

The Personal Power of Qi: A Revolution in Sports Psychology

“Chpt04 Ignoring Emotion’s Warning Signals”

(rev2023-05-14a)

With Andrew O. Jackson

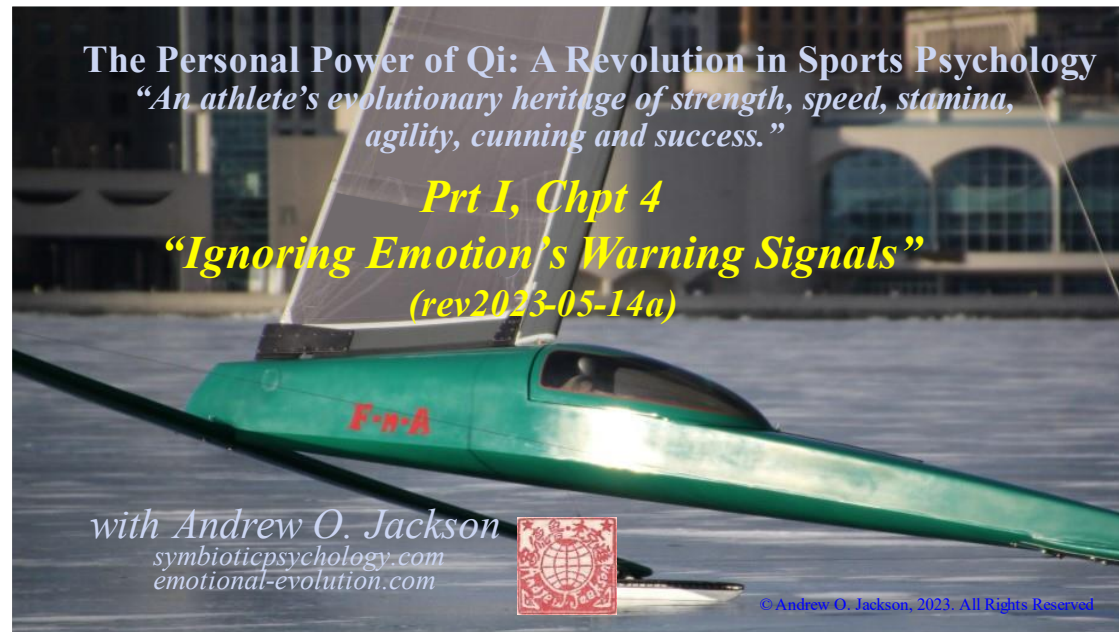
<https://symbioticpsychology.com/>

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



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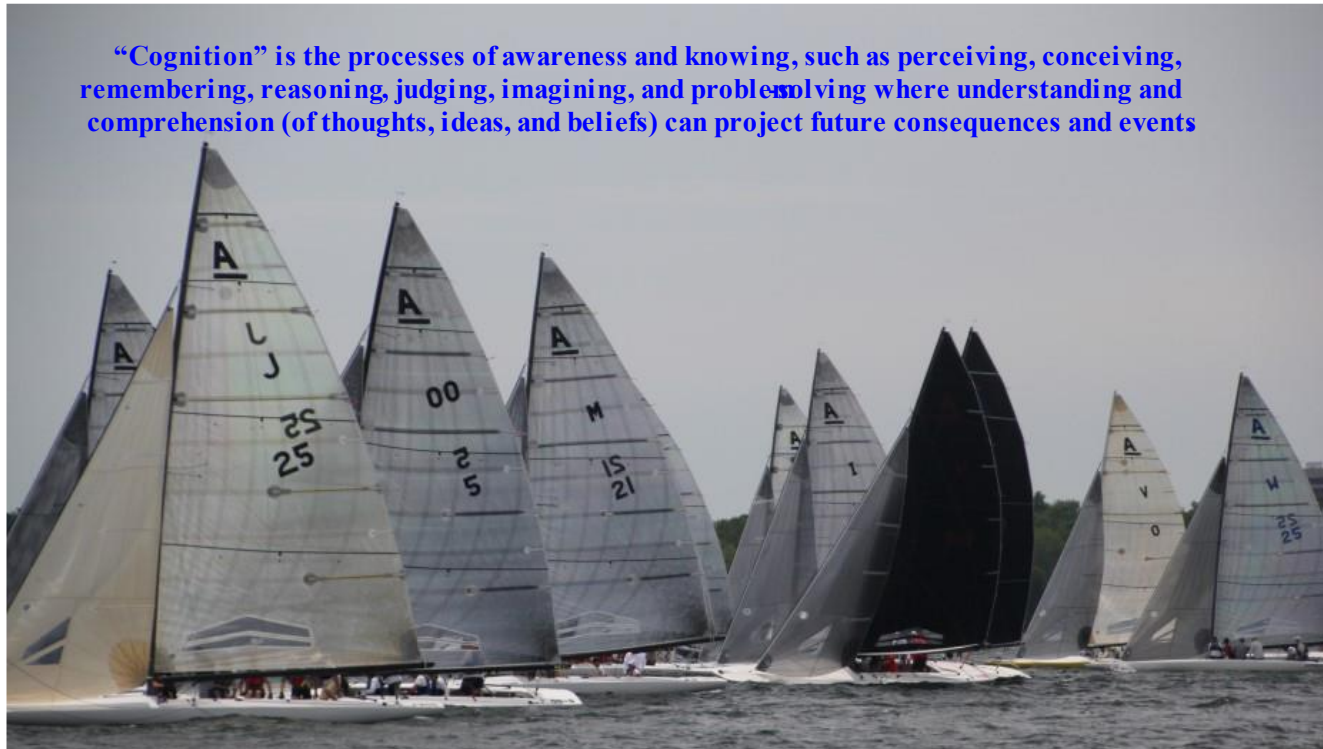
Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within another universe that surrounds us known only through its quiet revelations.



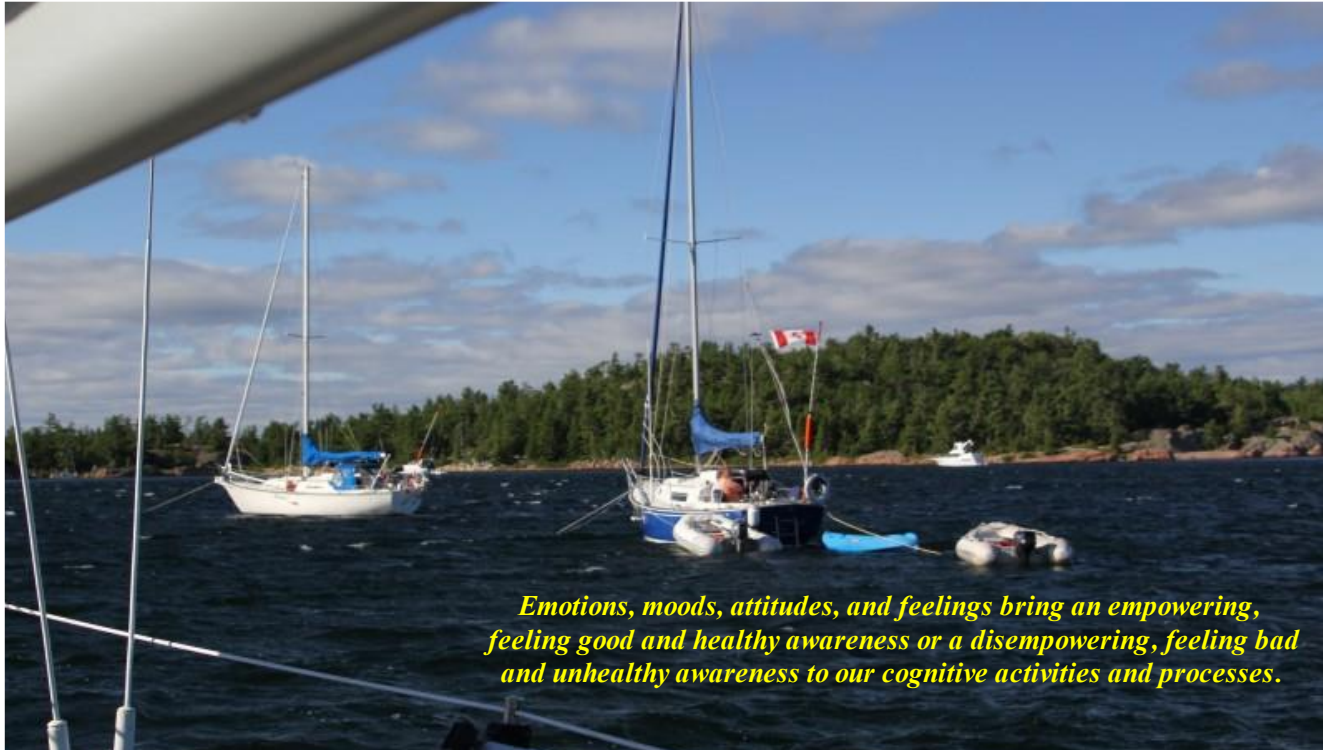
Hello, my name is Andrew O. Jackson. I created a two-part, eight-chapter video series titled, “*The Personal Power of Qi: A Revolution in Sports Psychology*” with the intent that athletes of all levels and abilities, and no matter what their sport, can understand, access, and actualize their evolutionary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

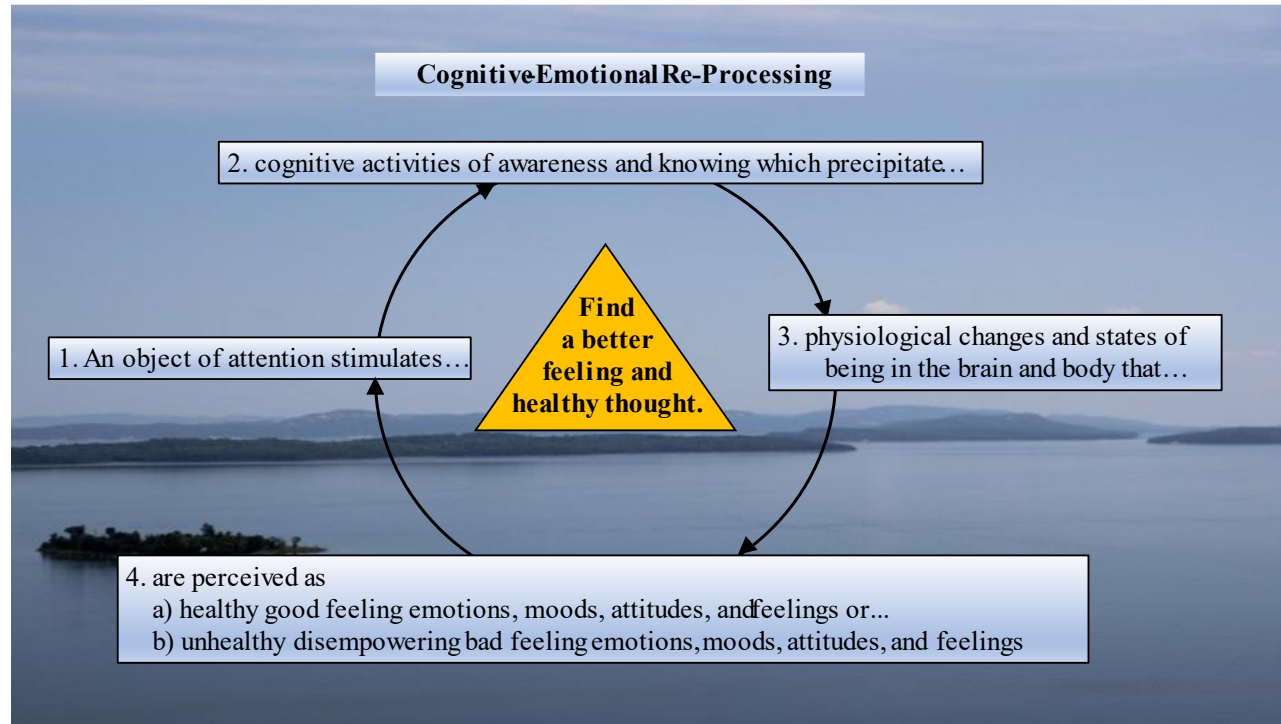
“*Chapter 4, Ignoring Emotion’s Warning Signals*” is about how tolerating or ignoring bad feeling emotions, moods, attitudes, and feelings is not the same as ignoring or tolerating physical aches and pains. Emotional aches and pains, if ignored, tolerated, and not taken care of will have devastating consequences on a coach or athlete’s health, well-being, and effective and successful decision-making and their actualization. Negative, bad-feeling emotions, moods, attitudes, and feelings have an evolved correlation with **THE LACK OF** strength, speed, stamina, agility, and cunning, that will at a minimum sabotage success and worse are indicators of a weakened physiology that is prone to accidents and injury especially during the heat of competition when a strong, healthy, and vital physiology is a necessity. To ignore, tolerate, and disregard disempowering, bad-feeling and negative cognitive-emotional states of being is to sabotage one’s own performance and health and to risk season ending and even career ending injury.



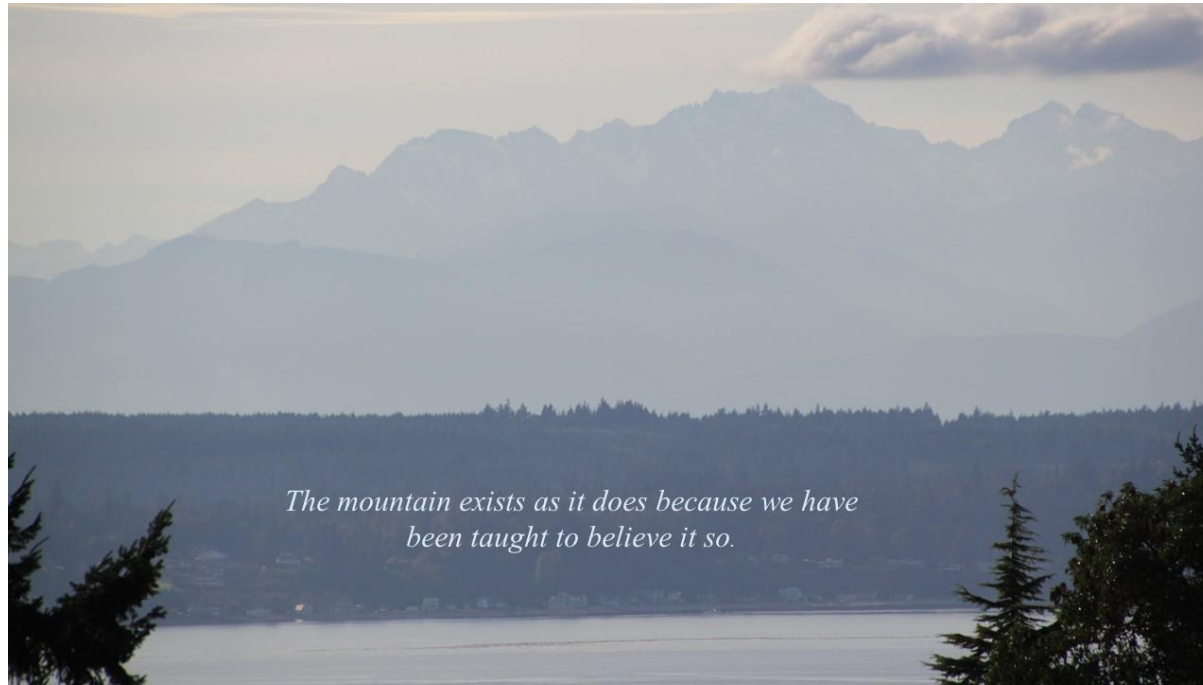
Before we begin, I want to reiterate that the terms cognitive and cognition refer to activities and processes of awareness and knowing of the mind, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem-solving where understanding and comprehension (of thoughts, ideas,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



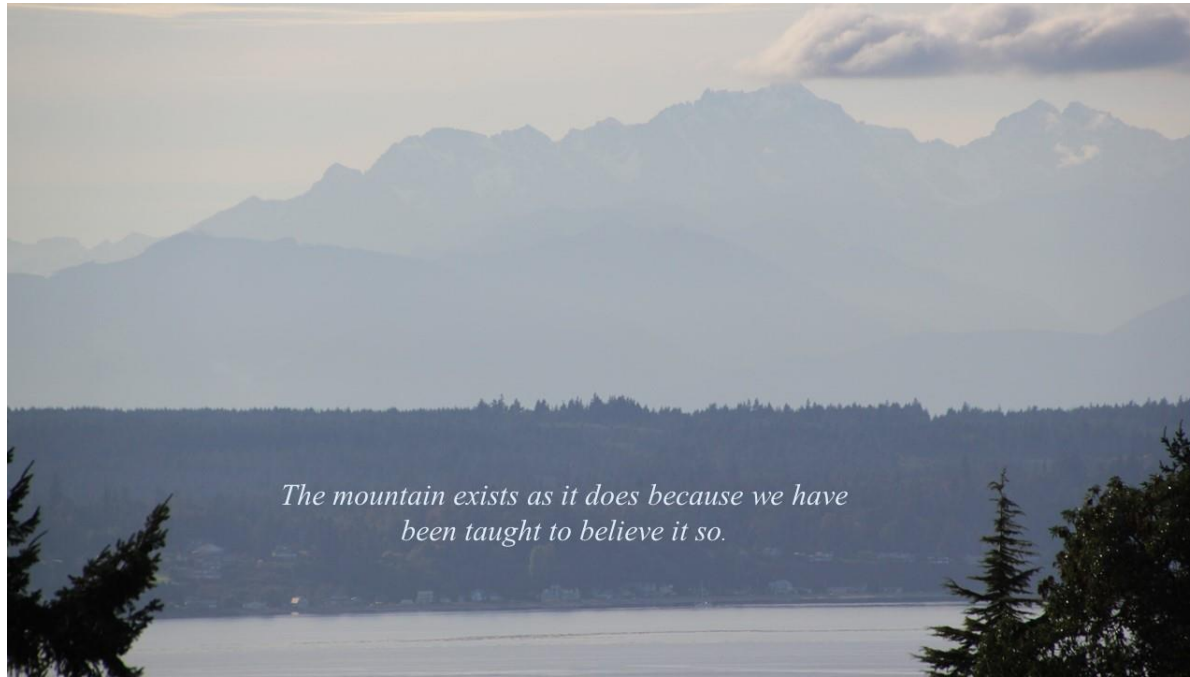
Does a coach or an athlete have the cognitive-emotional awareness to understand that bad feeling emotions, moods, attitudes, and feelings are evolutionary indicators of a disempowering, disabling, and ineffective neurological and biochemical physiology? And then does the coach, or athlete have the capacity 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 dangerous practice of athletes tolerating emotional pain as if it were equivalent to physical pain.

Physical discomforts and pain were just every day occurrences when growing up on a Wisconsin farm in the 1950's. In the winter I learned that when the extreme pain subsided from running lukewarm water over my frozen hand meant that my hand had thawed out. The one time when cleaning out the barn, I did complain about being cold, my father just gave me a bigger shovel and told me to work harder. So, the pain of a nail going through my foot when stepping on an old board or breaking an arm or wrist or collar bone, or losing a few layers of skin to where you see the flesh underneath when my bike slid out on gravel, or pain for any other reason was meant to be tolerated until the body healed. In athletics isn't there a saying "no pain, no gain?"



Negative, bad-feeling emotions are the pain sensors for the brain and emotional pain should not be tolerated, nor ignored like the physical pain of the body. Disregarding negative, bad-feeling emotions, moods, attitudes, and feelings does not signify that the biochemistry and neurology in the brain is regaining its balance and is healing. On the contrary, the existence of emotional pain means that an athlete still has a nail going through their foot or their arm is broken. “Something” must to be done to rehabilitate and re-establish one’s own inner cognitive-emotional dynamics of re-processing disempowering, bad-feeling, emotional negative cognitions into empowered, feeling-good, and healthy cognitions. This is not an option.

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.



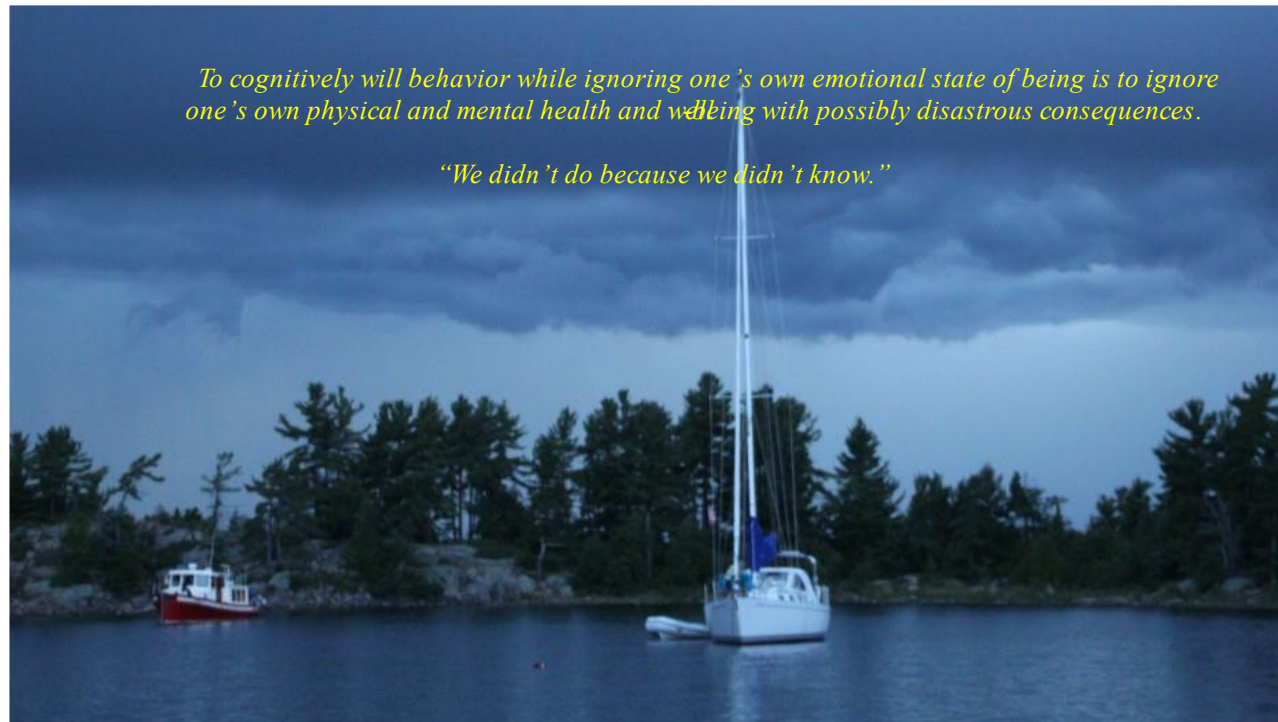
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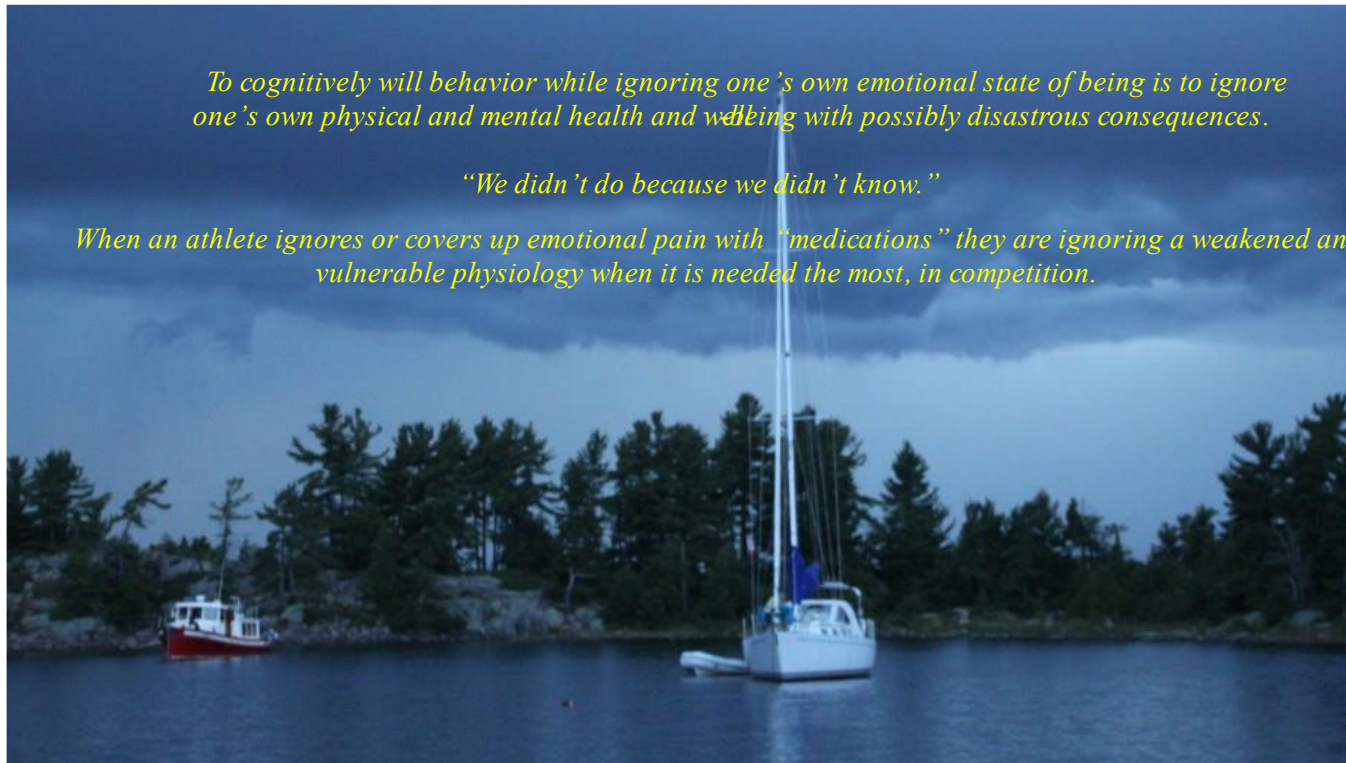
To cognitively will behavior while ignoring one's own emotional state of being is to ignore one's own physical and mental health and well-being with possibly disastrous consequences.

Emotions have meaning. Negative emotions have meaning. Negative feeling emotions, moods, attitudes, and feelings are a message, like the check engine light on the dashboard of a car. They are telling you that your physical and mental state of being is questionable. Remember... health, well-being, and effective decision-making have an evolved correlation with positive and good-feeling emotions, moods, attitudes, and feelings. Negative, bad-feelings correlate with their negation, their absence, their lack.



As an athlete, you now know that your cognitive-emotional state of being is as important, or even more important than the reflexes and physical state of the body that took years and years of physical training to develop. Your athletic strength, speed, stamina, agility, cunning, and success all have an evolved correlation with your good feeling emotions, moods, attitudes, and feelings.

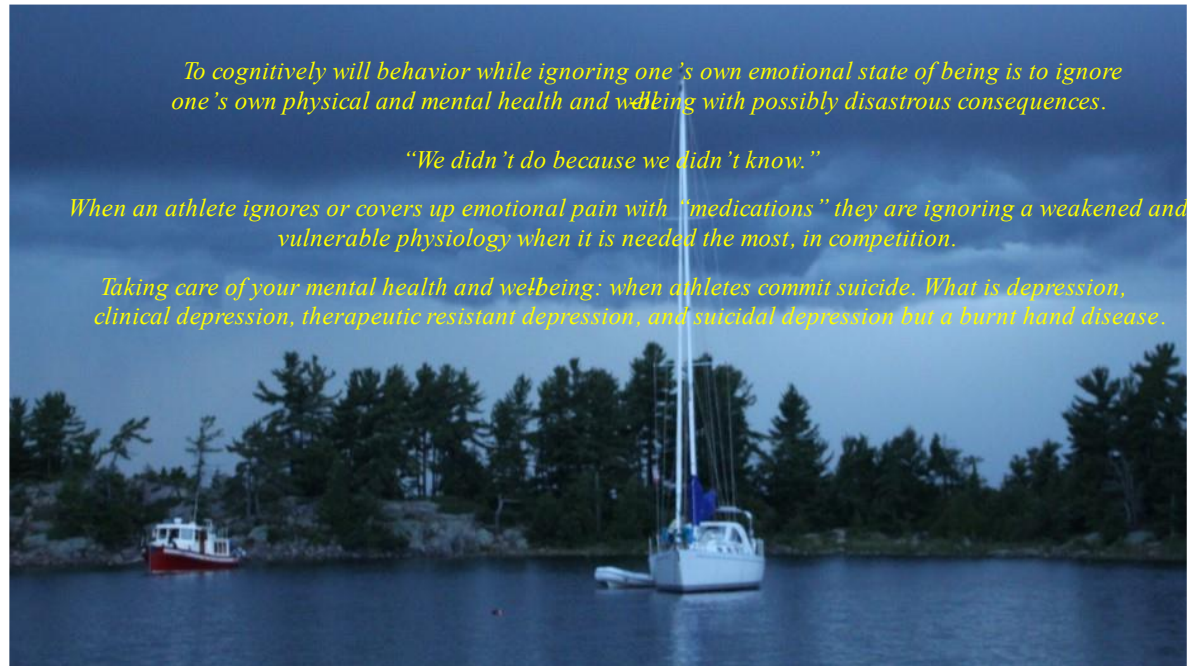
How many years have you devoted to cognitive-emotional re-processing development to feel good through-out a competition, no matter what the score is? There will be no comeback until you first get into a dominating, cognitive-emotional state of well-being! And if you are leading in the game, unless you keep your ruling state of cognitive-emotional being, your success will be short lived. Now you know.



When an athlete ignores or covers up emotional pain with "medications" they are ignoring a weakened and vulnerable physiology when it is needed the most, in competition.

If athletes understand what I have been saying they will have realized that when a player is trying to outperform their usually self, because of a need to overcome a scoring deficit or a skill deficiency against an opposing player, that is, when they are really pushing their body's capacity to perform... and at the same time they are ignoring any emotionally negative signals which signify a weakened physiology, what is going to happen?

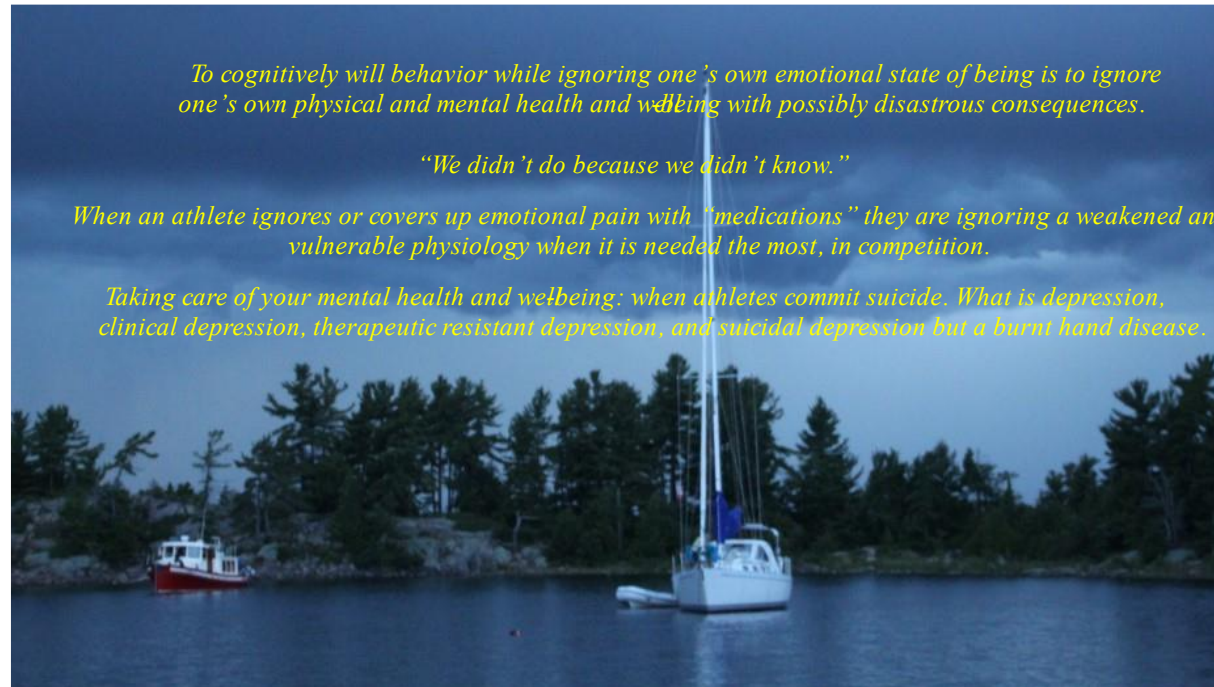
If a player wants to perform at their best... when a player wants to eliminate sports injuries, they need to develop their empowered, positive, and good-feeling cognitive-emotional state of being that correlates with health, well-being, and effective and successful decision-making prowess and their actualization.



The time has come for athletic suicides to end. A promising Wisconsin long distance runner took her own life. How is it possible that an athlete, with the resources, expertise, and academic resources of a university such as Wisconsin did not get the care and coaching, she needed? She was undermined by the universal acceptance of burnt hand disease. This is an allegory.

People keep coming into a clinic with a burnt hand disease. The pharmaceutical industry has developed a series of medications to relieve the symptoms of the diseased biochemical signature. They have empirical evidence that demonstrates the effectiveness of their medications. Doctors are given the confidence to prescribe these medications to their patients. But these prescriptions are specifically for symptom relief and are not a cure.

Research has found that if a patient with minimal burn, no medication is necessary. If they have a 2nd degree burn, stronger medications are needed, and if they have a 3rd degree burn, more radical and invasive measures must be taken. In fact, these patients may be on medication for the rest of their lives.



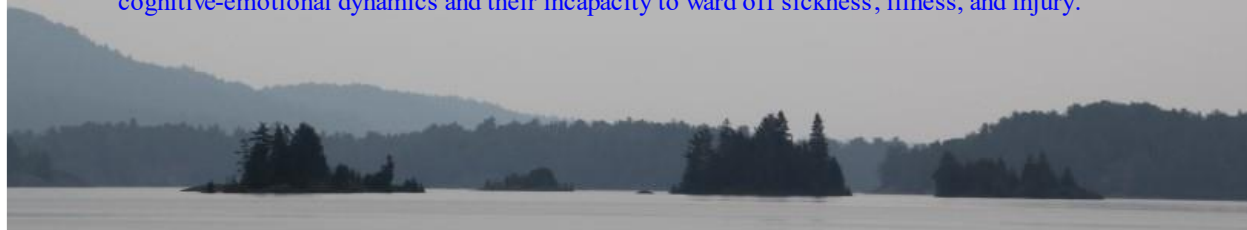
Researchers compile the empirical evidence that shows that all these instances of burnt hand have a common biochemical signature and papers and books are published on the phenomenon of burnt hand disorder and dysfunction. But with all these years and years of research, studies, papers, books, articles... no one has asked why... why do these people ignore the pain and put their hand on the hot stove. And further, why do some people leave their hand on the hot stove such that the pain becomes so unbearable that they commit suicide?

I am asking you... why do some people ignore their emotional pain, abuse their brain, and continue to dwell upon negative feeling thoughts, ideas, images, and perspectives? Why do people continue and dwell within a negative feeling emotion, mood, attitude, or feeling that physically damages their biochemical and neurological physiology? Why do we see all these ads for pharmaceutical relief and nothing about the cognitive-emotional re-processing skill development that is required to get the cognitive mind off the hot stove?

Consequences of a Missing Cognitive-Emotional Re-Processing Health Education Curriculum in Education, Social Services, Mental Health, and Criminal Justice:

Warning 1: Health, well-being, effective decision-making ability and their actualization for an individual's successful life is incapacitated because of an individual's lack of skills, tools, and understandings of their own cognitive-emotional reprocessing dynamics to maintain the necessary positive, goodfeeling state of being.

Warning 2: Ignorance of the evolved correlation between positive, goodfeeling emotions, moods, and feelings and a person's healthy, strong, and robust neurology, biochemistry, and physiology sabotages a necessary desire and motivation to pivot off of negative, badfeeling cognitive-emotional dynamics and their incapacity to ward off sickness, illness, and injury.



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Warning 3: How reliable are existing psychological research studies, papers, and books in literature, sociology, psychology, medicine, philosophy, religion, and law if variation within a population's capacity for re-processing, re-structuring, and re-organizing their own cognitive-emotional dynamics is unaccounted for?

Warning 4: Are students and athletes being limited in their ability to be successful in school, athletes, and life because of a systemic and systematic emotional linguistics that denies humanity's natural and evolved cognitive-emotional reprocessing mechanism and educational deficiencies in cognitive-emotional re-processing health education?

An empowering, cognitive-emotional health education curriculum is an absolute must in today's education, social services, mental health, and criminal justice reform.

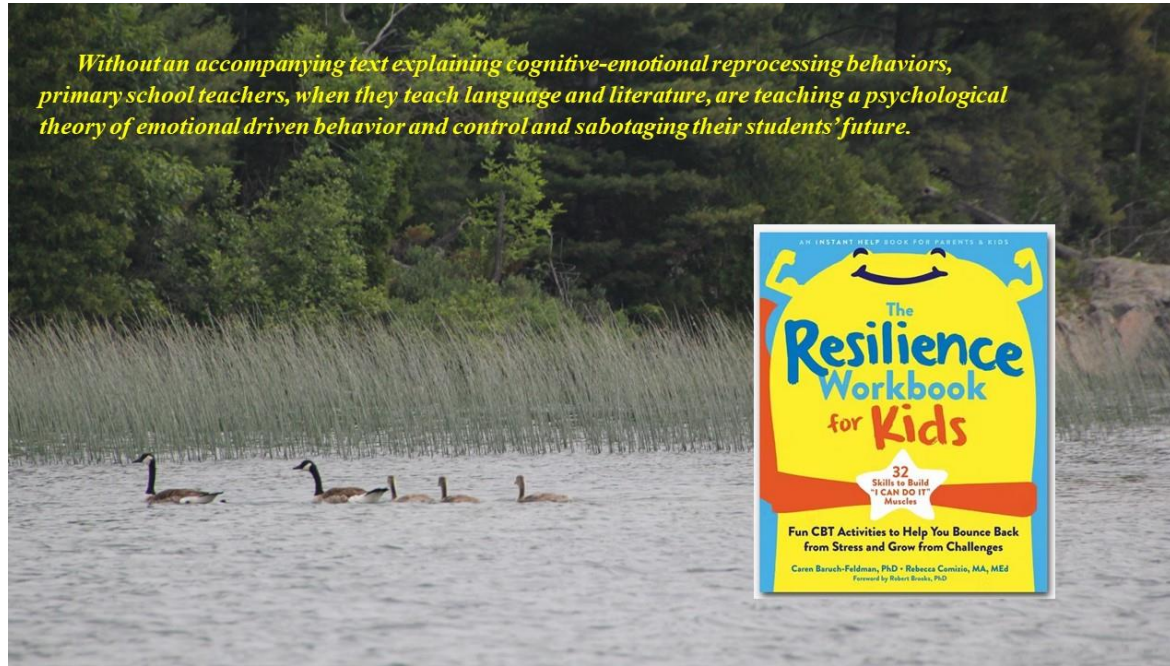


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Without an accompanying text explaining cognitive-emotional reprocessing behaviors, primary school teachers, when they teach language and literature, are teaching a psychological theory of emotional driven behavior and control and sabotaging their students' future.

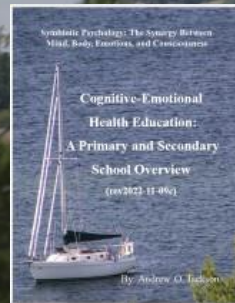


Without an accompanying text or explanation of cognitive-emotional reprocessing behaviors, pre-school and primary school language and literary educators are indoctrinating their students with an erroneous psychological linguistics of emotional driven behavior and control and sabotaging their students'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

All publications are freely available
as downloadable PDFs at:
symbioticpsychology.com
emotional-evolution.com

*Cognitive-Emotional Health
Education: A Primary and
Secondary School Overview*

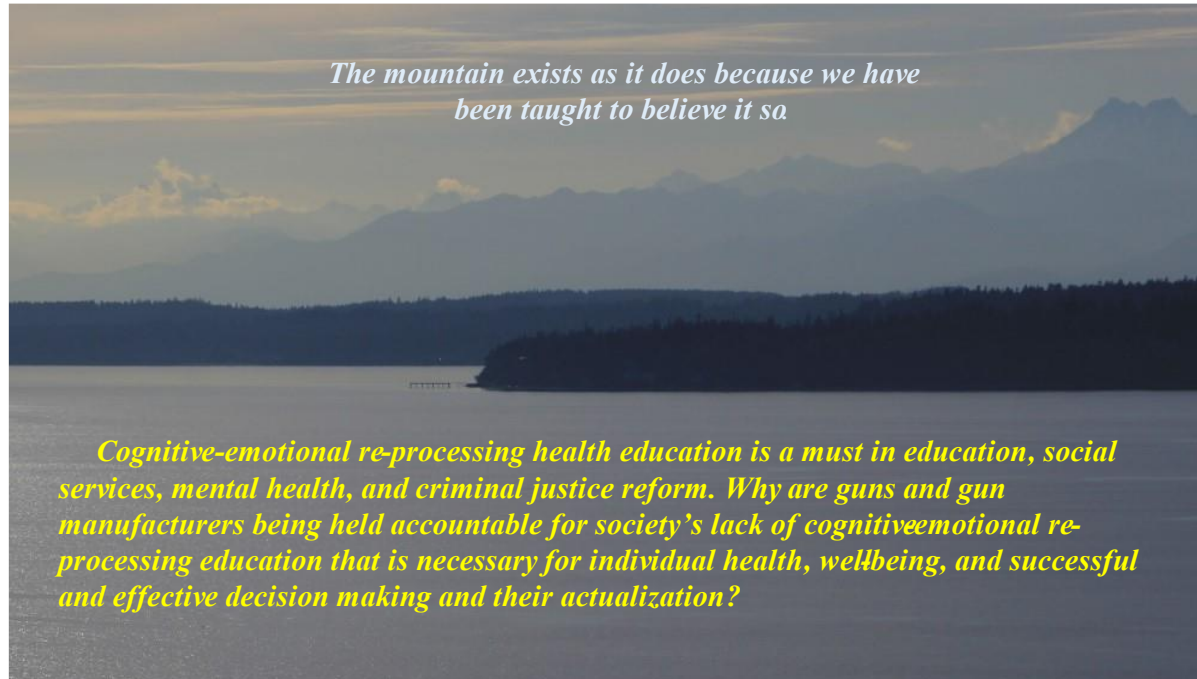


*The Personal Power of Qi: An
Athlete's Heritage of Strength, Speed,
Agility, Cunning, and Success*



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, Cunning, and Success”***

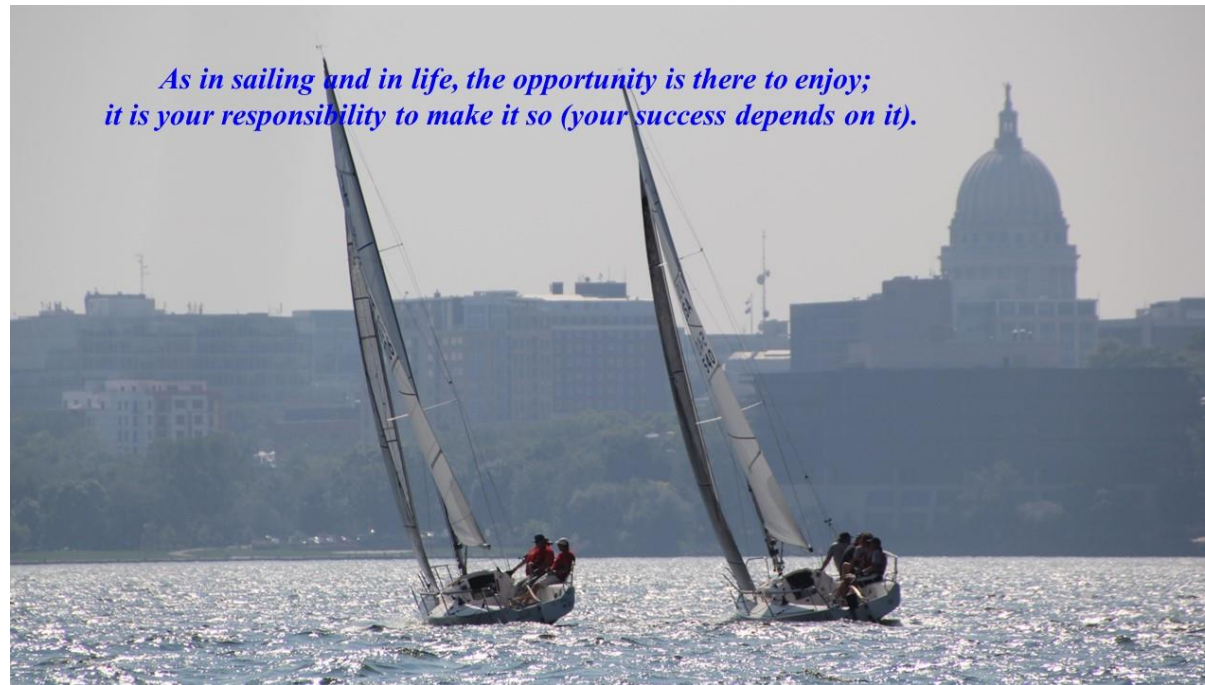
My publications are freely available as downloadable PDFs from my websites, symbioticpsychology.com and emotional-evolution.com.



*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?



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!



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.
