

The Personal Power of Qi: A Revolution in Sports Psychology

Maybe an awareness of another's experiences will help a coach or athlete interpret their own for better performance and greater success. Maybe not. Only you can make that decision.

“Chpt05 Western Language of the Tao”

(rev2023-05-14b)

With Andrew O. Jackson

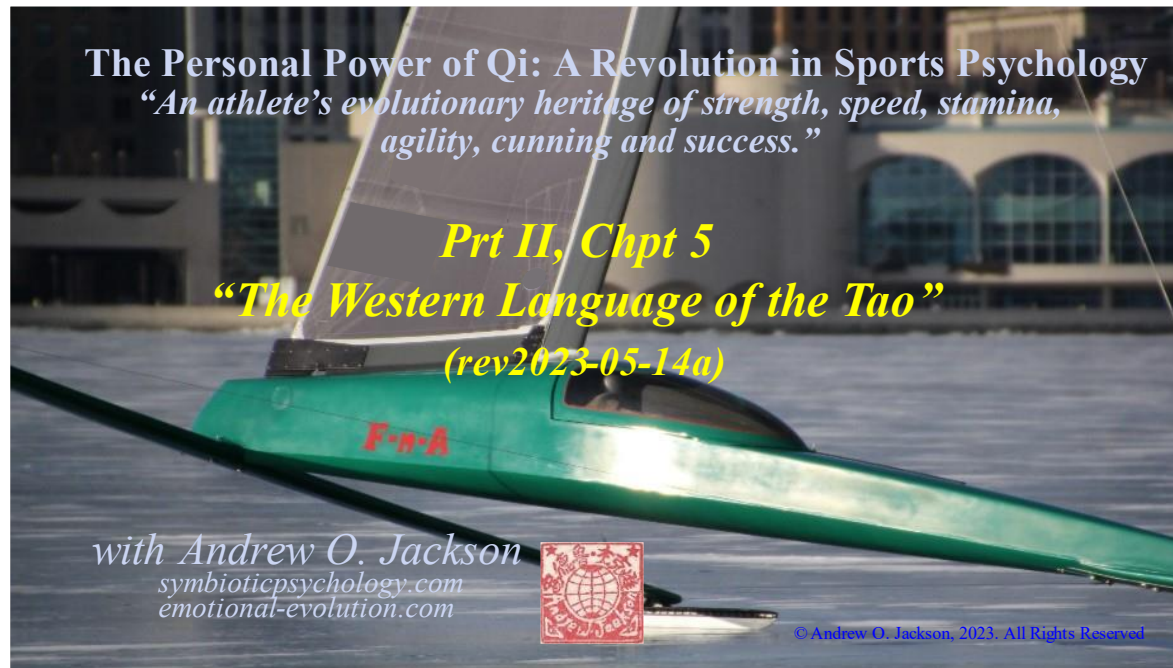
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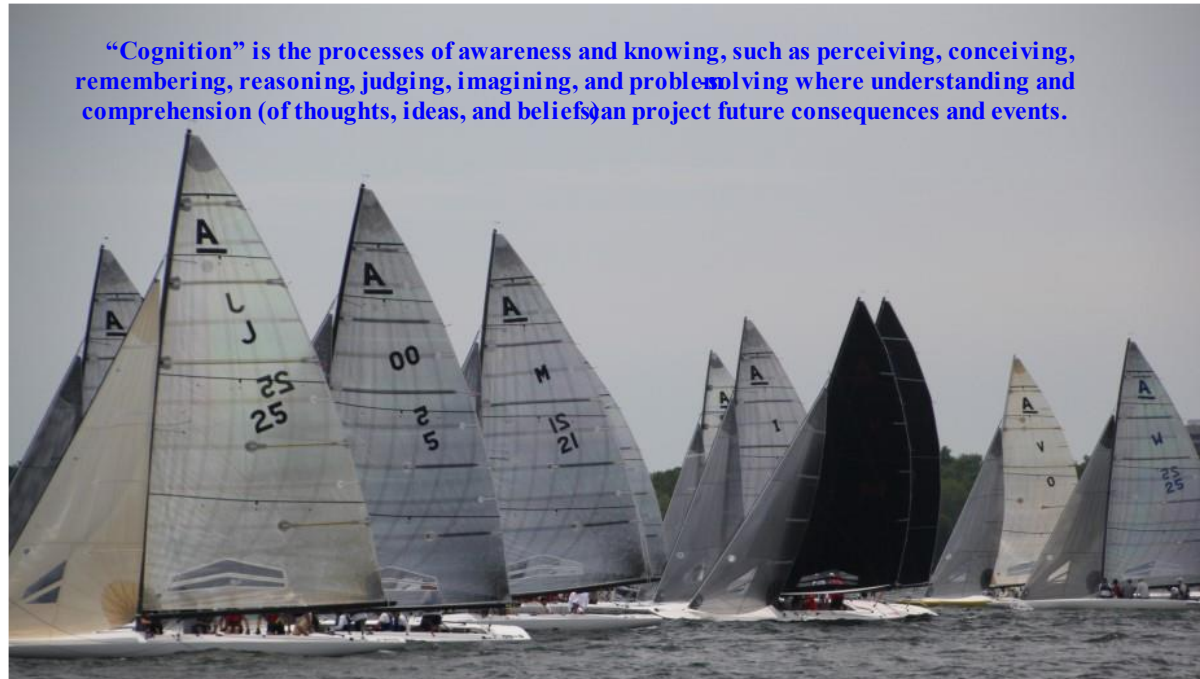
Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within another universe that surrounds us known only through its quiet revelations.



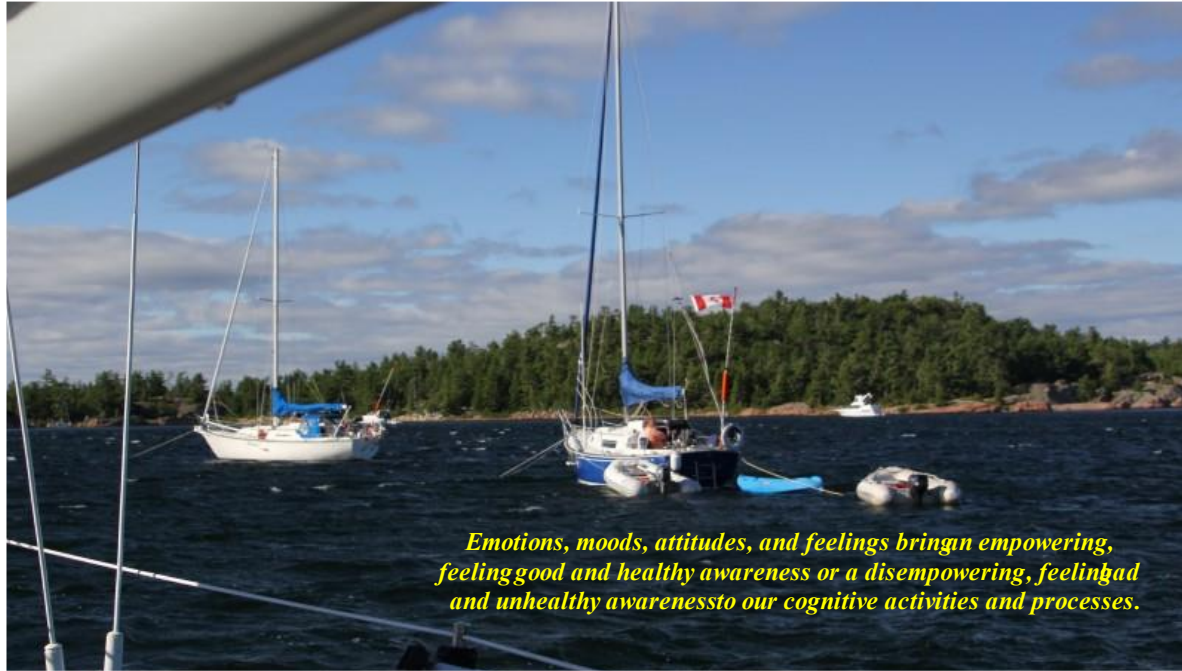
Hello, my name is Andrew O. Jackson. I created a two-part, eight-chapter video series titled, *“The Personal Power of Qi: A Revolution in Sports Psychology”* with the intent that athletes of all levels and abilities, and no matter what their sport, can understand, access, and actualize their evolutionary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

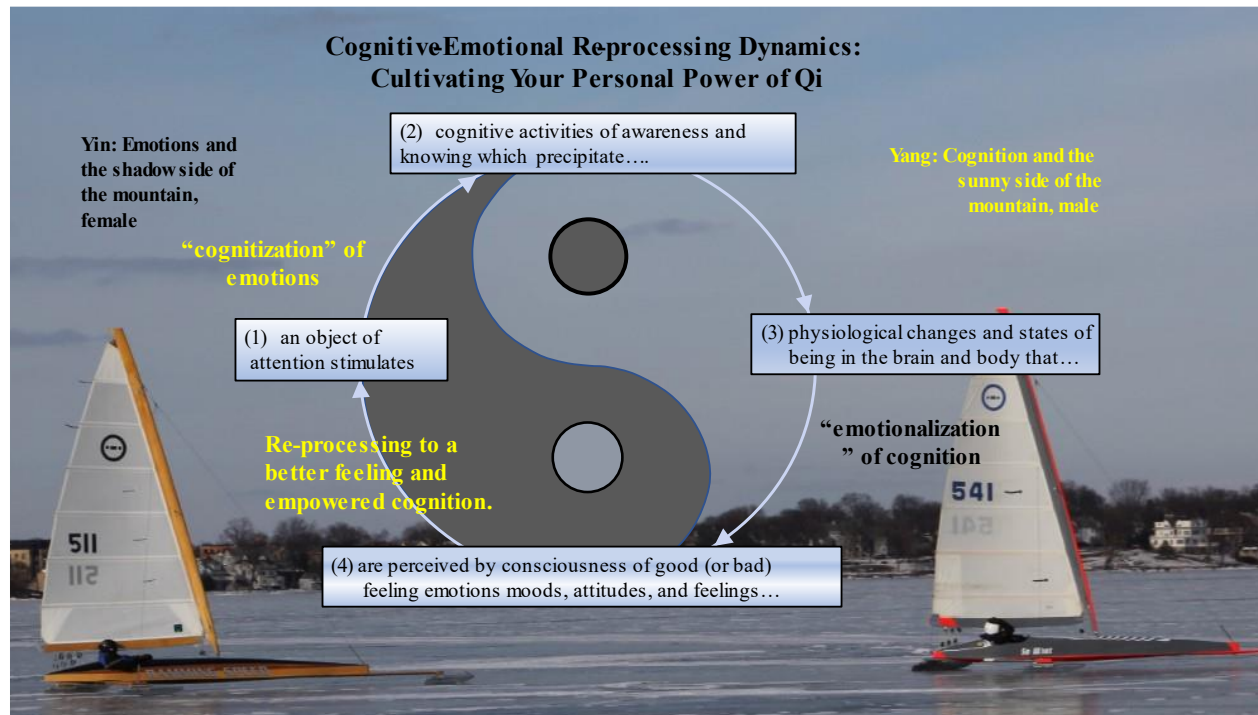
“Chapter 5, The Western Language of the Tao” is about how, here in the west, in athletics and sports competition, we do have a language and linguistics of the conscious energy of Qi and the Quantum Universe of the Tao. This lecture presentation is an introduction to our language and power of Qi and the Quantum Universe of the Tao and how these concepts are necessary and fundamental to the actualization and outcome of an athlete and coach’s decisions and intentions in life, practice, and in competition on the field of play.



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.



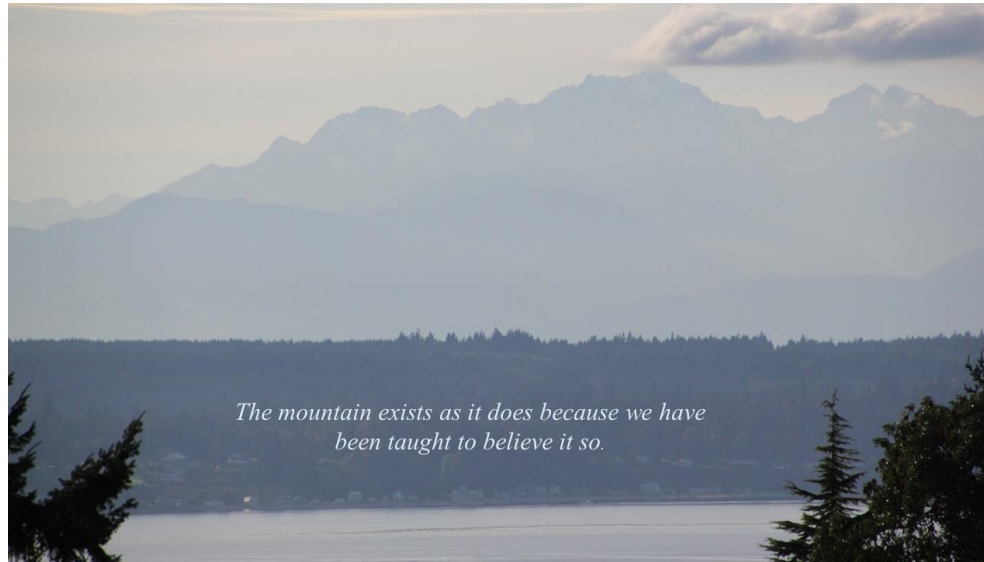
I also want to state that I group emotions, moods, attitudes, and feelings together because they either feel good as an evolved indicator of a healthy biochemical and neurological physiology or feel bad as an evolved indicator of an unhealthy biochemical and neurological physiology.



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?

Does a coach or an athlete have the cognitive-emotional awareness to understand that bad feeling emotions, moods, attitudes, and feelings are leading indicators of an unwanted nor desired personal power of Qi that radiates throughout the Tao to align the intersection and rendezvous of people, places events that are not wanted, nor desired, nor intended?

And then does the athlete or coach 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 and the actualization throughout time and space of a superior, world-class performance?



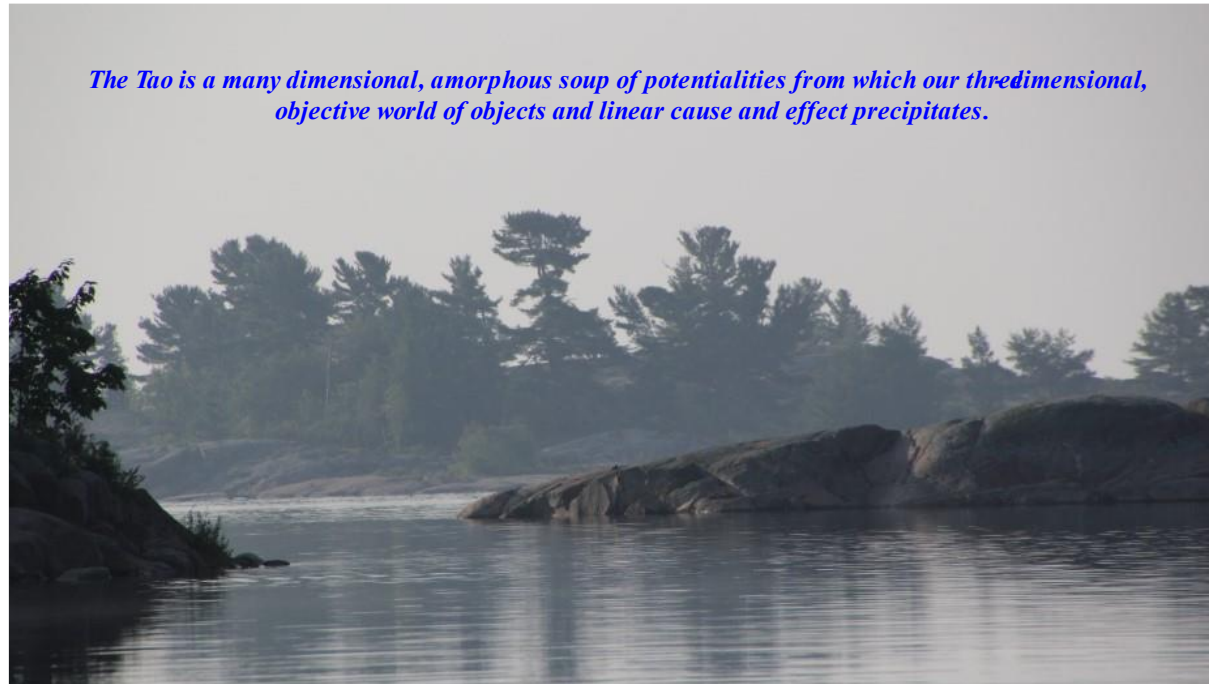
The mountain exists as it does because we have been taught to believe it so.

Rather than dwelling upon the different styles or families of wrestling, kung fu, wushu, tai chi, and their tradition of forms... or within the style and tradition of any sport, east or west, I wish to emphasize the cognitive-emotional energy of Qi behind the physicality of forms. Qiqong is simply the cultivation of energy of conscious called Qi.

Any athlete or coach has a link to their conscious energy of Qi and its development through their own cognitive-emotional dynamic awareness. Cognitive-emotional mindfulness, that is, being aware of one's own cognitive activities and their associative emotions, moods, attitudes, and feelings is the first step that opens the door to the Tao, the source of all things.

The second step is to have the capacity to re-process disempowering, feeling-bad, emotionally negative cognitive activities into empowering, feeling-good emotionally positive cognitive activities that correlate with an athlete's evolutionary powers of strength, speed, stamina, agility, reflexes, cunning, and success.

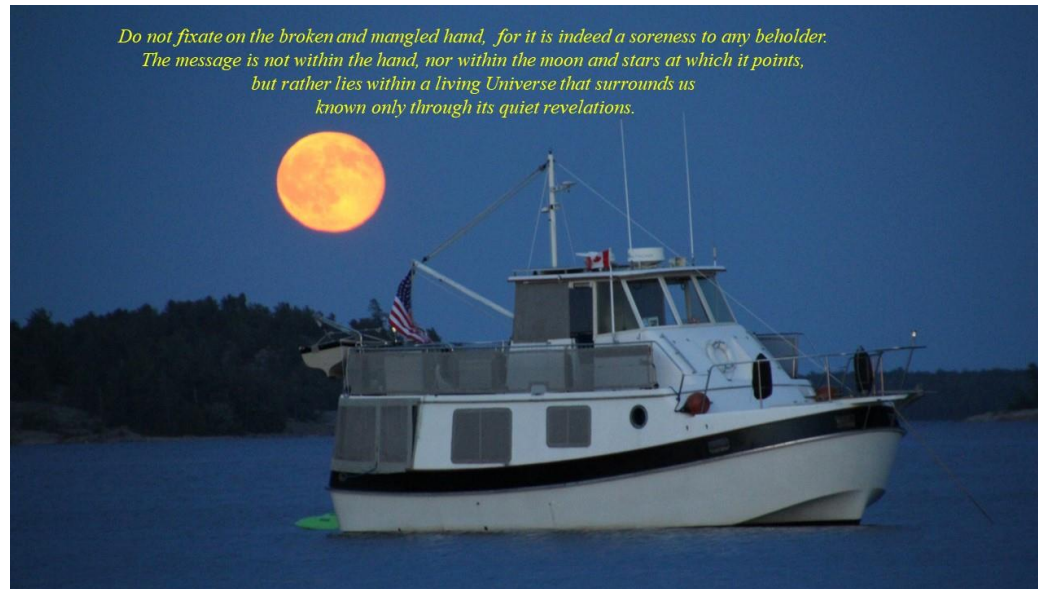
The first step is to be cognitive-emotionally aware. The second step is to have the capacity, that is, the skills, abilities, and understandings of cognitive-emotional re-processing dynamics. And finally, the third step is to actually take the time and do the work to re-process disempowering, feeling-bad emotionally negative cognitions into empowering, feeling-good emotionally positive cognitive activities that signify health, well-being, and effective and successful decision making and its actualization.



The Tao is a many dimensional, amorphous soup of potentialities from which our three-dimensional, objective world of objects and linear cause and effect precipitates.

I heard of a story of a person who came to the University from a tropical, equatorial country during the winter, snow, and cold of Wisconsin in January. He looked over the open expanse in front of the Memorial Union and asked, "Why aren't there any homes built on that field?"

Just as that person from the tropics did not comprehend a frozen lake, we in the west have little reference to what is common and part of everyday life in eastern cultures; something called the Tao and the conscious energy and power of Qi.



*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 a living Universe that surrounds us
known only through its quiet revelations.*

I grew up on a farm. One late summer night, I followed my dad out behind the barn to check to see how the corn crop for that year was doing. We were standing there looking at the corn, and he looked up and asked, “I wonder what is behind the Stars?”

My mind kind of popped... “Behind the Stars?” “Behind the Stars?” And then I realized that there was a Universe behind the ceiling of the stars. And you know what? That something was alive and conscious. That is when I first became aware of the Tao, the source of all things. That night I had the beginning understanding that this physical world of objects around us is but a precipitant ... like in chemistry when a couple liquids are mixed in a test tube and a solid materializes out of the mixture. This physical world around us is a materialization of the Tao, the Quantum Universe as being realized in modern quantum mechanics.

There is a Taoist saying: “He who speaks of the Tao, does not know. And he who knows the Tao, cannot speak.” Since this is a lecture presentation about the Tao, let me put it to you this way:

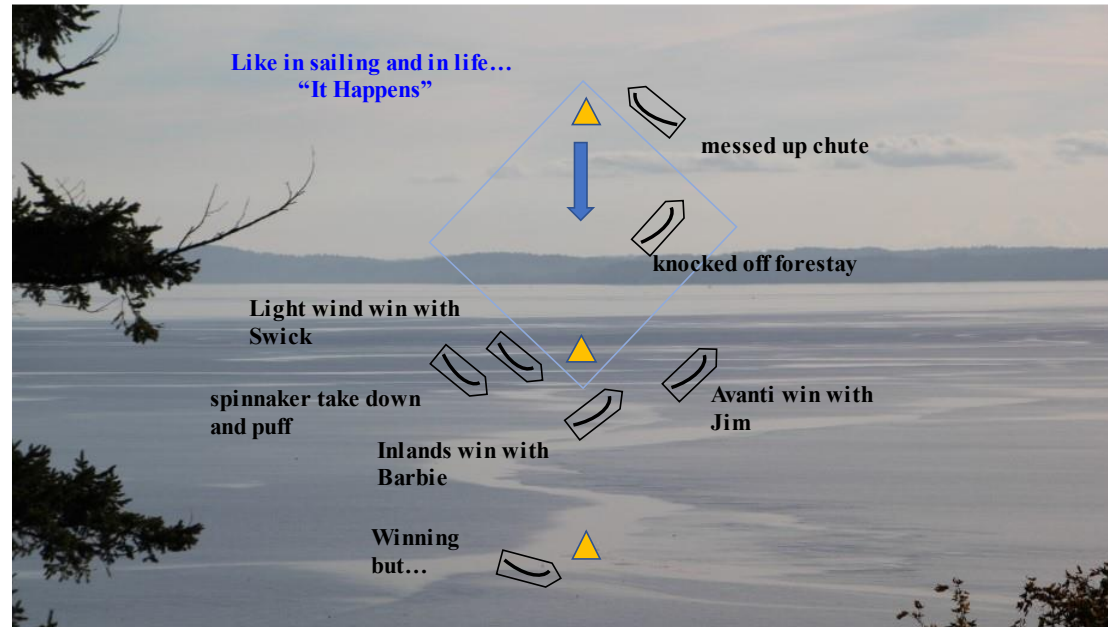
Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within a living Universe that surrounds us, known only through its quiet revelations.



Awareness within the Tao is to be still... to feel... and to know.

Awareness within the Tao is to be still... feel... and know.

Knowing and awareness within the Tao is not your 3-dimensional world of logic and reason with its linear cause and effect. The Tao is a multi-dimensional reality of spacial cause and effect where a future event can be causal to a past effect. This is called retrocausality and this very real phenomenon has become a necessary ingredient of Quantum Mechanics. I reference the article “*Retrocausality in Quantum Mechanics*,” in the Stanford Encyclopedia of Philosophy, published June 3, 2019.



Like in sailing and in life.... "It happens."

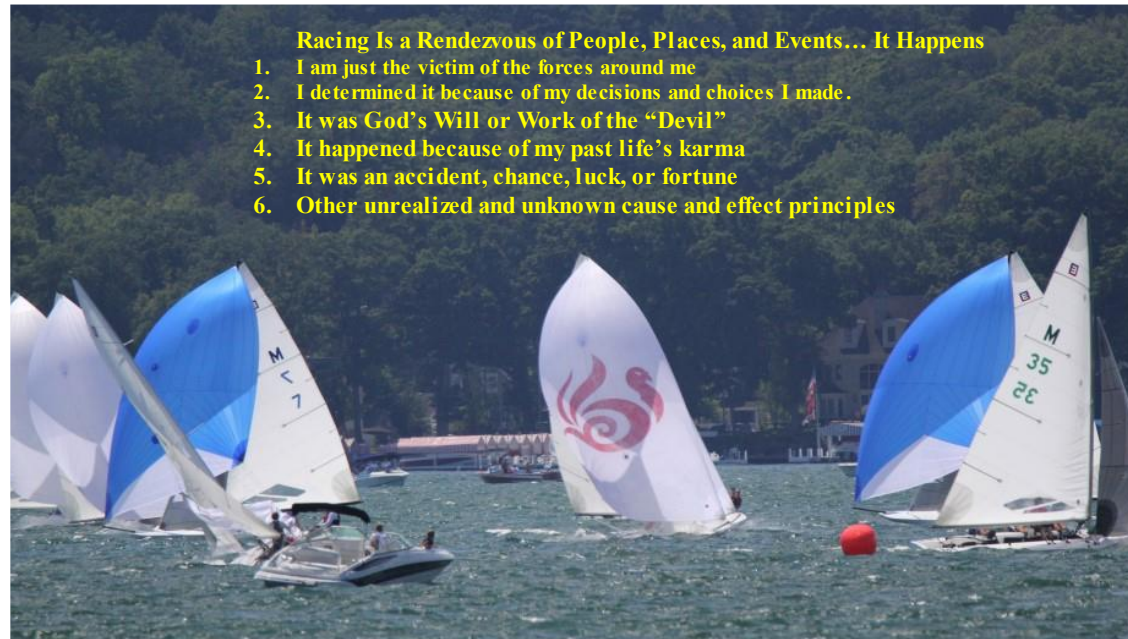
I was crewing in an A-Scow in a regatta. Our skipper got a lucky break on a wind-shift and we led the fleet around the 1st mark. Unfortunately, the chute got twisted during the last take down and went up with a knot...allowing the whole fleet to pass us.

I was skippering our E-scow in a very light wind. The wind had shifted dramatically to the left and everyone tacked immediately after rounding the lee-ward mark. On the rounding I lost the mainsheet and out went the main killing all our momentum and by the time I got it reeled back in, we were long past our tacking point. But because of this we finished with just the one tack whereas the other boats had to tack again. We won that race due to my error.

I was crewing on an M-20 at the Inland Regatta. For the first time we were beating the unbeatable Titans at the top of the fleet. On the last upwind, something happened and the two regatta leaders passed us. Then I noticed I must have kicked the mast rake out of its cleat and because of that we missed our chance to win an Inland Race.

My wife and I were racing our I-20 at an Inland Regatta. First, we went to the wrong course. Then, while reaching to the correct course, I noticed the starboard spinnaker sheet was on the inside of the side-stay. I gave the tiller to Barbie, and while we were rushing to the race, I un-did the side-stay, got the sheet on the outside, re-attached the side-stay, switched places with Barbie just in time to round the pin end of the start on the gun. That race was the only Inland Race we ever won.

The stories can go on and on about unfortunate and fortunate happenings. These events seem to raise the question, "Why? Why does **It** happen to me?"



Life is a rendezvous of people, places, and events. It happens.

Why does "It" happen? It all depends your mountain; what were you taught?

One, I am just the victim of the forces around me, the laws of motion and linear cause and effect, or the aggression of others.

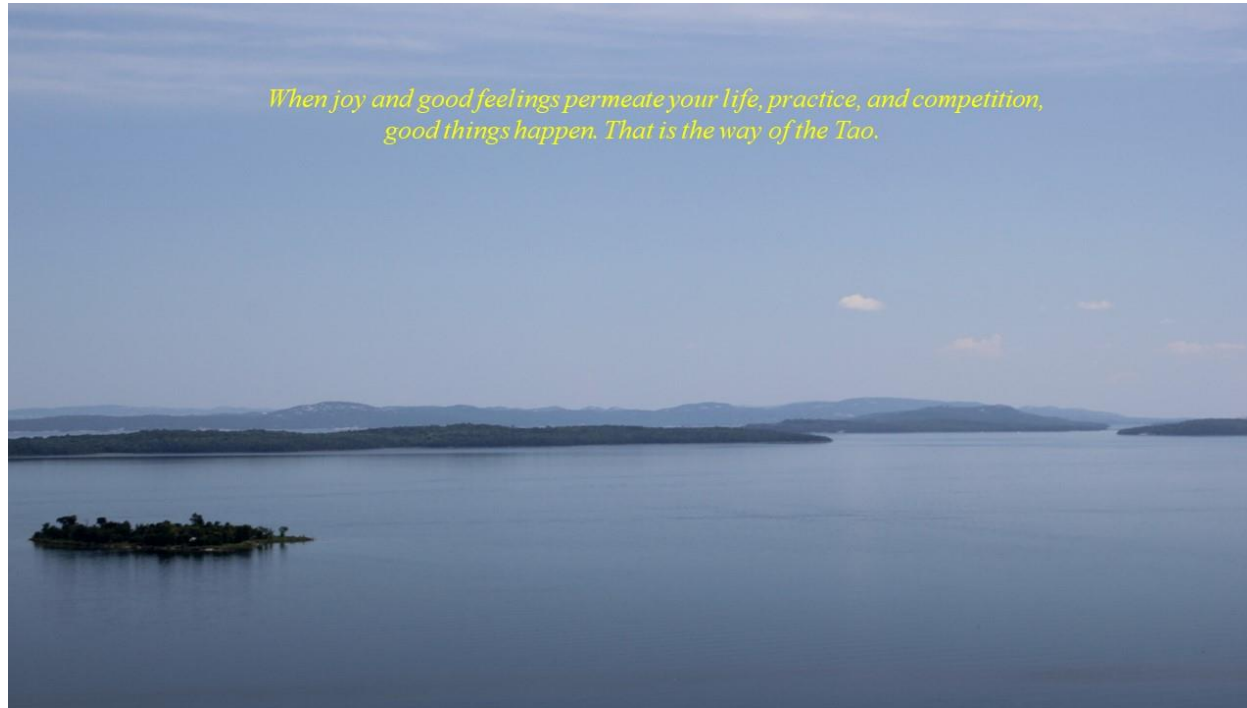
Two, I determined it because of my decisions and choices I made. But what about that gust of wind that just happen to spin us out into another boat...

Was It God's will or work of the "Devil"?

Did It happen because of my past life's karma.

Was It an accident, chance, luck, or fortune.

Or are there other cause and effect principles that we have not yet realized or understand?



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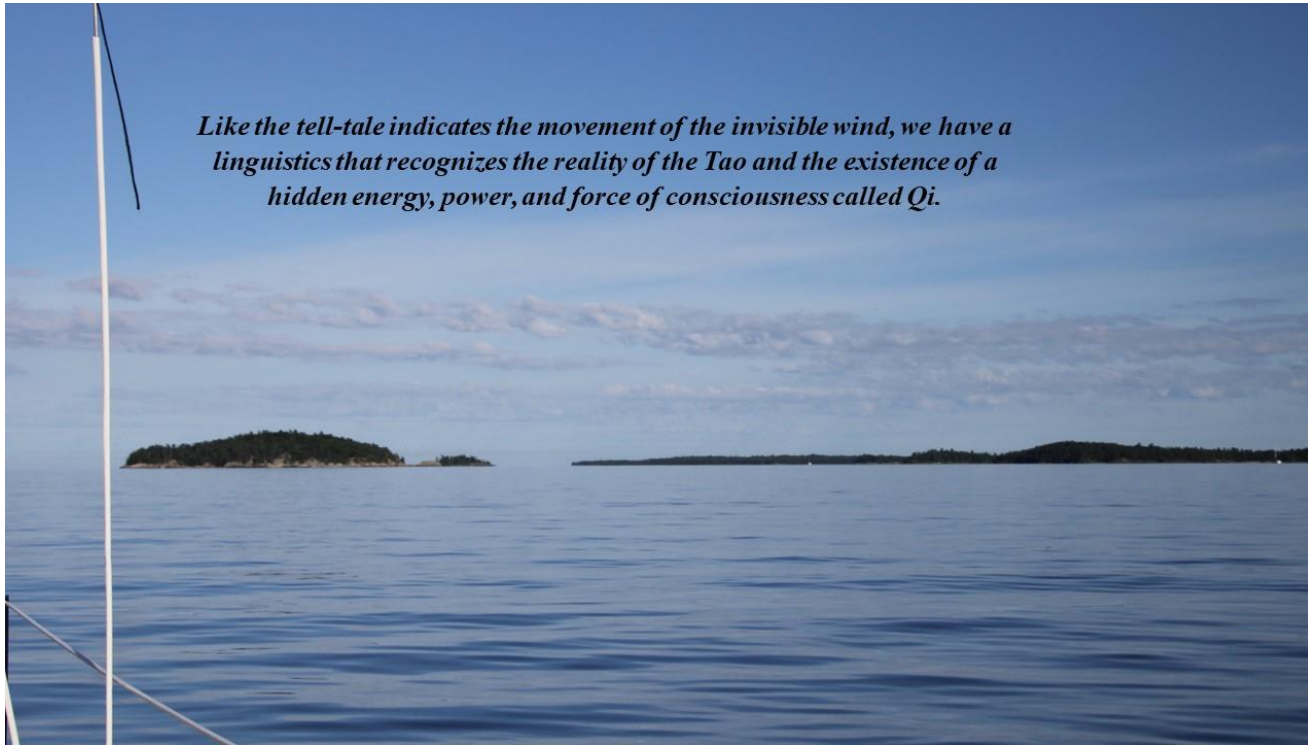
Think of the basketball games that were played in the NCAA and NIT all through March Madness. Is a team being joyful because they are successful, or are they successful because they are joyful? Maybe they attained their success because they preserved their joyous and positive state of being, no matter the circumstances?

Sailors would ask Olympic Gold Medalist and International Champion Buddy Melges for advice, and we all joke around at his answer: “Get into the lead, and extend it.” When you learn something about intent and the eastern tradition and Quantum Reality of the Tao, and the conscious energy of Qi that reaches through time and space, you may understand the wisdom behind that answer.



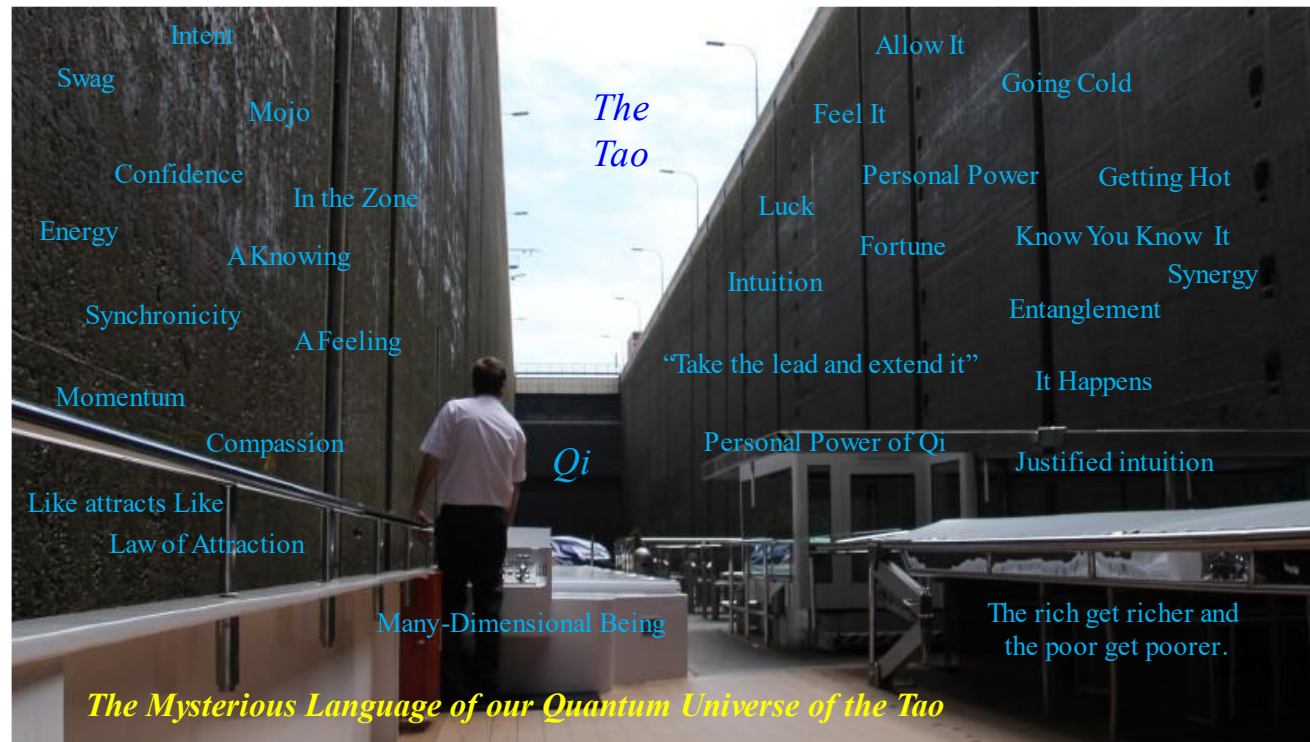
Sailing has its own language. My wife complains that there are two words for everything and the same word is used for two things.... to the layperson and the uninitiate, it is a hidden language.... What understandings do these words portray: *Winch, Chart Plotter, Multi-gauge, Compass, Iron sail, Center Board, Cleat, Lead Block, Cowl Vent, Side Stays, Lines, Floatation Cushion, Whisker Pole, Stanchion.*

There is also a hidden language of the Quantum Universe. What might it be?



Like the tell-tale indicates the movement of the invisible wind, we have a linguistics that recognizes the reality of the Tao and the existence of a hidden energy, power, and force of consciousness called Qi.

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We do have a hidden language of the Tao and sports and athletic competition make a perfect background to talk of its influence and reality. Every sports announcer uses terms like: energy, momentum, feeling it, luck, getting hot, going cold, swag, confidence, in the zone, synergy and I have added a few more like, Mo-jo, intuition, personal power, and law of attraction. The time has come to get these terms and others out of their black box and into a workable cognitive construct that can be used as a performance enhancing substance to achieve success.

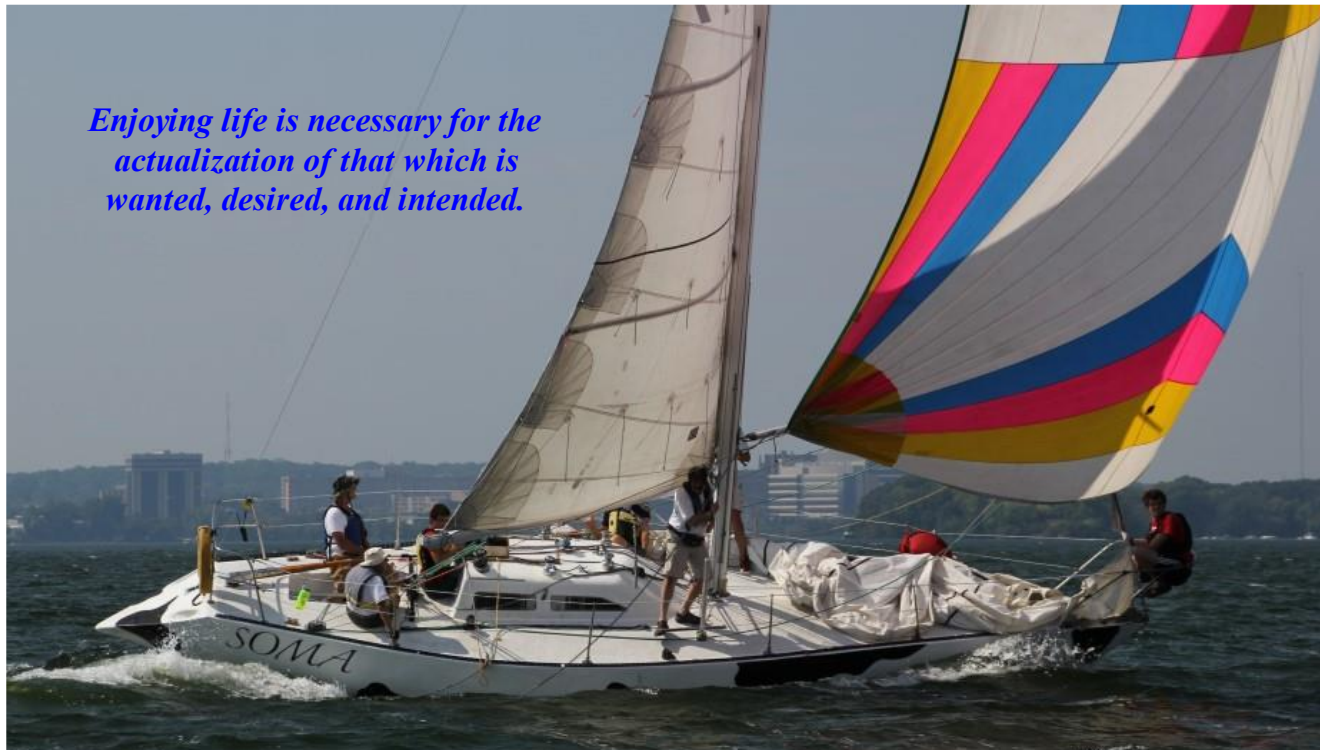
I use the term “Quantum Universe of the Tao” because the concepts in quantum mechanics like entanglement, spooky action at a distance, and its concepts of time and retrocausality relate to the Universe known as the Tao. I see the Eastern Construct of the Tao and the developing Western Construct of a Quantum Universe as equivalent. To understand one is to understand the other.



An individual's outward reality and experience are but a reflection of their inner cognitive-emotional being.

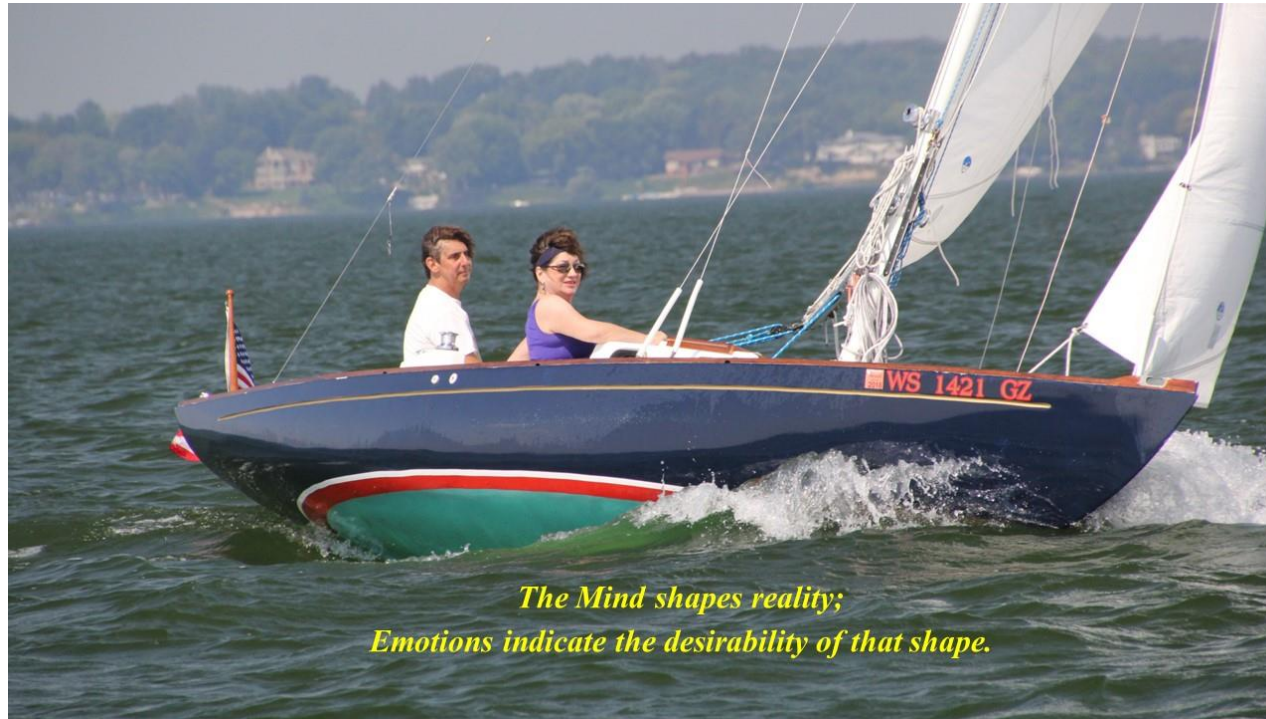
On a beautiful summer day, with light winds, my wife and I were sailing along the north shore of Lake Huron in the North Channel. I spotted a speeding cabin cruiser on a plane headed in our direction but paid it no mind. This was a busy time of year and we were continually in some sort of boat traffic throughout the day. A moment later I glanced abeam and that speeding cruiser now appeared to be on a collision course with us. As a precaution, I told Barbie to get out our air horn. Seconds later, she was loudly sounding out our presence and I was shouting trying to get the skippers attention, but there was nobody at the helm! A person came out from below, aghast he yanked the wheel and all I remember is his white hull and a deluge of water from his wake soaking us wet.

I have no idea how he missed us, or how he missed the dingy we were pulling behind, but he did. We were lucky. But the vision of a 35ft boat, slamming at 25-30knots into our side, sending us to the bottom and the remaining debris floating on the surface as a last testament to our life on Earth weighed continually on my mind for the rest of the summer. After four summers of cruising Lake Huron, that was the last. At summers end, we loaded up NorthStar, our 1979 Tartan 27 onto her trailer and took her to our home Lake Mendota in Madison, Wisconsin.



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 successful world class performance, they must enjoy themselves, for within their joy lies their conscious energy of Qi that radiates out though time and space, the past and future, and molds, shapes, and transforms the amorphous soup of potentialities of the Tao into the team's experience in the present.



The Mind shapes reality; Emotions indicate the desirability of that shape.



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.

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.
