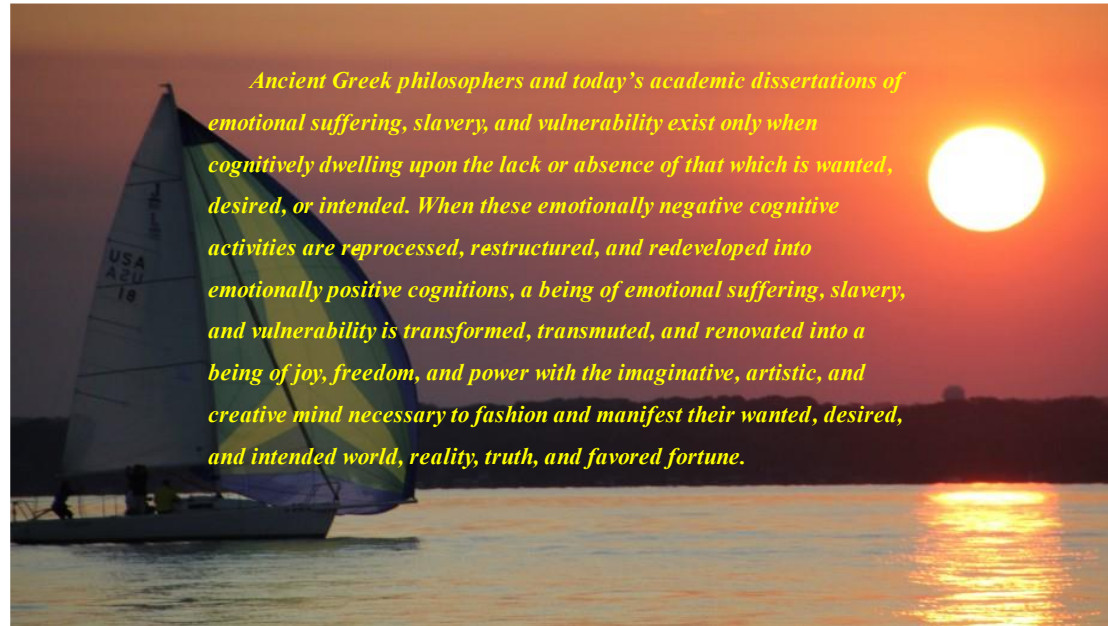
Because joy has an evolved correlation with health, well-being, and success we have evolved to be joyous beings.



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



We do not have a cognitive world and a separate emotional world because emotions are a function of cognition. Cognition precipitates the changes and states of biochemical, neurological, and physiological being that is perceived as emotions. Hopefully this lecture-presentation has brought you to another world view of cognitive-emotional re-processing. Empowering and good feeling emotions, moods, attitudes, and feelings have an evolved positive correlation with health, well-being, and successful decision-making prowess (and their actualization).



Ancient Greek philosophers and today's academic dissertations of emotional suffering, slavery, and vulnerability exist only when cognitively dwelling upon the lack or absence of that which is wanted, desired, or intended. When these emotionally negative cognitive activities are reprocessed, restructured, and redeveloped into emotionally positive cognitions, a being of emotional suffering, slavery, and vulnerability is transformed, transmuted, and renovated into a being of joy, freedom, and power with the imaginative, artistic, and creative mind necessary to fashion and manifest their wanted, desired, and intended world, reality, truth, and favored fortune.

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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.
