

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.

“Chpt07 Personal Power of Qi”

(rev2023-05-14b)

With Andrew O. Jackson

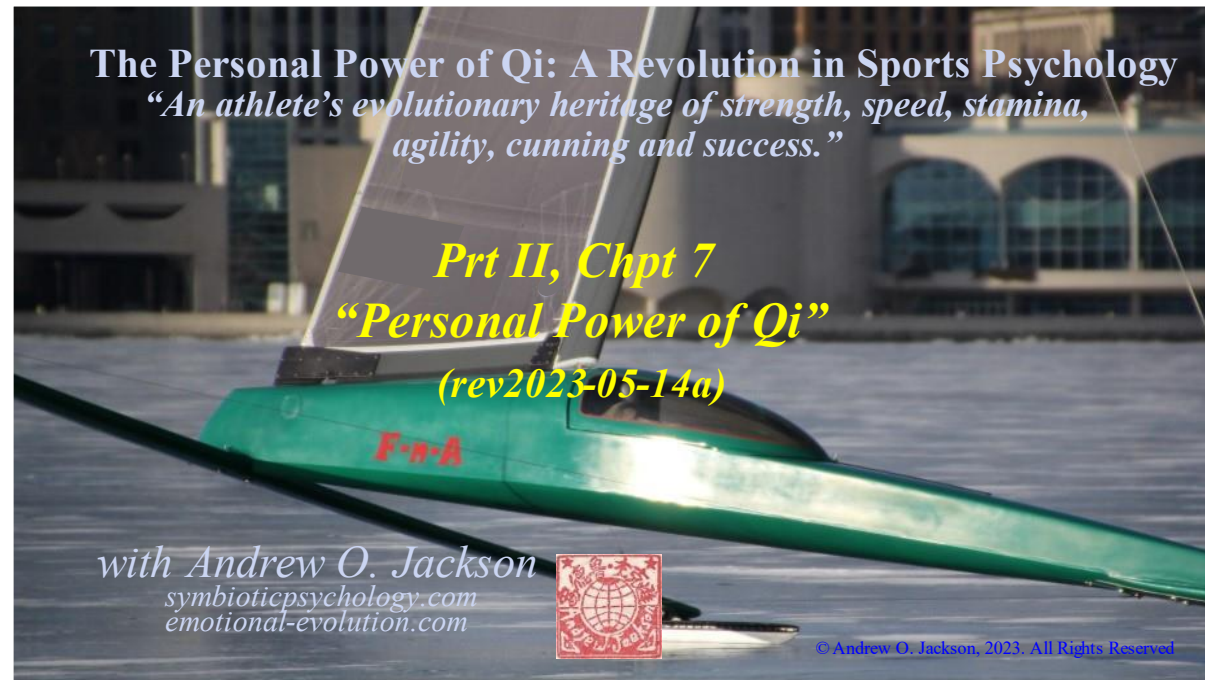
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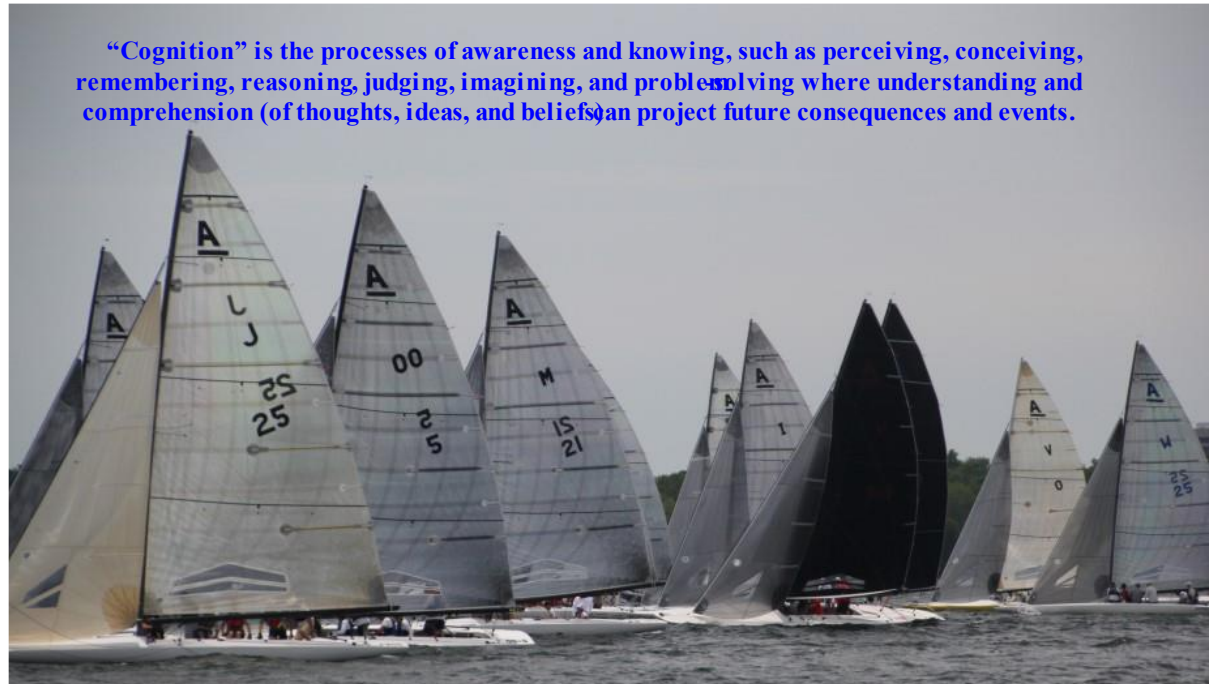
Do not fixate on the broken and mangled hand, for it is indeed a soreness to any beholder. The message is not within the hand, nor within the moon and stars at which it points, but rather lies within another universe that surrounds us known only through its quiet revelations.



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.

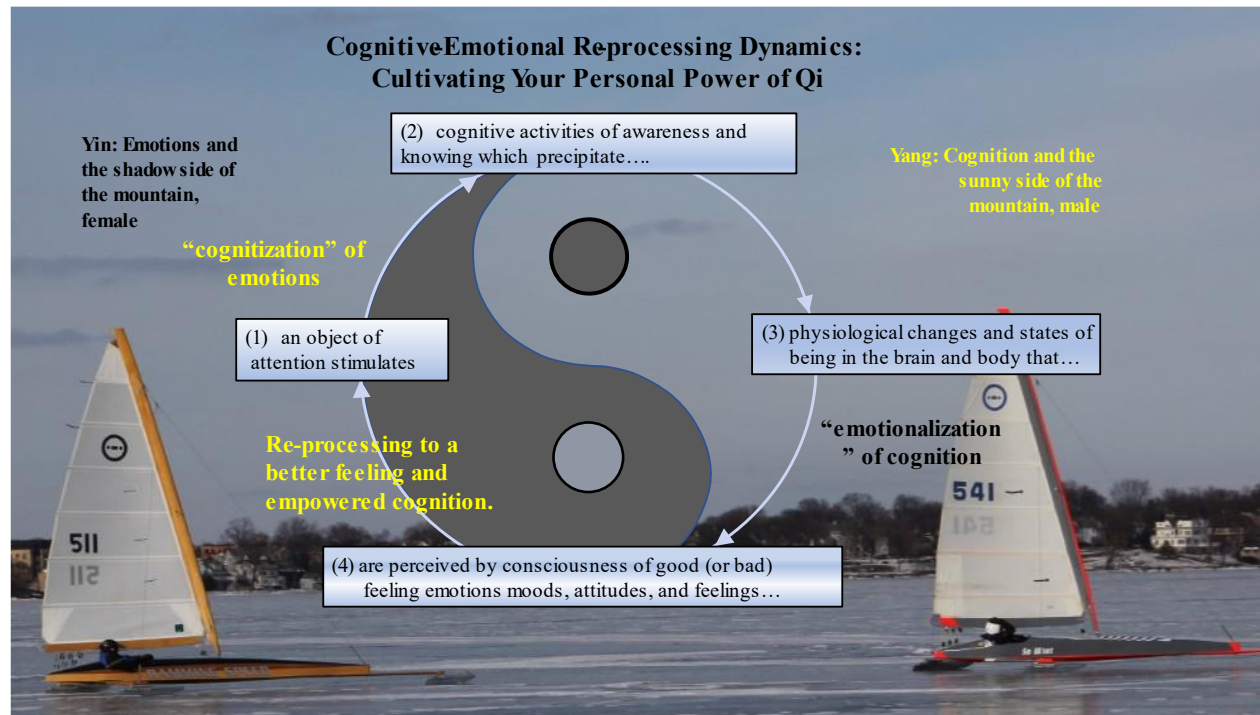
“*Chapter 7, Personal Power of Qi*” is about developing our language and linguistics, in athletics and sports competition and acknowledge the existence of the conscious energy of Qi and the Quantum Universe of the Tao. This is a lecture presentation on how our personal power of Qi and the Quantum Universe of the Tao influence effective and successful decision making and its actualization in sports competition. An athlete may not feel their Qi directly, but the can recognize and acknowledge that surrounding people, places, and events matches their cognitive-emotional state of being.



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.



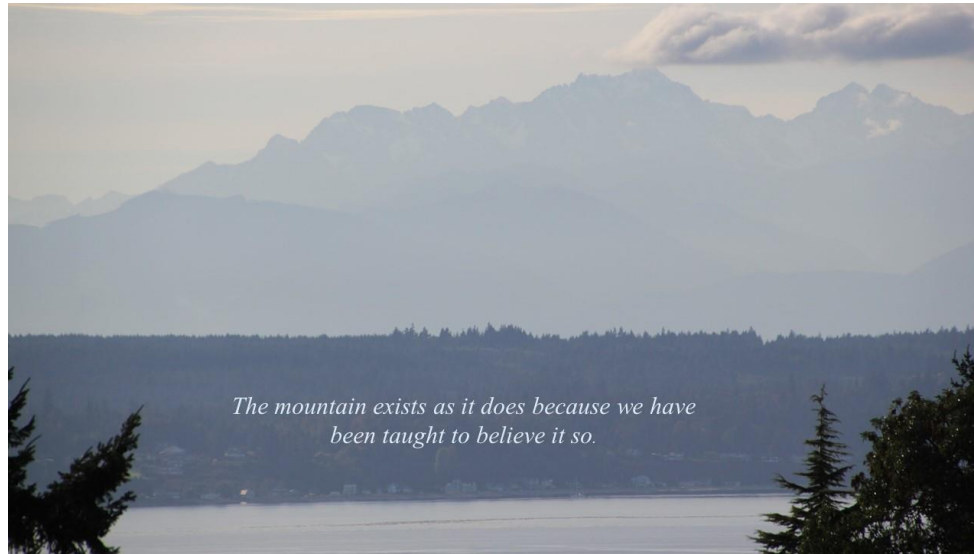
I also want to state that I group emotions, moods, attitudes, and feelings together because they either feel good as an evolved indicator of a healthy biochemical and neurological physiology or feel bad as an evolved indicator of an unhealthy biochemical and neurological physiology.



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.*

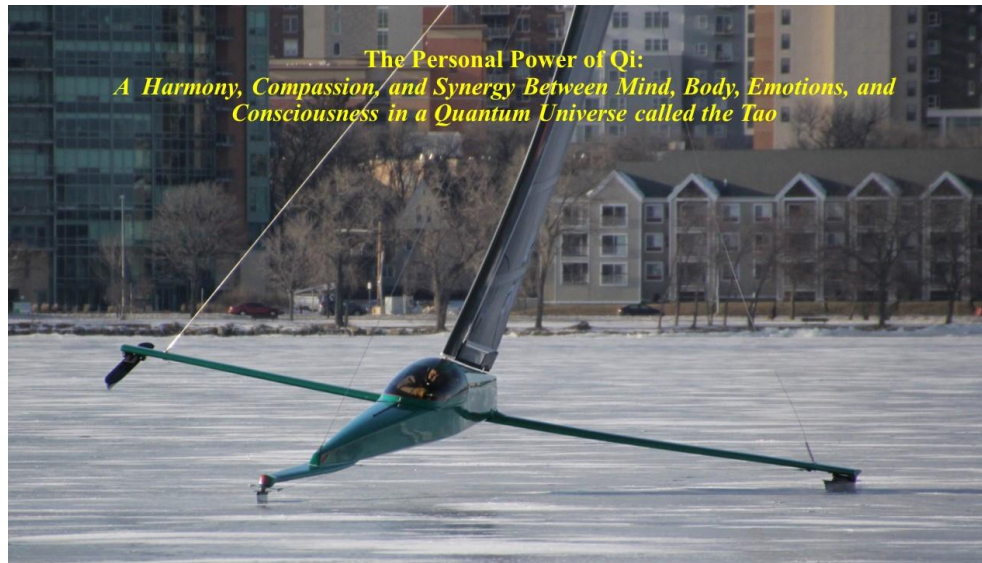
The mountain exists as it does because we have been taught to believe it so.

An athlete or coach can no longer hide behind their childhood teachings and indoctrination from their past language and literary educators. The existing mountain I am referencing is the neurolinguistic programming and belief that what an athlete or coach thinks and feels, does not influence, or has no significance in the rendezvous of the people, places, and event they are experiencing in their lives. It is time to see the existence of another mountain range.

Part I, Chapters one through four, are about a revolution in sports psychology because they demonstrate how an athlete or coach's cognitive-emotional dynamics affects their neurological and biochemical physiology of the brain and body to perform, or not, at a superior, world-class level.

This, Part II, Chapter Seven, is how that same cognitive-emotional dynamics relates to an athlete or coach's personal power of Qi and how its influence through time and space changes one's own experience in the present. Just as heat from one's own body radiates away and can influence a thermal imaging camera, there is a conscious energy called Qi, that radiates through time and space and influences the convergence of people, places, and events in both the past and the future.

Like a tell-tale on a boat or the ripples on the water reflect an invisible wind, an athlete or coach can see the effects of their personal power of Qi through time and space by just looking at the people, places, and events that surround them.

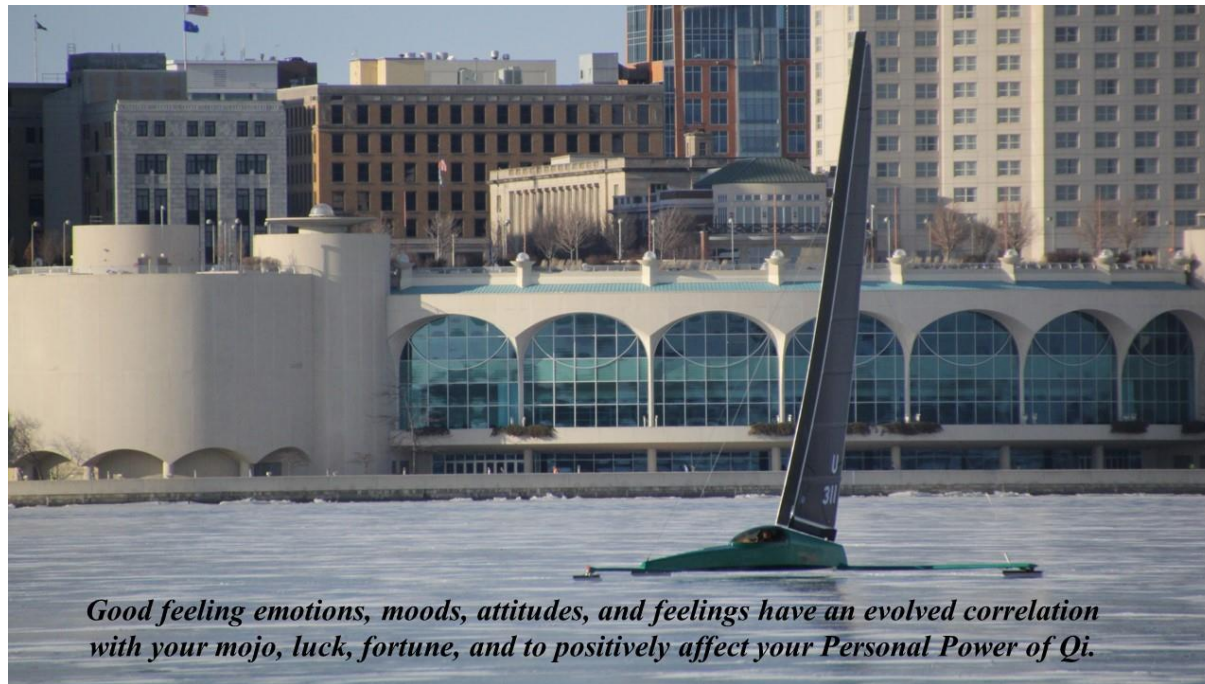


As a young lad on the farm, I climbed to the peak of the old pumphouse roof. The windmill that ran the water pump and its iconic frame were taken down the previous summer. As I was sitting on the crest of the roof, I slipped backwards, slid down and off the roof and landed on my tailbone with a thump. I gave myself a quick check-over and was un-injured. I reached down to push myself up when my hand landed on a vertical, foot long pointed spike that was left from the windmill frame. But for fortune, I was that close to being impaled and probably killed. **What is the Personal Power of Qi?** Think of being lucky or being lucky but with the idea that you are influencing your luck.

Driving in traffic is a perfect example. Do you hit or miss lights? At an intersection, can you readily and easily get through traffic? Getting out of a parking lot, easy or filled with difficulties? Your success or lack of success is dependent on your Personal Power of Qi. Remember, your conscious energy called Qi, reaches out through time and space influencing the past and future to match your cognitive-emotional state of being in the present.

How many buzzer beaters were made in this year's March Madness? Buzzer beaters are shots that are made just before time has run out or the basket would not have count. Some shots are bounced off the backboard, when clearly that was not the intended shot. But that is the whole point of understanding the Personal Power of Qi. A player makes his or her luck. The made shot maybe called "luck," but making your luck is now part of the game.

Another area where Personal Power of Qi is discernable is in golf. Here again, a player should not discount his part in a long, long shot that goes in. Luck is part of the game and its development is part of the psychology of cognitive-emotional re-processing to find a better feeling awareness. Not only do emotionally positive cognitions correlate with a healthy physiology and capacity for successful decision making, but emotionally positive cognitions correlate with a wanted, desired, and intended rendezvous of people, places, and events. Developing your personal power of Qi means creating your own luck and favored fortune.

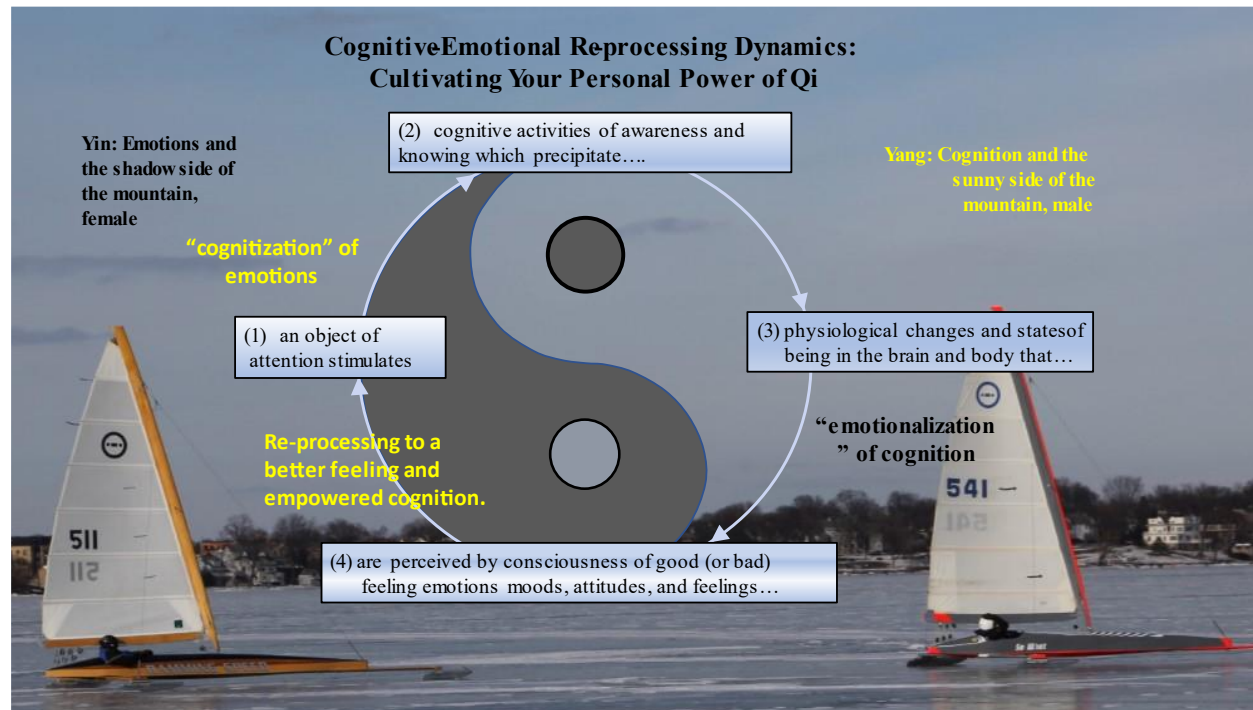


Good feeling emotions, moods, attitudes, and feelings have an evolved correlation with your mojo, luck, fortune, and to positively affect your Personal Power of Qi.

Now the importance of cognitive-emotional re-processing is about how good feeling emotions, moods, attitudes, and feeling cognitions define one's own personal cognitive-emotional field of attraction within the Tao. Think of how the magnetic field around a magnet attracts metal filings. The cognitive-emotional energy field of Qi around an athlete is reaching through time and space and attracting the people, places, and events that correlate with an athletes cognitive-emotional state of being.

Whatever a coach or athlete emotionally feels, that is going to be their experience. Good-feeling emotions, moods, attitudes, and feelings will attract wanted, desired, and intended people, places, and events. Bad-feeling emotions, moods, attitudes, and feelings bring an alignment of possibilities that are not wanted, nor desired, nor intended.

Now until science begins formal studies and research between a person's cognitive-emotional state of being and their experiences, I invite you to be mindful of your own experiences and to draw your own conclusions. There is nothing in the rule book that says an individual may or may not do their own informal research.



Emotions are yin, the feminine, shadow side of the mountain. Cognition is yang, the male, sunny side of the mountain. The yinyang symbol demonstrates the play of shadow and light on the mountain as the sun moves across the sky throughout the day, or in this case the interplay between emotions and cognition.

To review the process starting at (1), an object of attention stimulates (2), cognitive activities of awareness and knowing which precipitate (3), the physiological changes of the brain and body that are (4), perceived as emotions.

An artist, writer, or musician may start at the bottom within their emotional world and then work around clockwise to find their cognitive equivalent in words, thoughts, and images. Or, an actor may cognitively read a script and then find their emotional equivalent.

As an athlete, yinyang represents the continual cognitive-emotional reprocessing dynamics to develop empowered, positive, and good-feeling cognitions that signify health, well-being, and effective and successful decision-making prowess, and their actualization in time and space.



For a while I was living in El Paso, Texas. I went to take a shower and something was off. Something just did not feel right. When I got into the shower, I smelled death. I looked around and wondered, “Why is there this foreboding sense of doom? Is there anything electrical around that I should be aware of?” Then I looked at the window shelf that was about eye level and there I was eyeball to eyeball with a scorpion.



Emotions, attitudes, moods, and feelings are leading indicators of the desirability (or un-desirability) of a coming rendezvous of people, places, and events.

My wife and I were in a regatta and we had a plan to stick with the competition. I had a bad habit of tacking off.... All was well until we got into a heated argument about me not staying with the competition. She was following the boat ahead and I was following the boat behind and thus ensued a heated debate on me not sticking to our plan. During the height of this “discussion” I noticed there was absolutely no wind and we were stuck in a hole. But the “funny” thing was that everybody else had plenty of wind and they were easily going around us on both sides while we were just sitting there.... arguing....

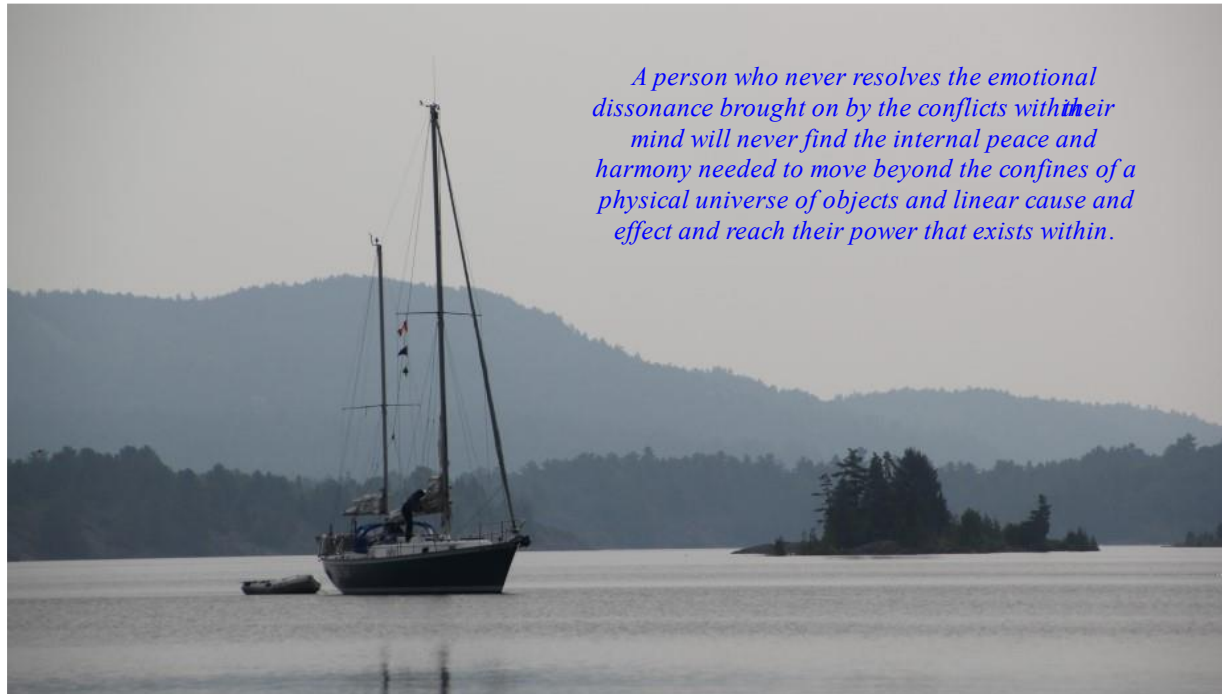


If I am going to climb Mt. Everest, I am going to have a different emotional reaction when I and see a set of scuba tanks rather than a set of oxygen climbing tanks that I want. ***Desire, wanting, and intention creates a point of attraction and potential that affects your past, present, and future.*** Without establishing your intent, desire, or wanting, your emotions have no direction and there is no point of attraction or potential in which people, places, and events can precipitate around. If my intent was to go diving in the Caribbean, my emotional reaction would be the opposite. Establishing your intent is part of the creative process.

Over 60years ago as a very young lad, I freely roamed around our farm. On I bright sunny day, puffy white clouds were stretched and molded by the wind into shapes, designs, and figures. I was lying on a small knoll in the back pasture with a herd of black angus cows. As the clouds swirled by, I started identifying specific shapes and animals. There goes a fish. There is a tree. There is a deer.

As the time passed and I was getting restless, I heard, "What do you want us to make?" I said a "teapot." And the clouds twisted and twirled and there was a teapot. "I called out, "An alligator." Another swirl of clouds stretched and rotated and there was an alligator. Then a dragon. This went on a while longer, but I was getting hungry. I got up headed home without another thought to my new found friends in the sky.

Just this last summer I was on a day excursion to the EAA Air Show in Oshkosh, Wisconsin. It was a clear, sunny, blue-sky day. On our way there, I looked up and there was the most perfect wisp of clouds outlining fins, flukes, and all, the profile of a hump-back whale that any artist would be proud of. I was reminded of days so long ago, when as a kid, how clouds would spin into those marvelous shapes as they danced and twirled across the sky.



A person who never resolves the emotional dissonance brought on by the conflicts within their mind will never find the internal peace and harmony needed to move beyond the confines of a physical universe of objects and linear cause and effect and reach their power that exists within.

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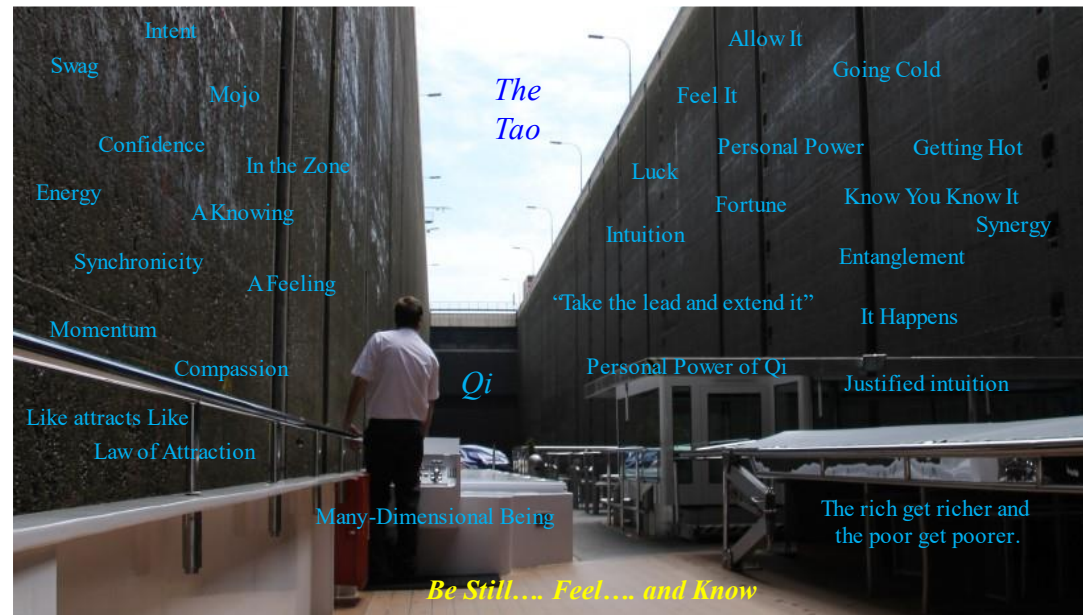
While driving through the Yucatan in Mexico on a caravan tour, we had separated from the others for a two-day excursion of our own and we were to meet back at Veracruz that night to leave together as a group the next morning. I was driving late at night, when a huge thunderstorm came up. This was in 1974 long before the GPS. We were an hour away, and our meeting place was a soccer field, somewhere on the opposite side of Veracruz. Veracruz is a big city, I don't know what the population was then, but today it is over a half a million people... but while driving through the storm, I had my own, internal GPS. I "just knew" where to go. The roads were barely visible with the rain and night... but turn left here, turn right there ... straight... left... straight again and there we were... in the parking lot, the correct parking lot, with the rest of the caravan. A few hours later we took off as a group to finish our tour.



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In 1978 my boss was moving to San Francisco and a co-worker, his wife, and I were driving a U-Haul full of furniture cross country during winter break. I was driving when we hit the Rocky Mountains in a winter snow storm as night fell. I don't remember what pass we were going over; I do remember watching the snow falling like stars from the lights of the van against the black sky above. It was beautiful... Next, I remembered walking out of my roadside hotel room in a foot of snow. I met my co-worker and he exclaimed that he was sure glad I was driving last night. He had no idea how I was able to keep us on the road. I didn't tell him that I had no idea either because I had not a clue of what happened from the time, I started watching the falling snow in the van lights until a moment ago when I walked out of the motel room.



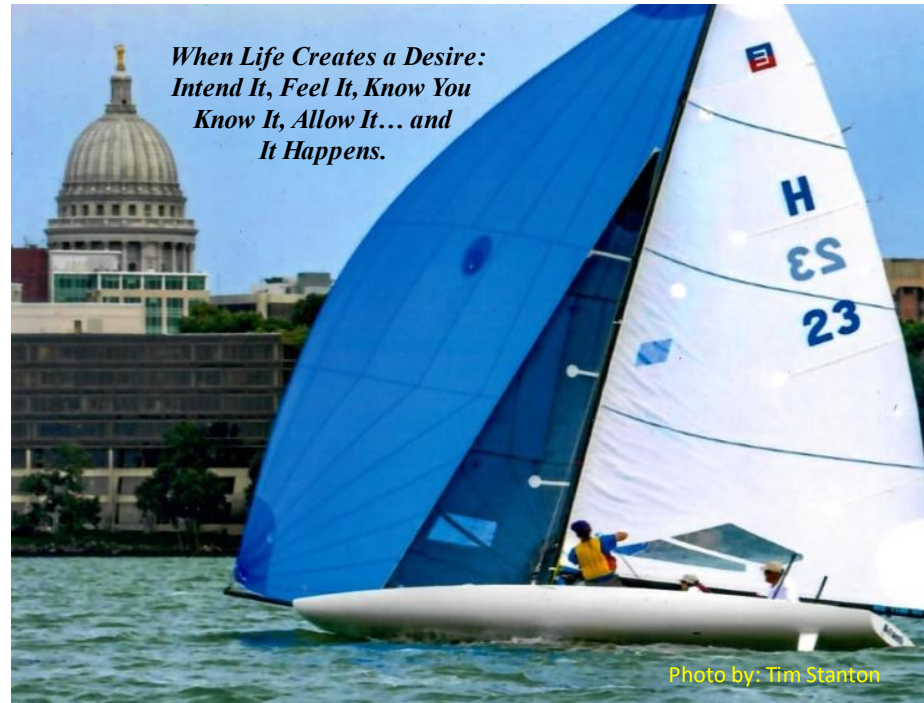
Intent, knowing, momentum, a feeling, luck, intuition, synchronicity, words of the Tao and the conscious power of Qi that move us out of their intangible world and into a consciousness that we can mold and work through our understanding of cognitive-emotional reprocessing dynamics.

To work with the Tao and the conscious power of Qi is to use our evolved cognitive-emotional re-processing dynamics to pivot off dis-empowering, unhealthy emotionally negative cognitions and onto empowering, emotionally positive cognitions that signify health, well-being, and effective and successful decision-making prowess (and their actualization).

I hope you have a better appreciation of “actualization.” In Part I, effective and successful actualization comes from a healthy and capable physiology. In this Part II, actualization comes from establishing an intent. What is it do you want, desire, and intend? Intention establishes a future point of potential, a future vibration that reaches out through the Tao and, like the puffy white clouds I witnessed being whipped and twirled into outlines and shapes, our conscious power of Qi through our cognitive-emotional field molds and shapes the Quantum Universe into the reality we now experience. Intend It. Feel It. Know You Know it. Allow It.... And It Happens.

Hopefully you will start having an intuitive understanding of our language of the Tao, Qi, and our Quantum Reality. ***Be still... Feel... and Know.***

1. Basketball
 1. 41 vs 13 halves
 2. 0pts in 9min
 3. 65% 3pt shooting
 4. Down 23 w/ 13:38
2. Football
 1. prevent defense
3. Hockey
4. Baseball
5. Soccer
 1. 2020 Munich Bayern
6. Wrestling
7. Aerobatic Skiing
 1. 4x4
8. Alpine Ski Racing
 1. 60 in 60
9. Golf
10. Tennis
11. Figure Skating
12. Gymnastics
- Chess, Performing Arts,
Art, Business, Engineering,
and Science



In this year's NIT and NCAA men's and women's basketball tournaments we witnessed a lot hot and cold shooting streaks. In Part I, effective and successful actualization comes from an empowering, feeling good, healthy, and capable physiology. Now I want you to analyze these same outcomes from a conscious and personal power of Qi in a Quantum Universe called the Tao.

Wisconsin scored 41 points in the first half and then only 13 points in the second. The commentators talk about half time adjustments, the mechanics of moving players around and changing a defensive style. What was Wisconsin's Personal Power of Qi and its Team Energy in the 41-point first half versus the 13-point second half. And, Wisconsin went scoreless for the final 9-minutes of the game. What went on in the Wisconsin locker room during the pre-game pep-talk that materialized their empowered, feeling good, cognitive-emotional state of being and what went on in the locker room during half-time that took the team out of their first half's successful and dominating cognitive-emotional state of being? What changed in the players cognitive-emotional field of attraction within the Tao in terms of recognizable cognitions and their associative emotions, moods, attitudes, and feelings that changed their personal power of Qi. What were the players thinking and feeling in the second half that allowed that dismal performance to happen?

What is life but a rendezvous of people, places, and events.

As an athlete, can you identify the difference in the team and players cognitive-emotional state of being and their Personal Power of Qi, between the victor and the loser? Can you tell when a team or player is “feeling it”? ...is “hot”? ...has their juices flowing? In International Soccer, can you feel when a team is building their Personal Power of Qi and the desired, wanted, and intended rendezvous of people, places, and events are all falling into place for a goal to be made. A team and player’s conscious energy of Qi reaches through time and space of the Tao, the source of all things, the soup of all potentialities, and affects the rendezvous of people, places, and events accordingly.

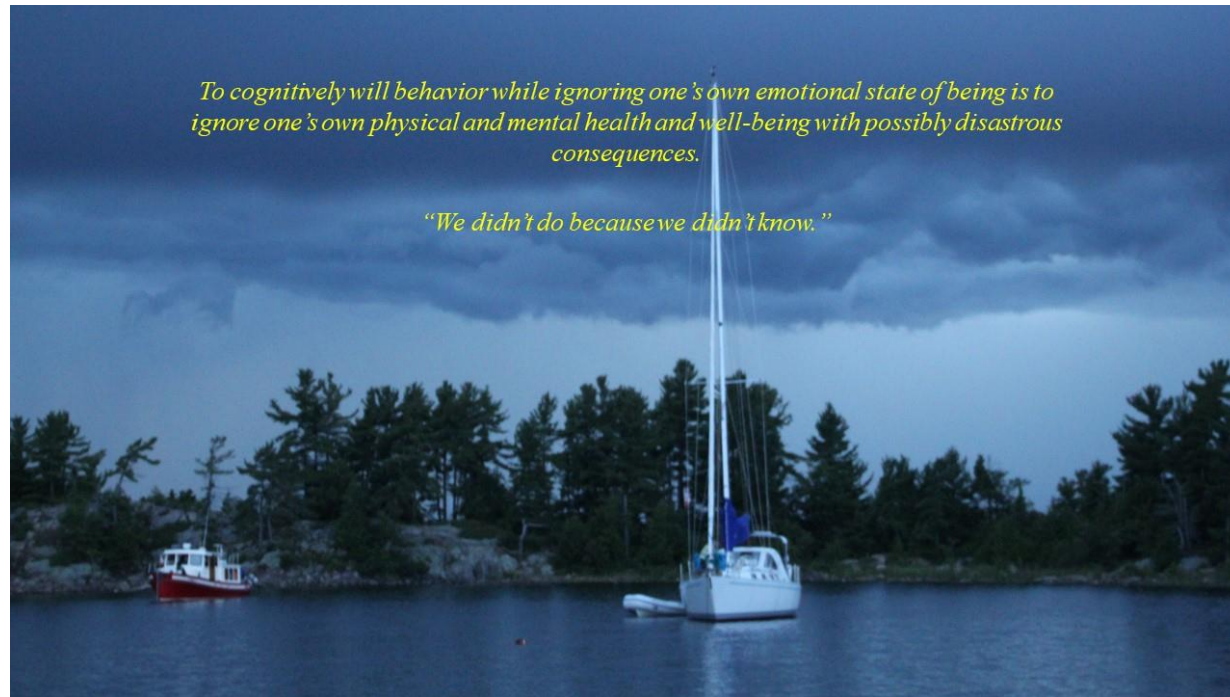
Qi is not some mysterious eastern concept limited to the masters of the east. Qi is known and can be realized through an awareness of one’s own cognitive-emotional state of being.... cognitive-emotional mindfulness. That is, what cognitive thoughts, beliefs, and imaginings are going on within the mind with what associative emotions, moods, attitudes, and feelings? At the top of this cognitive-emotional list are a players and coaches stated desire, wanting, and intent that is to be played out on the field of competition and with what associative emotions, moods, attitudes, and feelings? Are the cognitive-emotional states of being between the players and coaches in synergistic harmony of empowerment and success or a dissonance disharmony of dis-empowerment and failure?



What is life but a rendezvous of people, places, and events.

Remember from Part I, Chapter 01, empowered, good-feeling emotions, moods, attitudes, and feelings have an evolutionary correlation with strength, speed, stamina, agility, reflexes, cunning, and success. And dis-empowering, bad-feeling emotions, moods, attitudes, and feelings have an evolutionary correlation with their negation. Coaches should start looking at their games and players from a cognitive-emotional re-processing perspective and how their players state of being determines the outcome of physical drama being played out on the field of competition. It would behoove them to develop their players skills, tools, and understandings of their all-important cognitive-emotional re-processing dynamics.

What is their players' off-season cognitive-emotional re-processing training? What skills and abilities are they working on to develop their re-processing cognitive-emotional dynamics where the presents, or lack of, good-feeling and empowering emotions, moods, attitudes, and feelings correlate with not only their physical and mental capacity to perform at a championship level but with their Personal Power of Qi in a Quantum Universe called the Tao that molds and shapes a rendezvous of people, places, and events from both the past and future into the now?

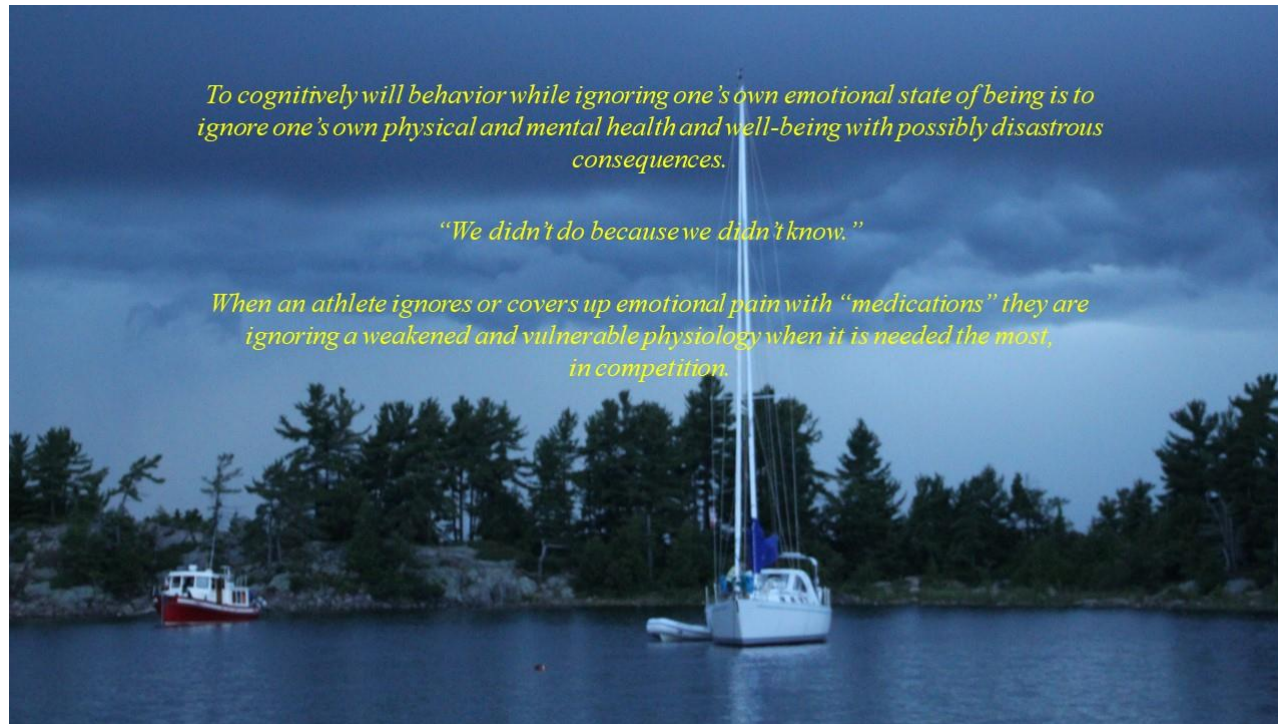


Emotions have meaning. Negative emotions have meaning.

Negative feeling emotions, moods, attitudes, and feelings are a message, like the check engine light on the dashboard of a car. Negative emotions, moods, attitudes, and feelings are telling the athlete that not only is their physical and mental state of being is questionable, but the negative emotional state is telling the athlete that their cognitive-emotional magnetic field within the Tao is attracting a rendezvous of people, places, and events that they ***do not want nor desire***. Remember, health, well-being, and effective and successful decision-making ***and*** their actualization of ***wanted, desired, and intended*** rendezvous of people, places, and events all 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.

Athletes should realize that their cognitive-emotional state of being is as important, as their reflexes and physical conditioning that took years and years of physical training to develop. How many years have been devoted to cognitive-emotional conditioning and 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, feeling good, and empowering cognitive-emotional state of well-being! And if you are leading in the game, unless you keep you're feeling good, empowering, and ruling state of cognitive-emotional being, your success will be short lived.

Now you know.



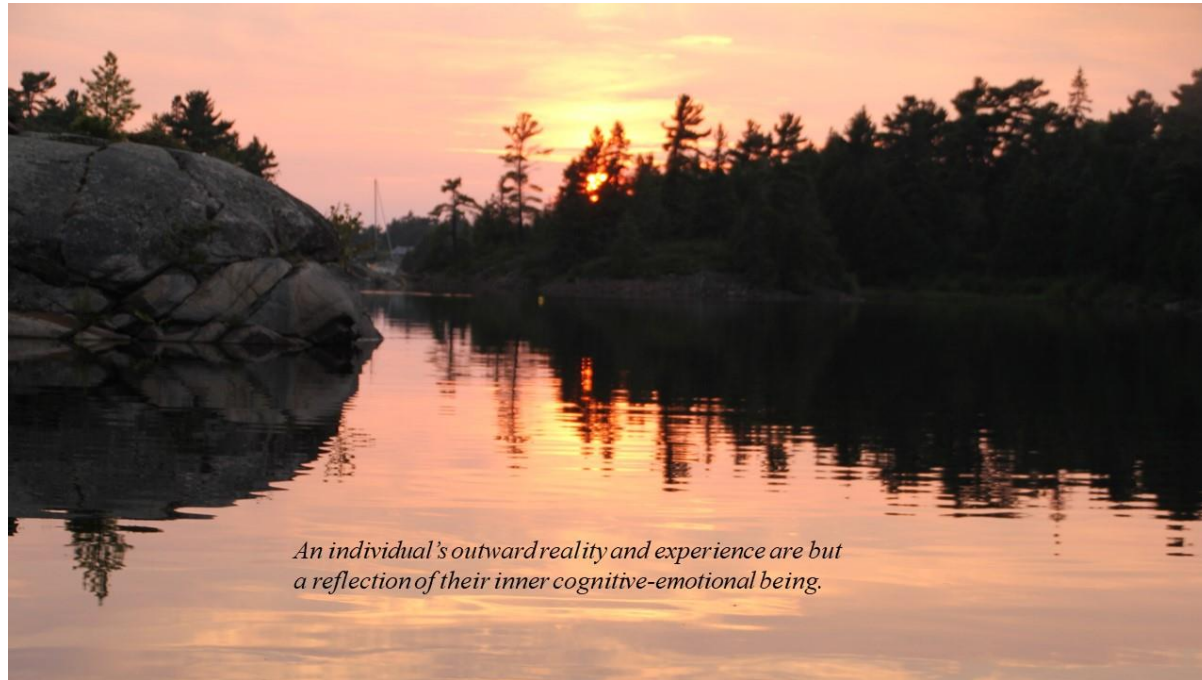
In a competition, when do most debilitating injuries occur? Do you believe they are a random event that you have no control; that they just happen; that injuries are just part of the game?

If you understand what I have been saying you will have realized that when a player is trying to outperform his or her usually self because of a need to overcome what they don't want, that is, a scoring deficit or a skill deficiency against an opposing player, by focusing on that which they don't want, they are setting up **a point of attraction** in the Quantum Universe that furthers and makes even greater the rendezvous of people, places, and events that *they don't want*.



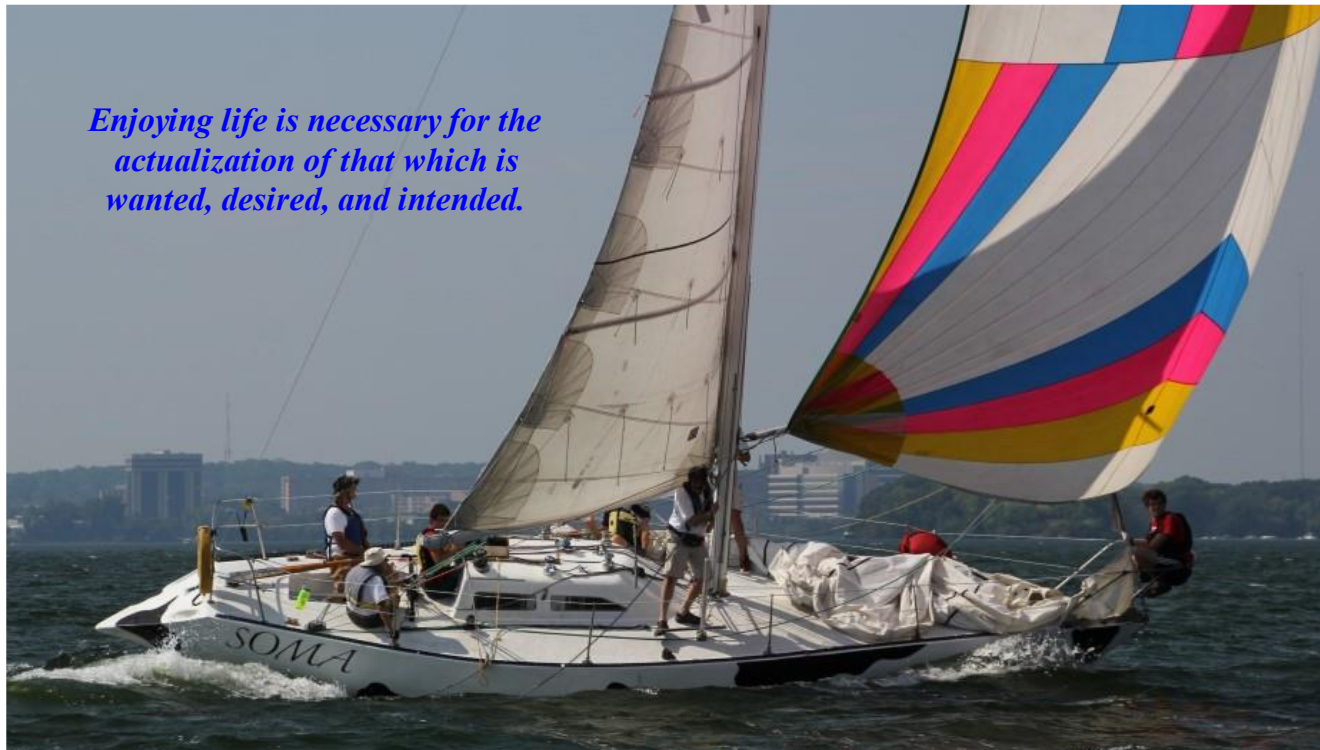
All things being equal, the team who builds and maintains their own cognitive-emotional knowing and good feeling of well-being and success will win because they are allowing the events, conditions, and circumstances of their intent.

All things being equal, the athlete who builds and maintains their own cognitive-emotional knowing and good feeling of well-being and success will win because they are allowing the events, conditions, and circumstances of their intent.



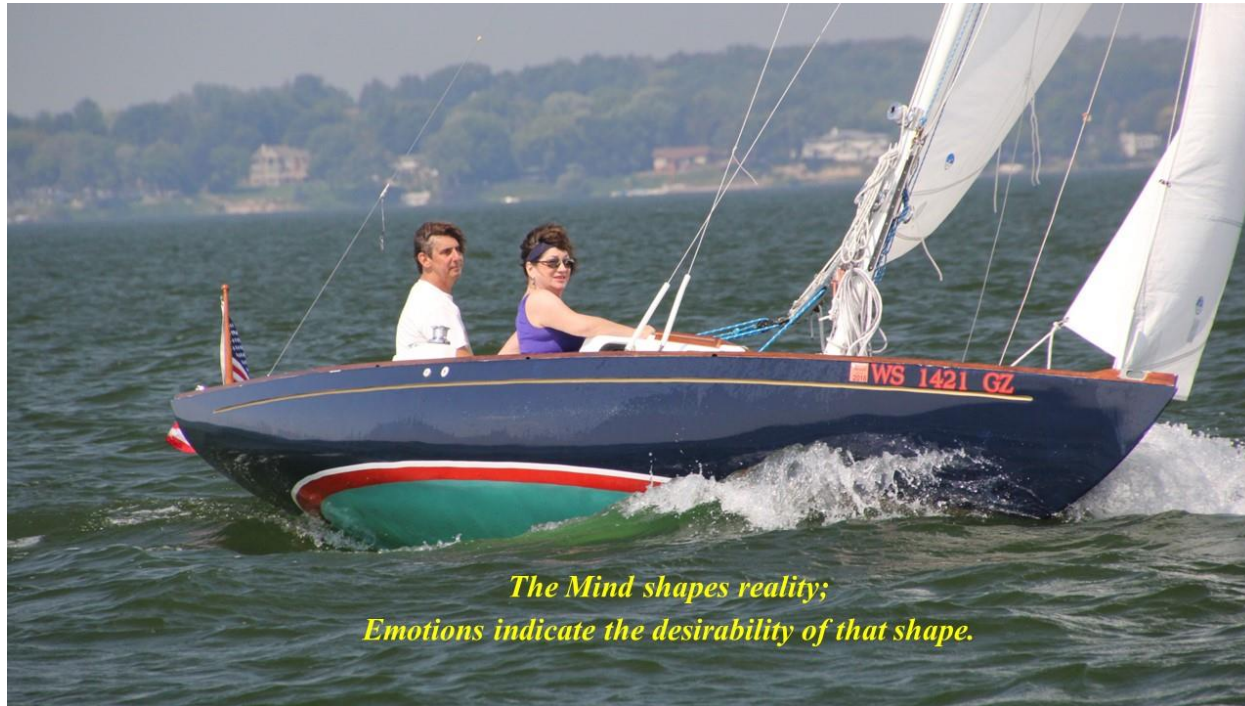
An individual's outward reality and experience are but a reflection of their inner cognitive-emotional being.

My wife and I were having a fun sail across Lake Mendota and the water was mirror flat signaling that there was no wind, Zero. But we had the chute up and were moving along so I figured the wind was above the water. We were still away from Burrow's Park where we keep our boat, but we took down the chute to make docking easy. And guess what.... There was no wind. Nada. Zilch... Luckily, we had paddles aboard but, "What was that about?" Sometimes you just must leave your 3D world of logic and cause and effect behind and enjoy the ride...



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.

[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.
