

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.

“Chpt06 Retrocausality Within the Tao”

(rev2023-05-14b)

With Andrew O. Jackson

<https://sympbioticpsychology.com/>

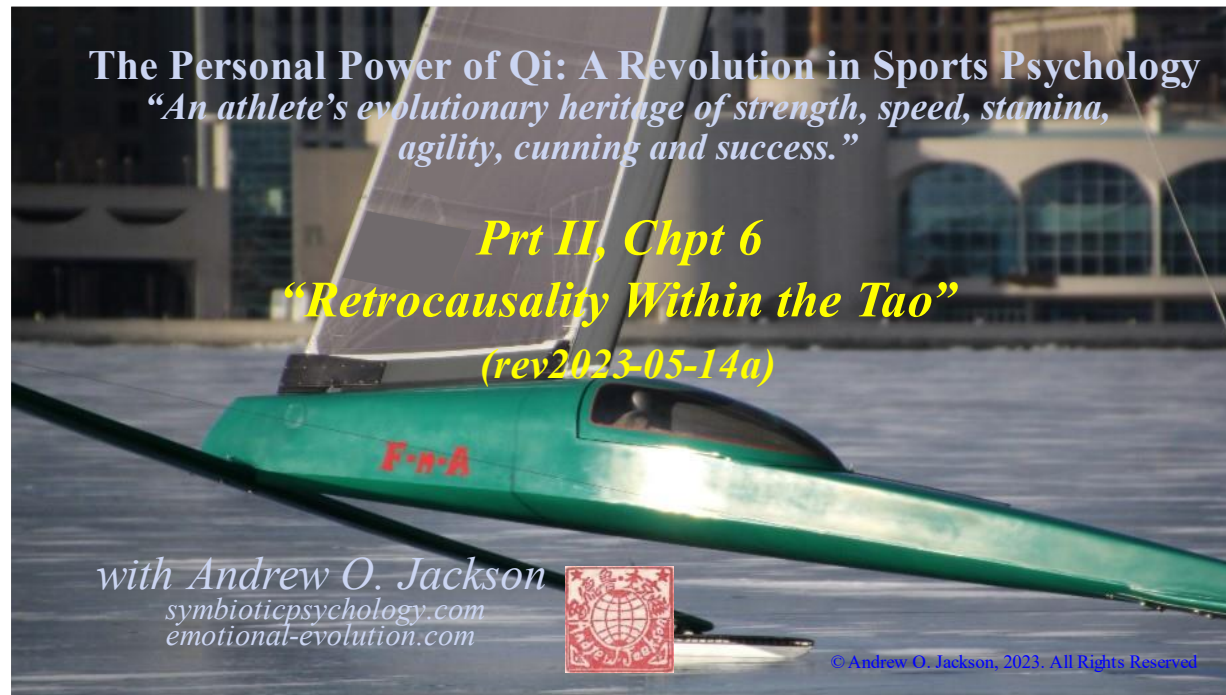
<https://emotional-evolution.com/>



© Andrew O. Jackson, 2023. All Rights Reserved

“Chpt06 Retrocausality Within the Tao” (rev2023-05-14b)

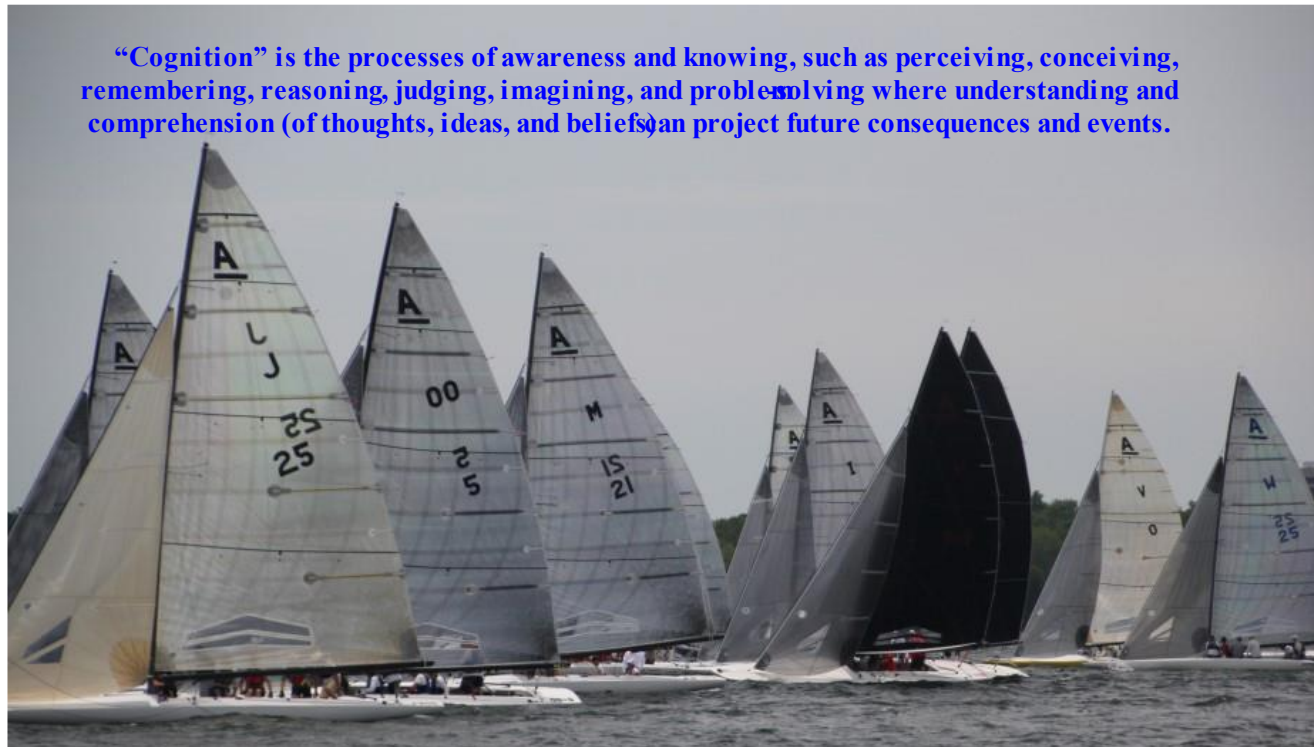
Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within another universe that surrounds us known only through its quiet revelations.



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 cognitive-emotional behavior called Qi, radiates throughout the Quantum Universe of the Tao and aligns the rendezvous of people, places, and events throughout time and space that match an athlete and coach’s cognitive-emotional state of being in the here and now.

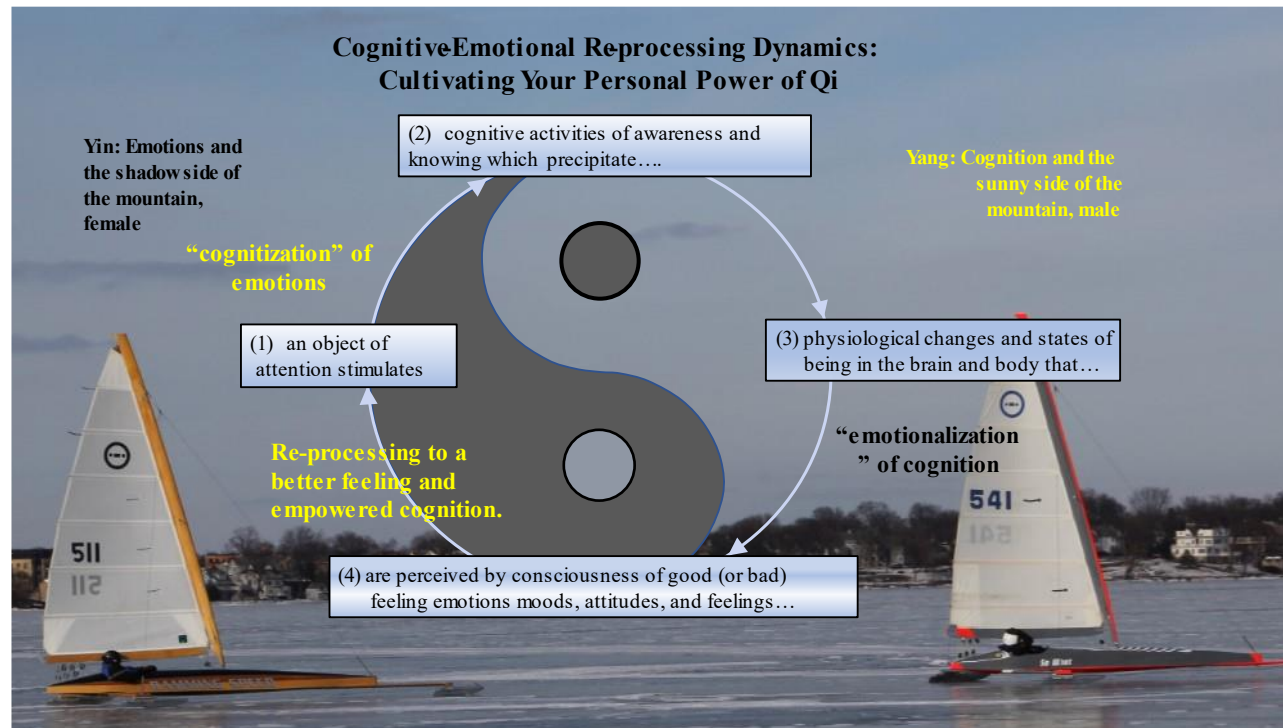
“Chapter 6, Retrocausality Within the Tao” is about how our western conception of time and linear cause and effect logic is inadequate to explain and understand our reality within our conscious energy of Qi and the Quantum Universe of the Tao. This is a lecture presentation on how our personal power of Qi and the Quantum Universe of the Tao influence effective and successful decision making and its actualization in space and time.



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.



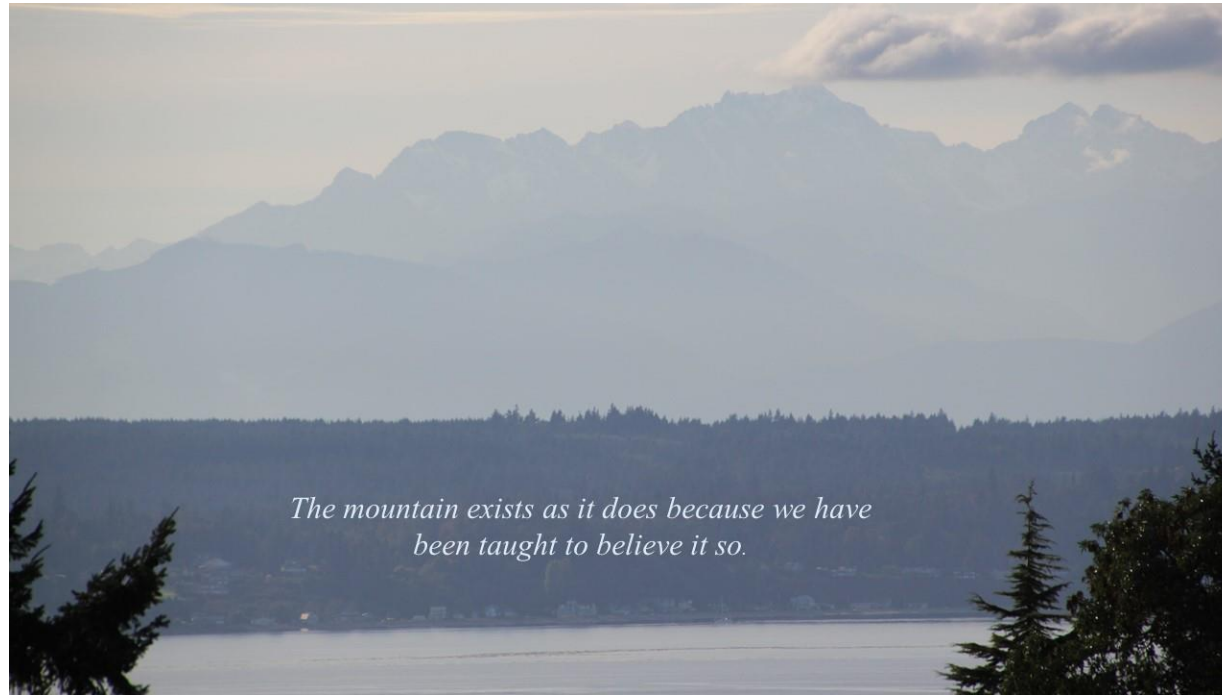
I also want to state that I group emotions, moods, attitudes, and feelings together because they either feel good as an evolved indicator of a healthy biochemical and neurological physiology or feel bad as an evolved indicator of an unhealthy biochemical and neurological physiology.



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?

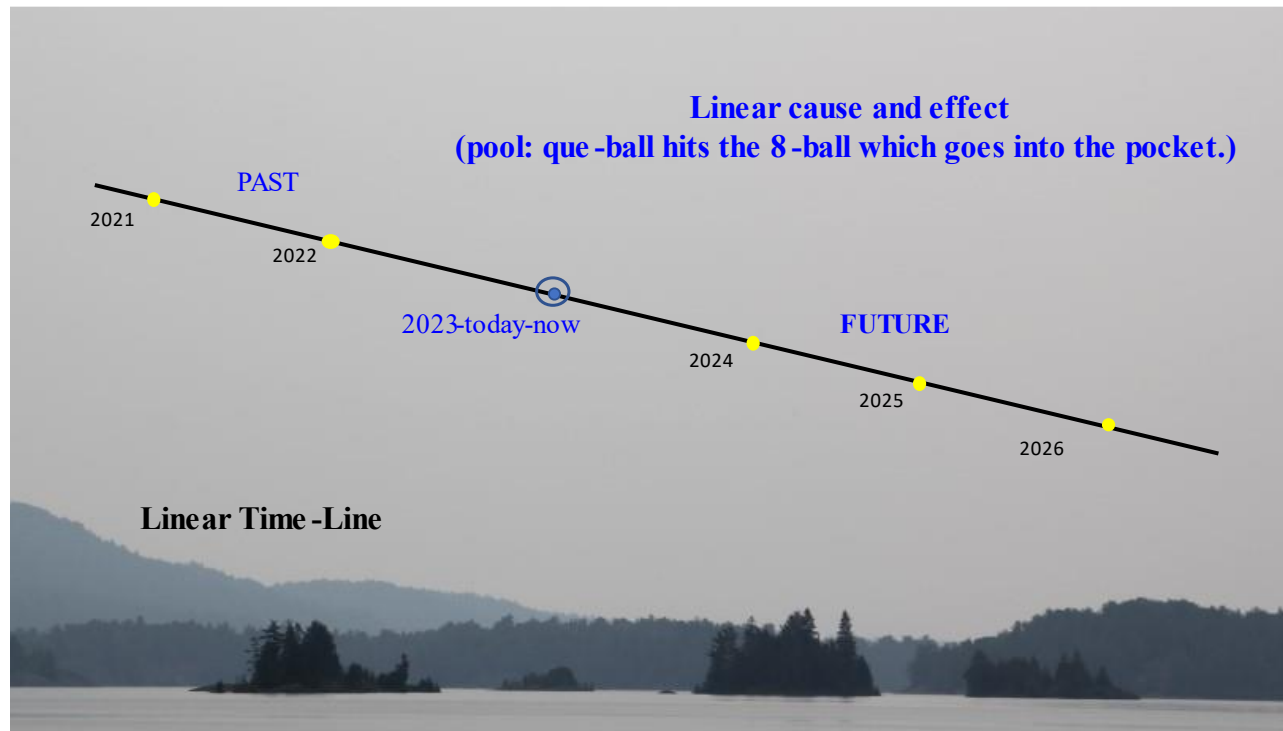
And then does the athlete or coach have the capacity to re-process their disempowering emotionally negative cognitions, especially during the heat of competition on the field of play, into empowering emotionally positive cognitions that correlate with a healthy biochemical and neurological physiology 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.

We see the mountain as a mountain because that is how we have been taught. “Being taught” has a special significance here. It means an idea has been instilled or implanted in us from the beliefs of those around us during our formative years, especially from our parents. As we grow, we learn of concepts like time. Time of the day. Day of the week, months, and years. We learn the constructs of “the past” and “the present” and “the future.” And we learn the construct of “linear cause and effect” where the cue-ball hits the 8-ball which goes into the pocket. Or, if I put my hand on a hot stove, then my hand will painfully burn. What happens today effects what we experience tomorrow.

What if a “future event” could influence a “past event”? The conscious energy of Qi can reach through time and space within the Quantum Universe of the Tao. The energy of Qi can reach into the future and the past and influence the past and future to match an athlete’s cognitive-emotional dynamics of the present. Just because our western culture and beliefs only see a linear, cause and effect mountain, does not mean other mountain ranges do not exist. We just have never been taught to look and recognize their possibility and workings all around us, in everyday life.



After high school graduation, a friend and I took a trip up to the North West Territories of Canada, way up by the Artic Circle, to canoe on the South Nahanni River. While walking around Fort Simpson, we met a Native American and told him where we were headed. He highlighted that he would be up there in a couple months and maybe we would run into each other. Steve and I looked at each other. Our plans were to be back home in Wisconsin... in three weeks. That is linear time, as when representing time on a line. But what if time were spacial, not one dimensional but two? Then time would not be linear, but an area. And then, what does past, present, and future mean?



What is “**The Future Present Tense?**”

The first America’s Cup Race was held in 1851 and was won by the yacht “America”. The United States won every challenge since, until 1984 when Australia’s John Bertrand in *Australia II* beat the invincible Dennis Conner and his boat *Liberty*. This is the focus of a current **Netflix documentary called “*Untold: The Race of the Century*.”**

John Bertrand makes a very revealing disclosure during the movie. On the second to the last leg in the 7th and deciding race, when Dennis Conner had an insurmountable lead, John Bertrand talks about being in two places at once. He was perceiving what the wind was doing now and what the wind was doing 10 to 15sec in the future. With that foresight, he was able to take advantage of every windshaft and *Australia II* went on to defeat Dennis Connor and for the first time in history, after 133yrs, the America’s Cup was no longer in America.

While teaching high school architectural drafting in Whitefish Bay, Wisconsin, I experienced my own 10-15 second, precognitive future. As I was teaching, I began living the near future at the same time. Unlike John Bertrand’s experience, mine was disorientating, confusing, and I had no objective framework to keep order. Out of necessity, I took a short break and secluded myself in an empty room while the inter-dimensional time events subsided.

FYI: Hollywood made a movie in 2007 about this phenomenon called “Next” starring Nicholas Cage, where a magician could see into the near future.

As an athlete, in a competitive sport, what would the advantage be of knowing your competitor’s actions 10-15sec. before it happened? **Seattle Seahawks** lost the Super Bowl championship game because of a goal line interception.... In the interview the defensive back told of a clairvoyant dream where he intercepted the ball on the goal line to win the game.

In the fall of 2013, I had a dream that the Wisconsin Men’s basketball team was in the Final-Four. They were in the finals at the end of that season... and the next.

“Time-Space Construction”

What is time?
Quantum mechanics is teaching us another idea.... it is a construct of the mind.



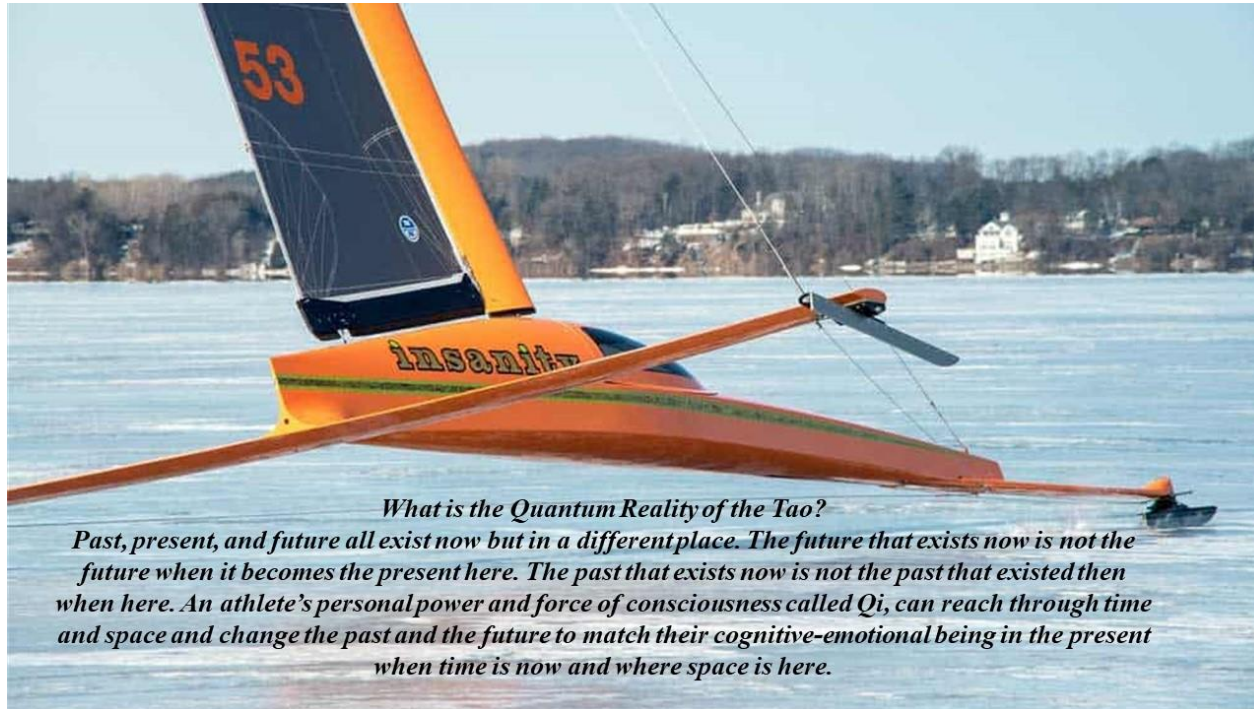
PBS YouTube Series “*Space Time*” with PhD Physicist Matt O'Dowd:

1. “*Do Past and Future Exist?*”
2. “*What if Space and Time Are Created by Our Brains?*”

What is time? We always think of a time-line like on a ruler... and count out the years. We need to think of time as more of cognitive construct and instead of a one dimensional “time-line” there is a multi-dimensional “time-space” where a person’s conscious energy travels into the future and the past and rearranges events that we experience in time now and space here.

Qi is the energy of consciousness that can reach into the future and influence a future rendezvous of people, places, and events AND also reach into the past and influence a past rendezvous of people, places, and events that cumulates with our experience where time is now and space is here.

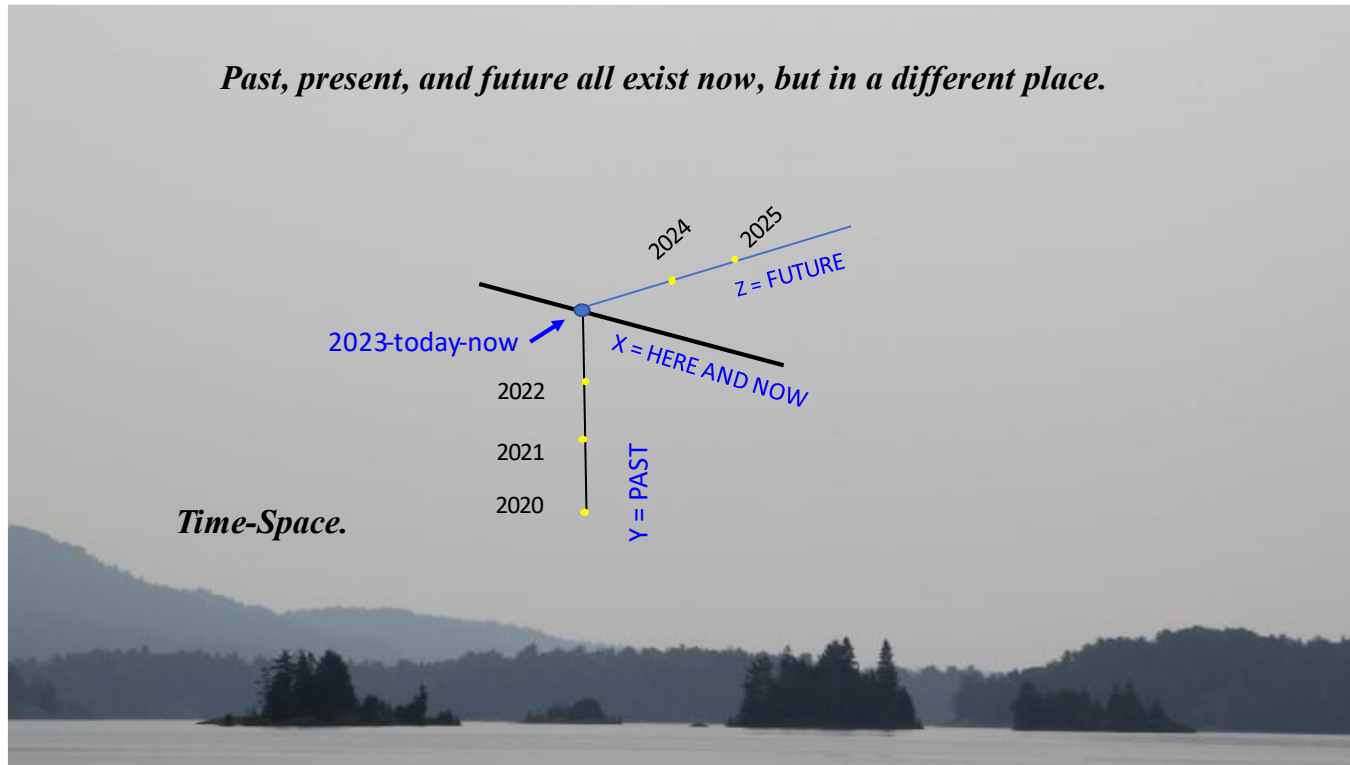
PBS has a YouTube series called “Space Time” with PhD Physicist Matt O'Dowd. A couple episodes are “*Do Past and Future Exist?*” and “*What if Space and Time Are Created by Our Brains?*”



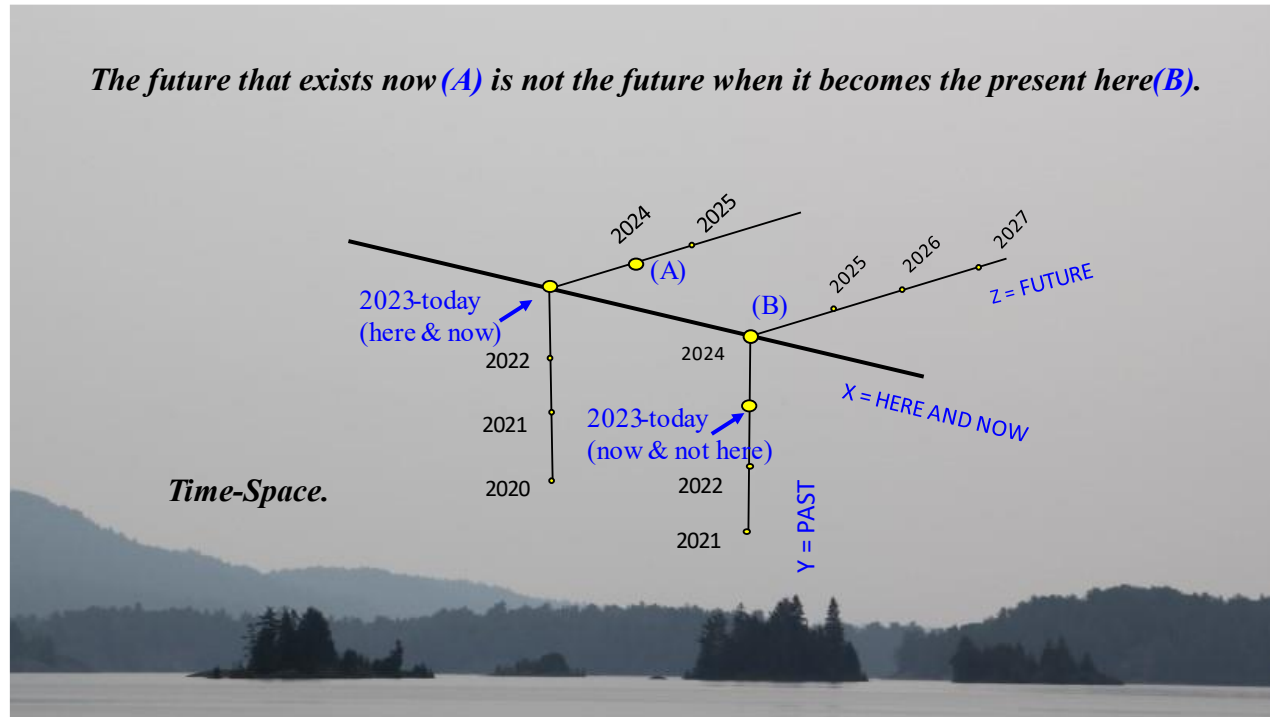
What is the Quantum Reality of the Tao?

Past, present, and future all exist now but in a different place. The future that exists now is not the future when it becomes the present here. The past that exists now is not the past that existed then when here. An athlete's personal power and force of consciousness called Qi, can reach through time and space and change the past and the future to match their cognitive-emotional being in the present when time is now and where space is here.

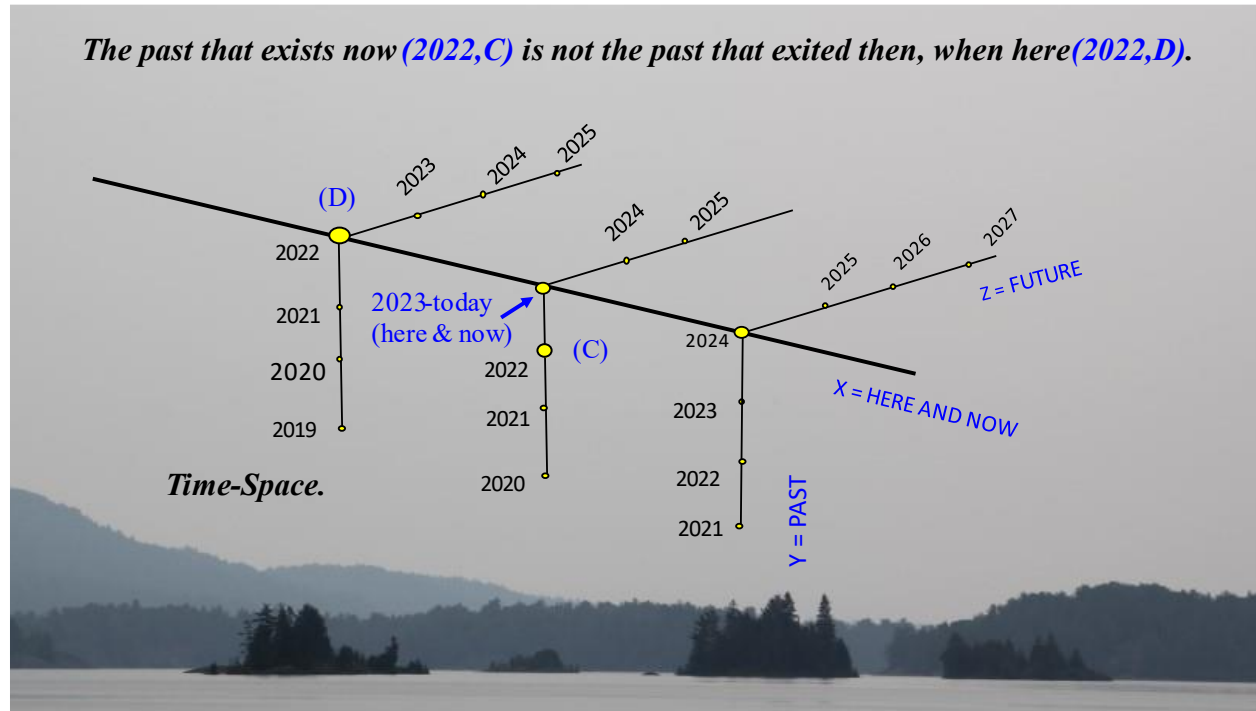
What is the Quantum Reality of the Tao? Past, present, and future all exist now but in a different place. The future that exists now is not the future when it becomes the present here. The past that exists now is not the past that existed then when here. An athlete's personal power and force of consciousness called Qi, can reach through time and space, and change the past and the future to match their cognitive-emotional being in the present, when time is now and where space is here.



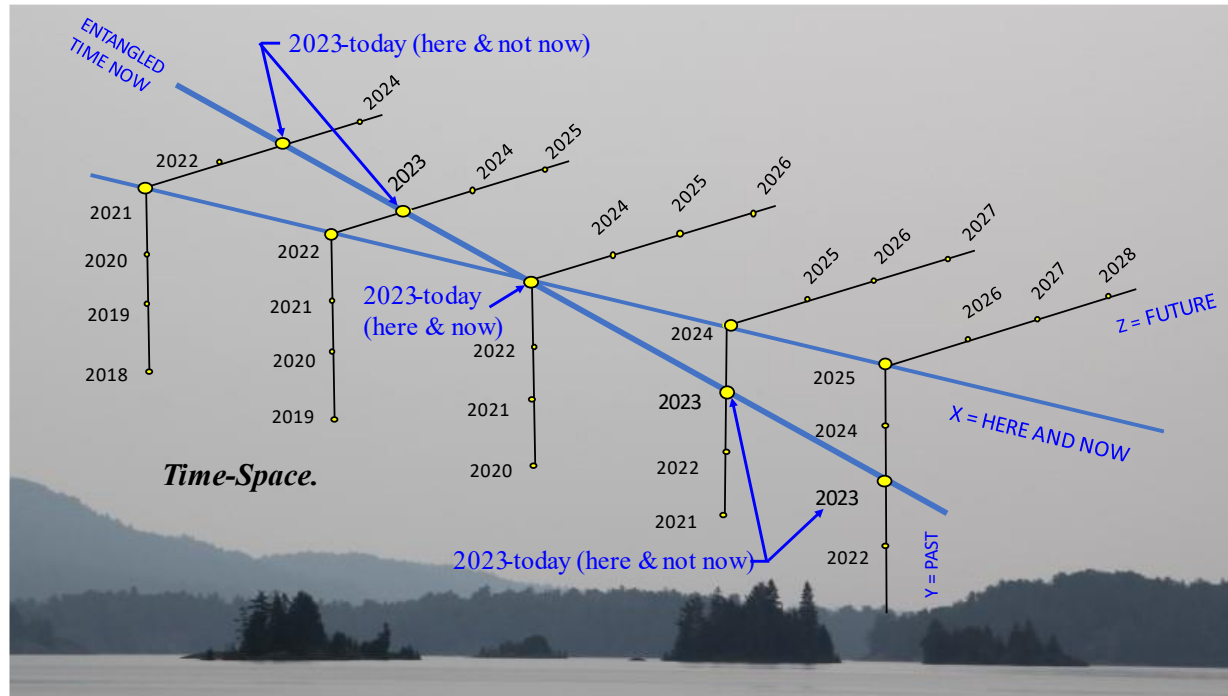
Past, present, and future all exist now, but in a different place.



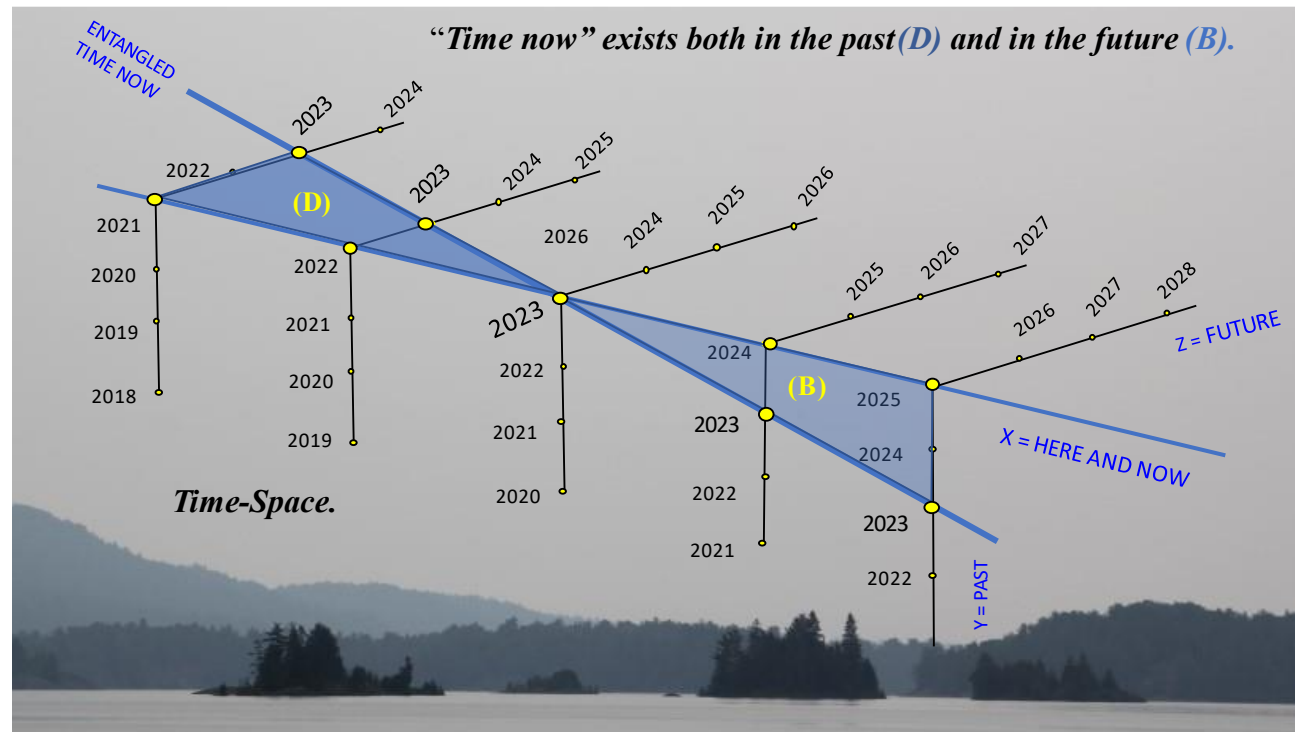
The future that exists now (A) is not the future when it becomes the present here (B).



The past that exists now (C) is not the past that existed then, when here (D).



An athlete's personal power and force of consciousness called Qi, can reach through time, and space and change the past and the future to match their cognitive-emotional being in the present when time is now and where space is here.

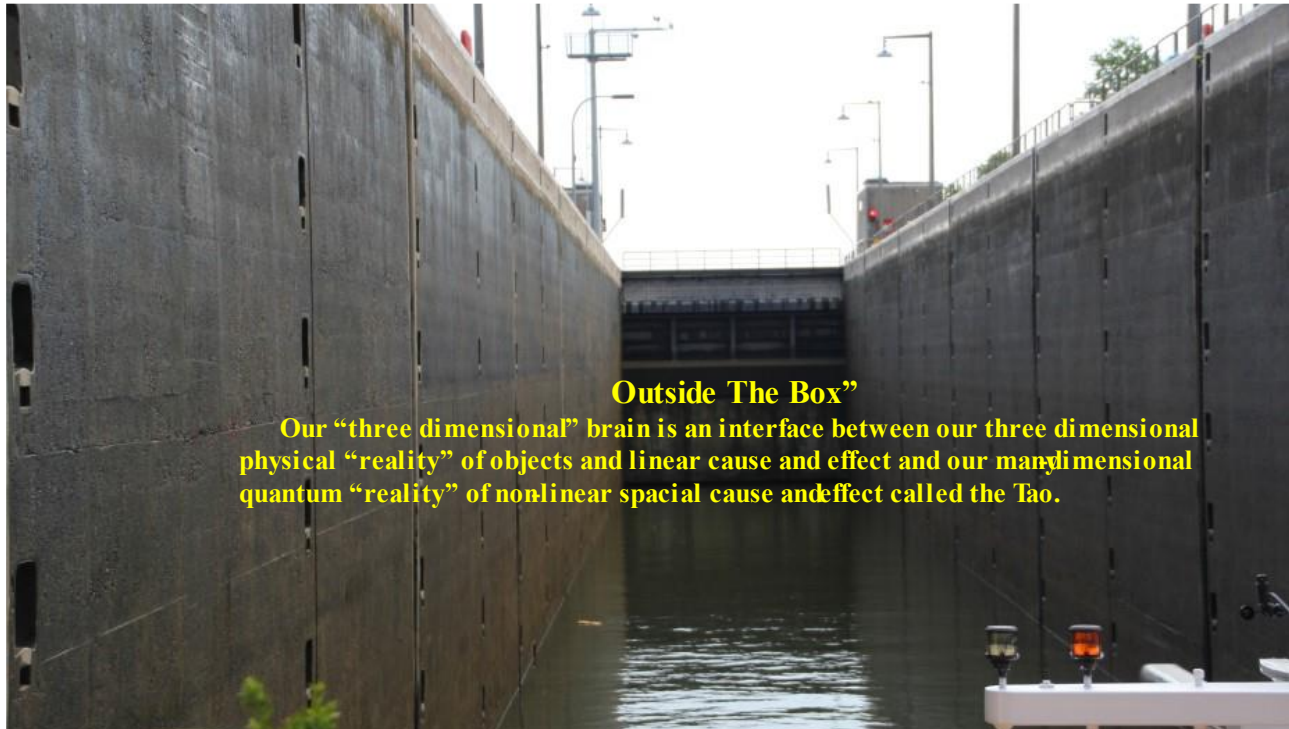


“Time now” exists both in the past (area D) and the Future (area B).

In January 1974, after the first semester of my junior year, I dropped out of the University here at Madison and went on a tour of Mexico. I had been trying to work a graveyard shift all night and go to classes during the day. That did not work. My parents were taking a caravan tour of the Yucatan Peninsula in their little camper and I went along as a co-driver. I was excited because we were going to Oaxaca and I had been reading the book *“The Fire from Within”* a story about Don Juan and Carlos Castaneda in Oaxaca. And sure enough, when in Oaxaca walking to the local market, I saw two people that I would swear fit the exact description of Don Juan and Castaneda. I was so set on going to the market, that I did not stop and talk to them.

Now segue to 2021.... a couple years ago when I was writing about that trip as part of a memoir writing class, I ran into a problem. That trip to Oaxaca where I thought I saw Don Juan and Castaneda was in 1974. But I first heard of Don Juan and Castaneda when talking to a former high school teacher in 1979. And, the book I was reading was not published until 1984. Somehow, my experiences in 1974, 1979, and in 1984 became entangled into one 1974 event.

If you ever seen the movie *“Arrival”* it has a similar time twist of non-linear time. What is time and space but a cognitive construct of the mind to make sense of a Quantum Universe, the Dao, and our conscious energy called Qi in a three-dimensional world construct.



Outside The Box”

Our “three dimensional” brain is an interface between our three dimensional physical “reality” of objects and linear cause and effect and our manydimensional quantum “reality” of nonlinear spacial cause andeffect called the Tao.

Our “three dimensional” brain is an interface between our three dimensional physical “reality” of objects and linear cause and effect and our many-dimensional quantum “reality” of non-linear spacial cause and effect called the Tao.

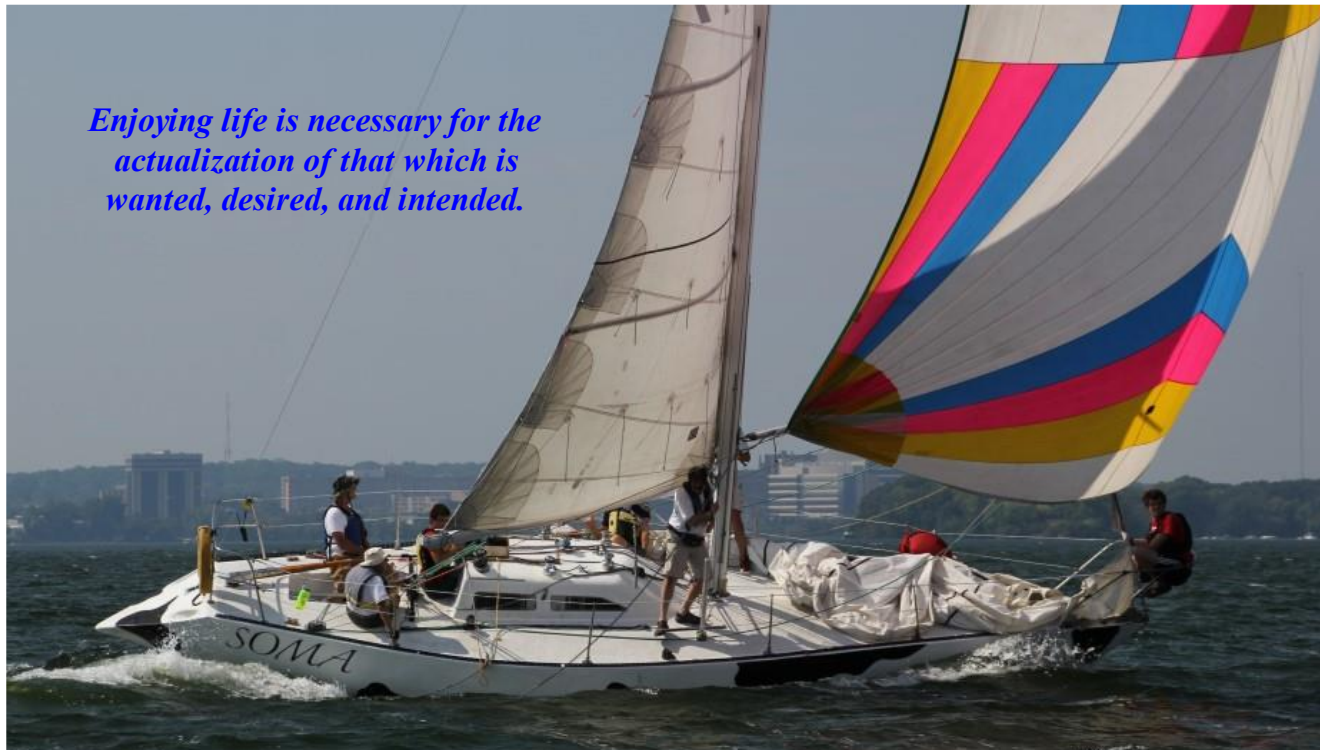
What I have built here is a cognitive-construct, an allegory of time to occupy the mind. Its understanding is not necessary. What is necessary to understand is your cognitive-emotional re-processing awareness to re-construct dis-empowering, negative feeling cognitions into empowering, positive feeling cognitions.



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

As a mechanic, either as a professional working in the fields during green pea harvest for Del Monte Foods, or as a hobbyist in my early years out of necessity to keep my Austin Healy 100-6 functioning and later working on any number of hard water iceboats and soft water sailboats, I always had a nuts-and-bolts bin full of a multitude of assorted fasteners. My “game” when I needed a fastener, was to keep searching and hunting through the fast and disorganized array of nuts and bolts until what I needed would “magically” appear.

I didn't always find what I needed, but over the decades of playing this game, I came to believe that more than not, what I desired, wanted, and intended, would be there in that disorganized and magical box of miscellaneous nuts and bolts.



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.
