

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.

“Chpt08 All Life is Qigong: The Cultivation of Energy” (rev2023-05-14b)

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 8, All Life is Qigong, The Cultivation of Energy” is about developing an athlete’s and coach’s language, linguistics, and recognition of their conscious energy called Qi and the Quantum Universe of the Tao. This is a lecture presentation on how all our life experiences are a cultivation of Qi. Qi and the Quantum Universe influence effective and successful decision making and its actualization in sports competition. An athlete or coach makes many critical and decisive decisions through-out every competition, but how these decisions are actuated in the heat of competition, that is, how the actual events of the competition unfold on the field of play are dependent on one’s own, and team’s personal power of Qi.

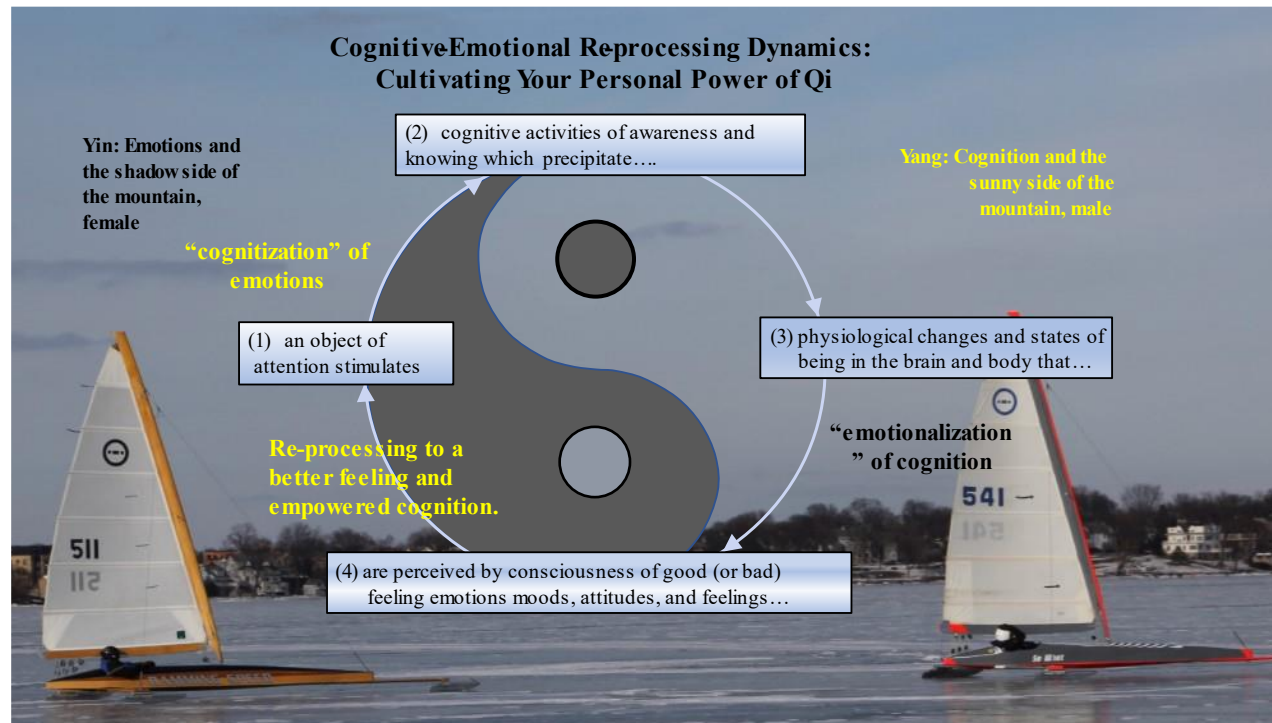
“Cognition” is the processes of awareness and knowing, such as perceiving, conceiving, remembering, reasoning, judging, imagining, and problem-solving where understanding and comprehension (of thoughts, ideas, and beliefs) can project future consequences and events.



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.



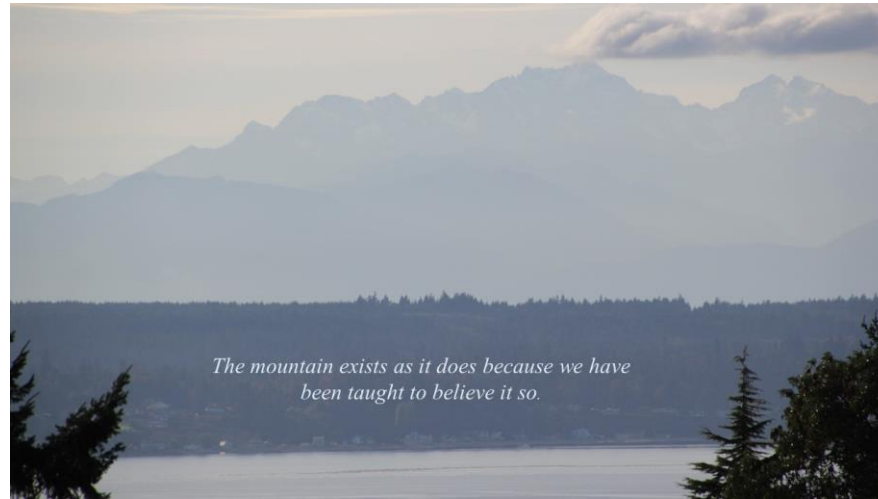
I also want to state that I group emotions, moods, attitudes, and feelings together because they either feel good as an evolved indicator of a healthy biochemical and neurological physiology or feel bad as an evolved indicator of an unhealthy biochemical and neurological physiology.



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?

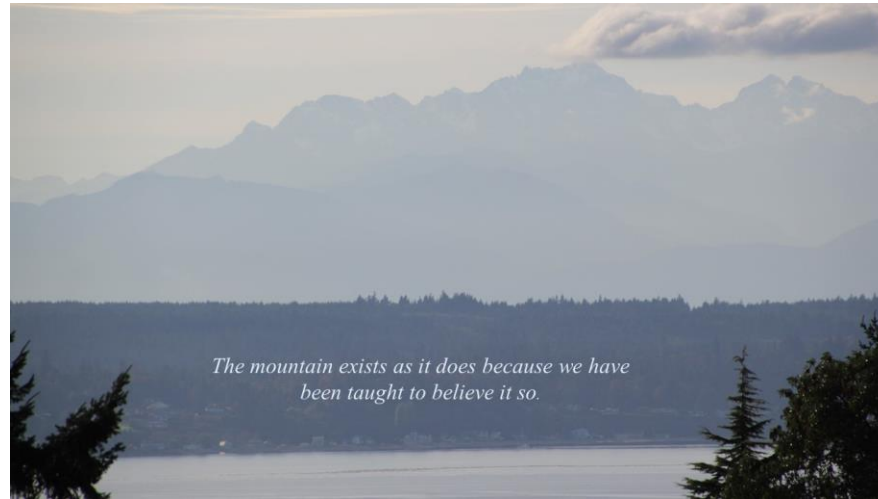


The mountain exists as it does because we have been taught to believe it so.

Every athlete is told that to succeed, they must work hard... they must put in hours and hours of practice. “No pain, no gain.” “To succeed, you must bleed.” “Chop wood, carry water.” The problem is, just putting in hours in the gym, hours in the weight room, hours on the practice field does not equate with success. Yes, there are those who succeed, and they have put in the hours, but what of those who also put in the hours and do not succeed? And, if success means an Olympic Gold Medal or World Championship, then there can be only one person that succeeds. And that success comes from physical work, yes. But hundreds of athletes in the same class, have done as much or even more work. The difference that makes a difference is their state of cognitive-emotional being.

Coaches everywhere, must start looking at their players and themselves from a cognitive-emotional state of being. Chapters one through four explained how a good-feeling cognitive-emotional state of being has an evolved correlation with an athlete’s strength, speed, stamina, agility, reflexes, cunning, and success and the actualization of a superior, world-class performance. And how bad-feeling emotions, moods, attitudes, and feelings correlate with their negation. This is the reality of our three dimensional, physical, and material world view.

[continued, same slide]



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

These last chapters, five through eight, have explained how a good-feeling cognitive-emotional state of being correlates with an athlete and coach's successful personal power of Qi in a Quantum Universe called the Tao. The conscious energy of Qi, reaches through time and space, the past and the future and molds and shapes the amorphous, quantum soup of potentialities to match an athlete and coach's cognitive-emotional state of being in the present. On the field of competition, who, which team, which player, which coach... is manifesting their desire, wanting, and intent?

The question, the new mountain, is, "who, which team, which athlete, which coach, has trained and put in the hours of practice to understand and realize the significance of their negative, bad-feeling, cognitive-emotional state of Qi, and then who has the capacity to re-process, re-structure, and re-develop this negative, bad-feeling, cognitive-emotional reality into another, positive, good-feeling, cognitive-emotional state of being that radiates another reality of success. The hours of practice that must be accounted for are 1) those put in to develop an athlete and coach's skills, abilities, and understandings to define and state their desire, wanting, and intent as well as 2) the hours put in to develop their skills, abilities, and understandings to match that intent with positive, good-feeling cognitive activities.



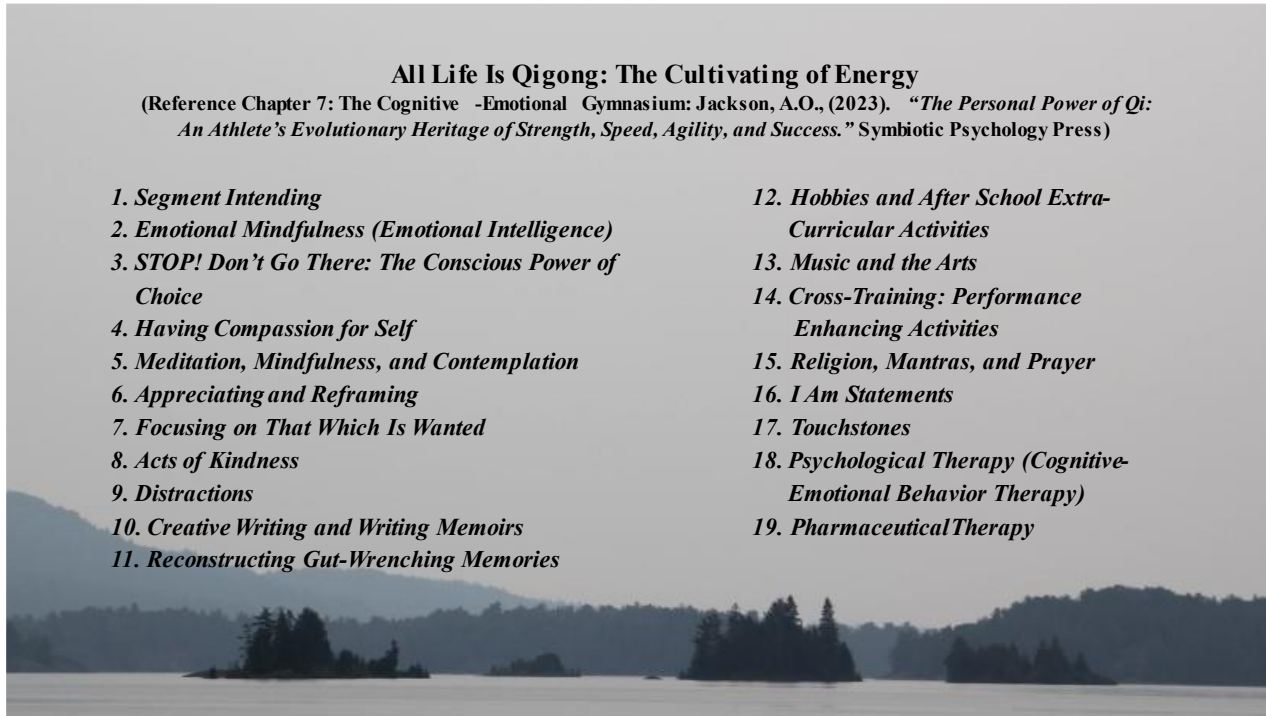
Success or failure in competition, or in life itself, is a cognitive-emotional state first determined within the battlefield of the mind.

The people who continuously find success have an innate or intuitive understanding of their Personal Power of Qi, their cognitive-emotional field in the Tao, and its point of attraction. This presentation is to show that the skills, tools, and understandings for success are not a mystery and can be understood, taught, and learned.

All Life Is Qigong: The Cultivating of Energy

(Reference Chapter 7: The Cognitive -Emotional Gymnasium: Jackson, A.O., (2023). “*The Personal Power of Qi: An Athlete’s Evolutionary Heritage of Strength, Speed, Agility, and Success.*” Symbiotic Psychology Press)

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|---|---|
| 1. <i>Segment Intending</i> | 12. <i>Hobbies and After School Extra-Curricular Activities</i> |
| 2. <i>Emotional Mindfulness (Emotional Intelligence)</i> | 13. <i>Music and the Arts</i> |
| 3. <i>STOP! Don’t Go There: The Conscious Power of Choice</i> | 14. <i>Cross-Training: Performance Enhancing Activities</i> |
| 4. <i>Having Compassion for Self</i> | 15. <i>Religion, Mantras, and Prayer</i> |
| 5. <i>Meditation, Mindfulness, and Contemplation</i> | 16. <i>I Am Statements</i> |
| 6. <i>Appreciating and Reframing</i> | 17. <i>Touchstones</i> |
| 7. <i>Focusing on That Which Is Wanted</i> | 18. <i>Psychological Therapy (Cognitive-Emotional Behavior Therapy)</i> |
| 8. <i>Acts of Kindness</i> | 19. <i>Pharmaceutical Therapy</i> |
| 9. <i>Distractions</i> | |
| 10. <i>Creative Writing and Writing Memoirs</i> | |
| 11. <i>Reconstructing Gut-Wrenching Memories</i> | |

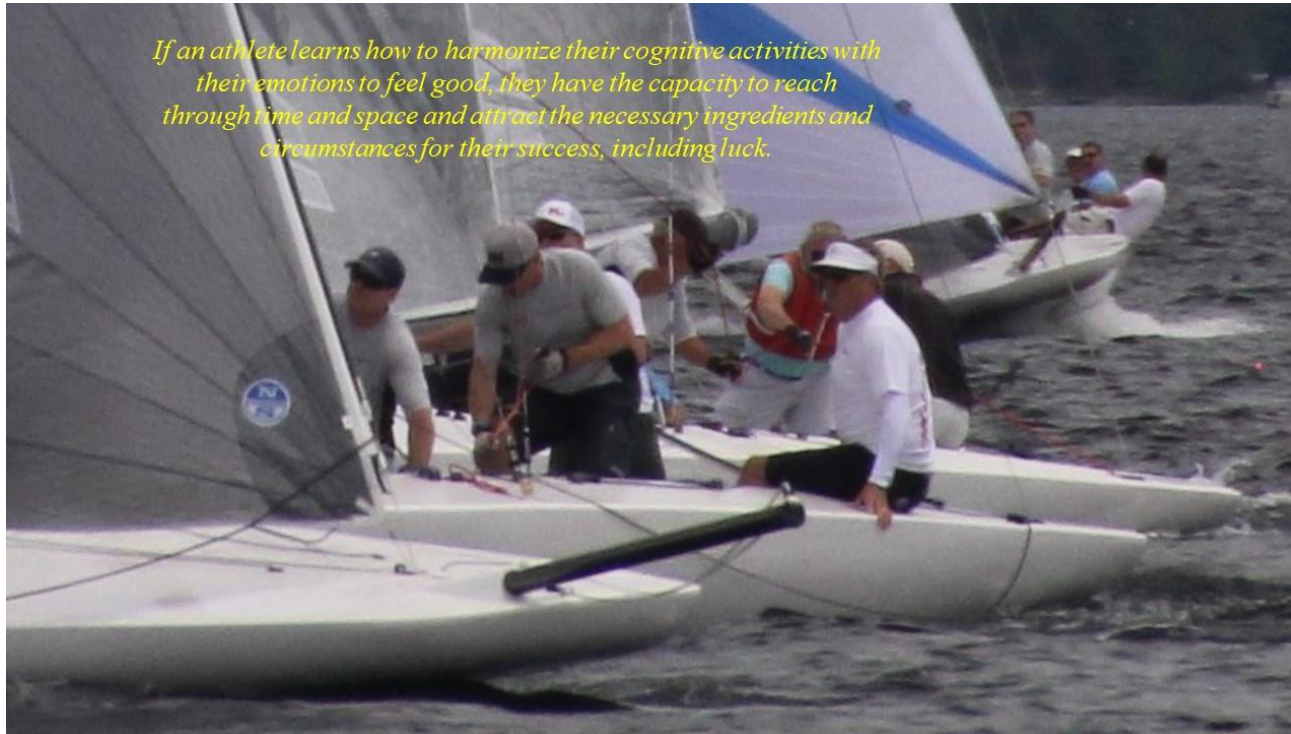


How many years and 100’s of hours has an athlete spent developing their physical skills and cognitive knowledge in their sport and then how many hours have they spent developing their good feeling emotions, moods, attitudes, and feelings that signify health, well-being, and their decision-making prowess and capacity to actualize their Personal Power of Qi?

All life is Qigong, the cultivation of energy.

I have spoken of a cognitive world, a world of objects and linear cause and effect. I talked of emotions and their correlation to an athlete’s physiology. I demonstrated a symbiotic psychology of cognitive-emotional re-processing for health, well-being, and effective and successful decision-making. I now want you to see the world in terms of energy, Qi, and how molding a desire and wanting into a good feeling intention sets up a Point of Attraction in a Quantum Universe that orchestrates the rendezvous of people, places, and events that is wanted, desired, and intended.

Every one of us has an awareness, of maybe not the specifics, but of the general working of the Tao through their emotional awareness and emotions correlation to cognitive activities of the mind. All the exercises presented here in this “Cognitive-Emotional Gymnasium” of Chapter 7 are methods for quieting one’s focus and fixation within negative feeling cognitive-emotional activities and allowing less negative or even positive feeling cognitive-emotional activities to emerge into conscious awareness.



If an athlete learns how to harmonize their cognitive activities with their emotions to feel good, they have the capacity to reach through time and space and attract the necessary ingredients and circumstances for their success, including luck.

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One's past and future will change to match their cognitive-emotional state of being as it exists in each present moment.



A master or champion must perfect the physical movement, motion, and action within their sport along with the good feeling emotions, moods, attitudes, and feelings within that perfect movement, motion, and action.

A master or champion must perfect the physical movement, motion, and action within their sport along with the good feeling emotions, moods, attitudes, and feelings within that perfect movement, motion, and action.

Mikaela Shiffrin is one of the greatest athletes of all time. She is a World Cup Alpine Ski Racer. She has won more races than any other person, male or female. And what is most remarkable is that she has done it without a major injury. If you watch her interviews, she is constantly mentioning, “*The Feeling*.” She talks about getting “the feeling” of the race. Whether it’s the down-hill, super-G, giant slalom, or slalom, where each require a different application of highly technical skills, reflexes, strength and power and split-second timing, all of that boils down to attaining and maintaining a feeling in the moment.

The slalom race runs about 60 gates in 60 seconds. Each gate has an entrance, rounding, and exit. Each of those moments of time requires a 5-step process of 1) think it, 2) feel it, 3) know-you-know it, 4) allow it and 5) it will happen. All those steps for all those gates can be summarized with a feeling.

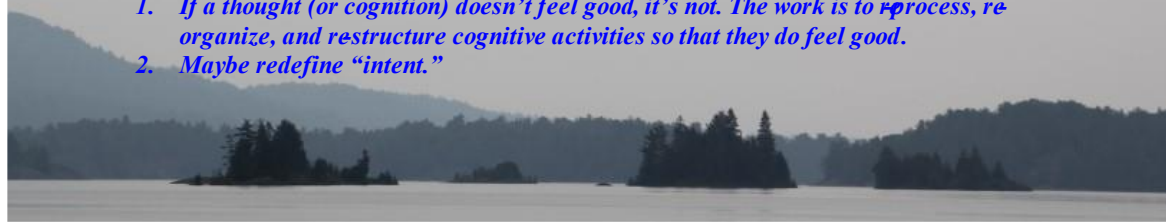
That is your work, to develop the cognitive-emotional good feeling of successful actualization within our Quantum World called the Tao.



World-class soccer provides a team approach to how *a team's collective conscious energy of Qi, reaches through time and space, the past and the future and molds and shapes the amorphous, quantum soup of potentialities of the Tao to match an athlete and coach's cognitive-emotional state of being in the present.* On the field of competition, who, which team, which player, which coach... is manifesting their desire, wanting, and intent? Which team and coach has developed their power of Qi? Which team has defined their intent and matched that intent with positive, good-feeling cognitive activities? Which players just happen to be in the right place, at the right time, to create and finish the perfect goal?

What Is “The Work”?

1. To develop the CognitiveEmotional Field around a point of attraction called intent. (define wanting, desire, and intention; similar to a magnet and its magnetic field)
 1. To win?
 2. To successfully utilize the tools of winning?
 3. What is “workable” to you?
2. To find and magnify better feeling cognitions that allows “intent” to work
 1. Better feeling thought, imagining, perception, rationale, or logic
 2. 17-Second CognitiveEmotional Re-Processing Challenge
 1. A boat cuts me off at a mark rounding... a better feeling thought is... ?
 2. The spinnaker douse ends up in the lake (going shrimping)...a better feeling thought is... ?
 3. Challenges in your sport... basketball, golf, football, soccer, tennis, skiing...
3. Continual cognitiveemotional reprocessing
 1. *If a thought (or cognition) doesn't feel good, it's not. The work is to re-process, re-organize, and restructure cognitive activities so that they do feel good.*
 2. *Maybe redefine “intent.”*



The work is to find and maintain a good “feeling” of success before, during, and after a competition. The cognitive-emotional field of desire and wanting around a point of attraction is called intent. Think of yourself as a magnet, with its magnetic field flowing throughout the Quantum Universe, or the Dao, the source of all things, attracting the ingredients expressed by your cognitive-emotional state of wanting, desire, and intent.

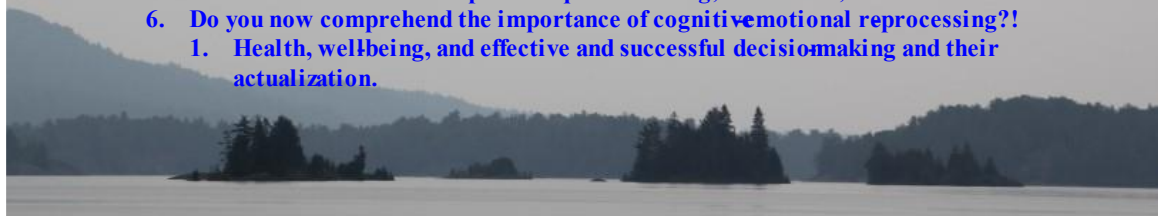
We all want to win and stating that as your intent may or may not be workable. Can you maintain a positive and healthy, feeling good cognitive-emotional point of attraction that allows the necessary ingredients of “winning” to flow into your life? Others may want a more workable statement of intent like “to successfully utilize the tools of winning.”

However your declaration of intent is stated, your work now is to find and magnify better feeling cognitions, that is, better feeling thoughts, imaginings, perceptions, rationale, or logic. Your number one competition is yourself, your own thoughts, ideas, logic, and other cognitive activities. Life and competition bring up cognitive-emotional re-processing challenges: a boat cuts me off at a mark rounding, the spinnaker douse ends up in the lake, I am on the wrong side of a wind shift, and on, and on. Rather than extending and continuing the problem, the challenge now is to find a better feeling thought. The rationale and ideology for this was covered in Part I, Chapters 1-4.

Every sport, and life itself, presents situations and circumstances that are both wanted and desired or not wanted nor desired. If a thought (or cognition) does not feel good, it's not. The work is to re-process, re-organize, and re-structure cognitive activities so that they do feel good. Part of this re-processing may be to re-define your intentions into a workable structure where positive, good-feeling emotions, moods, attitudes, and feelings that signify health, well-being, and success are attainable.

The Process of Effective and Successful Actualization in Competition

1. Think It:
 1. Cognitively define what you are trying to do
 1. Intent (what do you intend to accomplish)
 2. Mechanics (how and what are the relevant factors)
2. Feel it:
 1. emotionally feel your successful outcome
3. Know You Know It:
 1. Know-You-Know... the successful outcome
 2. Benchmark this cognitiveemotional state of being to other successes
4. Allow It: release yourself to the shot from a silent place of confident knowing
 1. Some sports like golf may allow for a visual rehearsal with feeling
 2. Let the “shot” happen
5. And “It” will happen
 1. Allow from the silent place of quiet knowing, confidence, and assurance of success
6. Do you now comprehend the importance of cognitiveemotional reprocessing?!
 1. Health, wellbeing, and effective and successful decisionmaking and their actualization.



What is the process of effective and successful actualization in the Quantum Universe of the Tao using your personal power of Qi?

First “Think It.” That is define what you are trying to do. What is your intent? In skiing, what is your intent at the entrance, rounding, and exist of each gate? In sailing, what is your intent when you douse the chute, or in golf, when you want to have the ball hit the green so many feet below the pin. Your intent may be working with one segment of time, like a shot to the 17th green, or, as in alpine ski racing, an accumulation of multiple time segments. In a slalom course, there may be 60 gates each with its own set of intentions for the entrance, rounding, and exit.

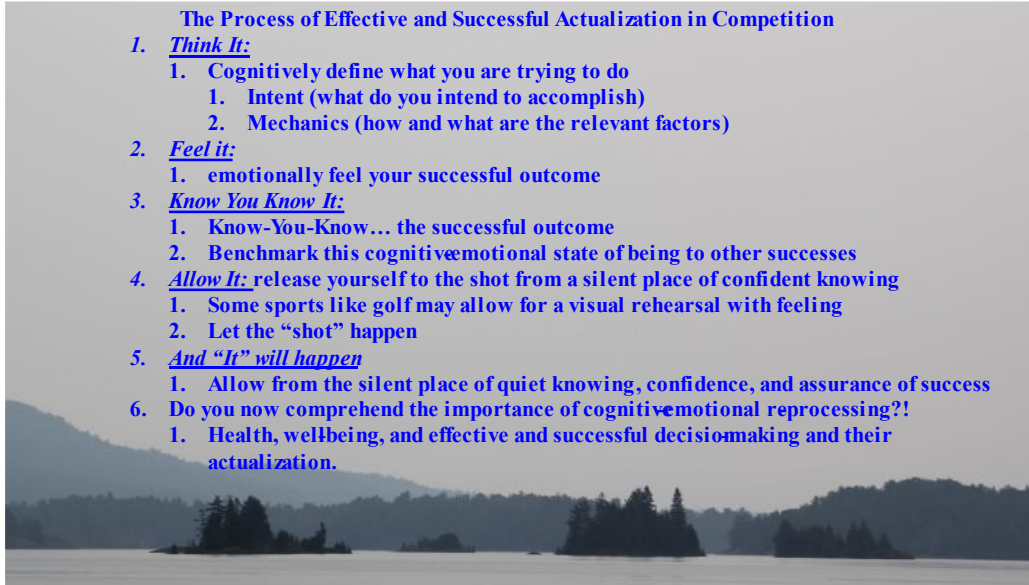
Hopefully practice has made an athlete proficient in the mechanics of their sport. But I question if the mechanics have become just a reflex lacking intent. It is important that a basketball player have a moment, no matter how instantaneous, to establish their intent when taking a shot or passing the ball to a team mate. Each sport has its own segments of time where an athlete’s intent must be clear, precise, and well-thought out. Some segments of time require a time-out within the competition to clarify the importance this moment’s intention and to re-establish the players and team’s empowered cognitive-emotional state of being.

Number two “feel It.” The work is to find the emotional good feelings of your intentions. There may be a multitude of mechanical process involved in a single intention, but they all can be summarized with one feeling. Again, alpine ski racing is an accumulation of intentions, but all of these can by distilled into good or bad feeling emotions, moods, attitudes, and feelings. And remember good feelings cognitions correlate with empowerment, and bad feeling cognitions correlate with disempowerment.

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 1. Health, wellbeing, and effective and successful decision-making and their actualization.



Number three “Know You Know It.” This is a cognitive-emotional state of being combining “think it” and “feel it” that best translates into “I know I know It.” In alpine skiing, for example, at each gate, and for the race as a whole, there must be a silent cognitive-emotional assuredness and confidence of success, a silent cognitive-emotional awareness that “I know, I know” it will work, I will find success, that I know the correct procedure, path, or maneuver. When archery is first taught in Japan, the target is very close so that the student’s focus is on their cognitive-emotional, knowing-feeling, and flow of their movement in time and space rather than on the outcome of their movement.

Number four “Allow It:” A basketball player allows the shot to happen from an empowered good feeling place. An Alpine skier release themselves to the “race” from an empowered good feeling place. A gymnast or acrobatic skier allows their routine to flow out of them from a silent, good feeling place of confident knowing. Some sports, like golf, allow more time for a pre-shot rehearsal to feel and allow the natural, automatic, and fluid “shot” to happen. But in other sports, these preparation activities, must become their own, feels good, reflexive act at the heat of the moment.

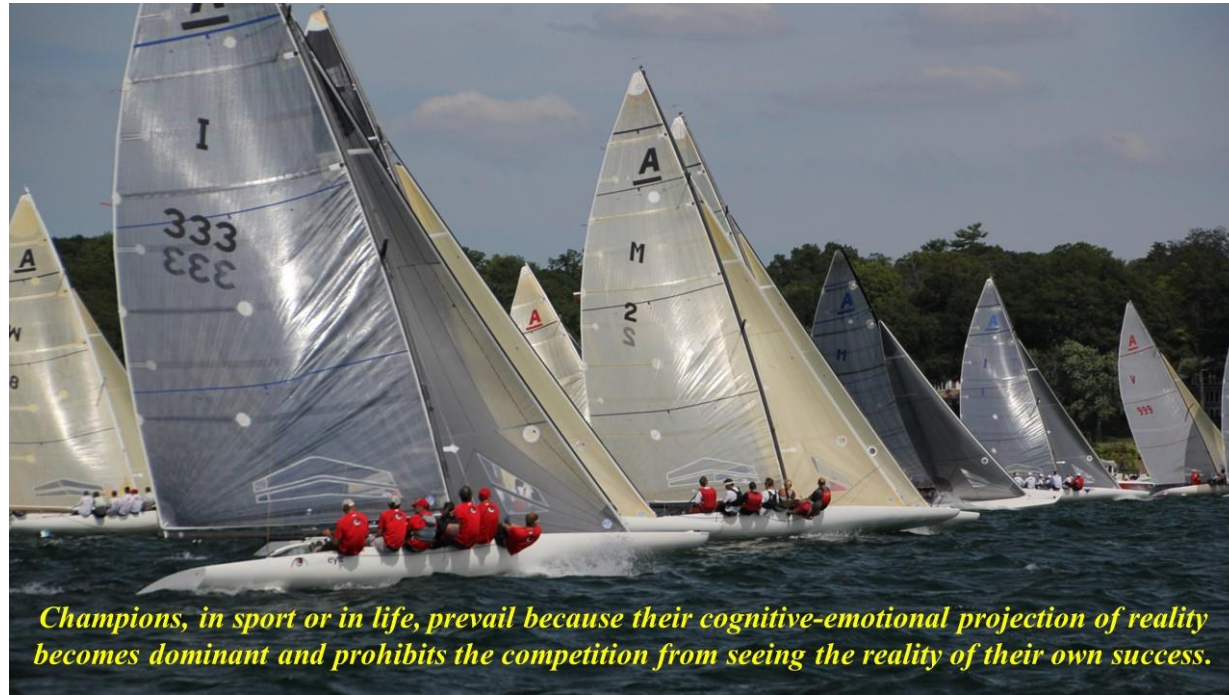
And “It” will happen: Again, using alpine skiing, let each gate rounding and the race “happen from the silent place of quiet knowing, confidence, and assurance of success.” Think of the cognitive-emotional state of being that must exist in acrobatic skiing, either on skis or a snowboard, to launch yourself 20, 30, even 50ft into the air to twist, twirl and spin multiple different ways and then land on your feet. Those kids put basketball players on the free-throw line to shame. Their routine can never become a habit. Shooting baskets cannot become a habit. The habit is following through the 5-Step Actualization Process at reflexive speeds.

Do you now comprehend the importance of Part I: Cognitive-Emotional Re-Processing Dynamics Understanding and Utilizing Cognitive-Emotional Awareness and Being for Health, Well-Being, and Effective Decision-Making Prowess (and Their Actualization)?



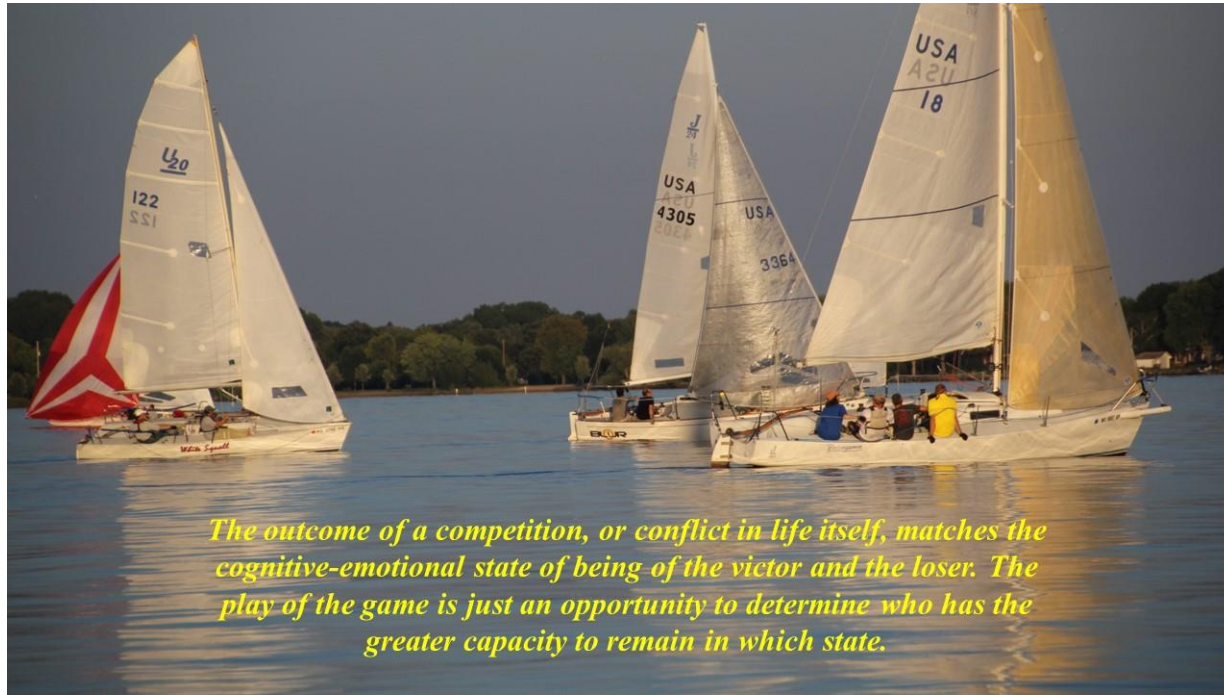
*There is a reason to learn the multitude of tactics and maneuvers
in the playbooks of success... to justify your intuition.*

There is a reason to learn the multitude of tactics and maneuvers in the playbooks of success... to justify your intuition.



Champions, in sport or in life, prevail because their cognitive-emotional projection of reality becomes dominant and prohibits the competition from seeing the reality of their own success.

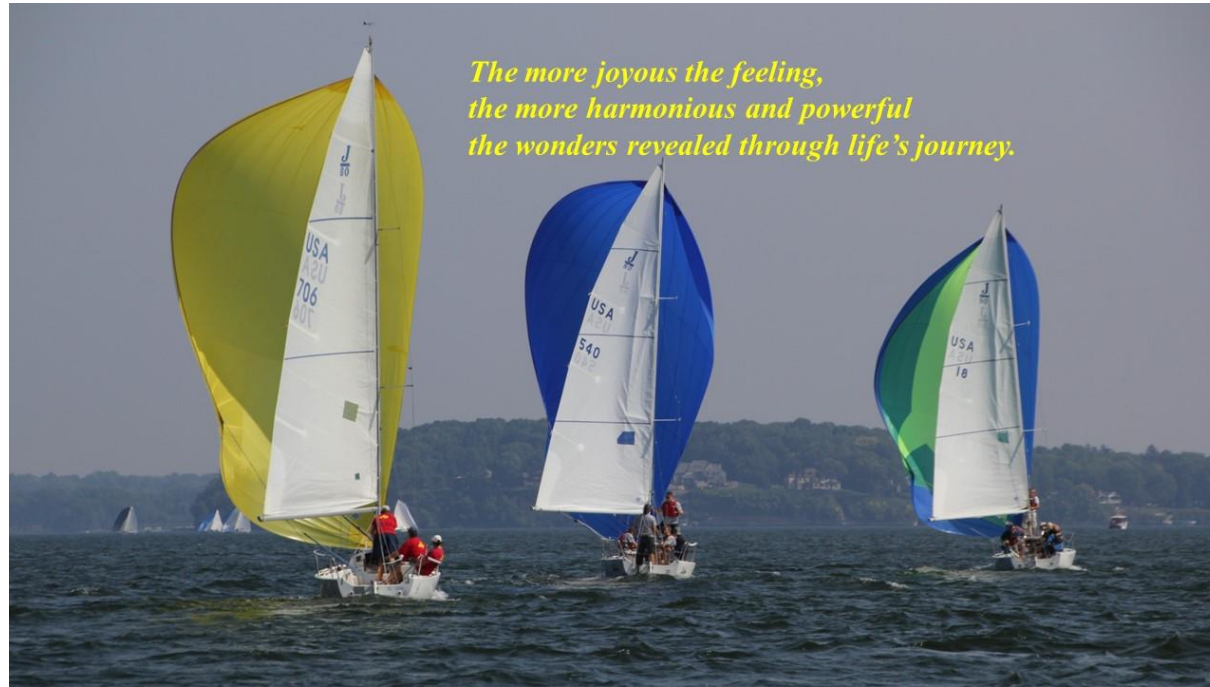
The cognitive-emotional field around each individual is magnified by a team harmony and synergy and it is the team that creates the greatest and most dominate cognitive-emotional field of success that brings together and rendezvous with the circumstances of success.



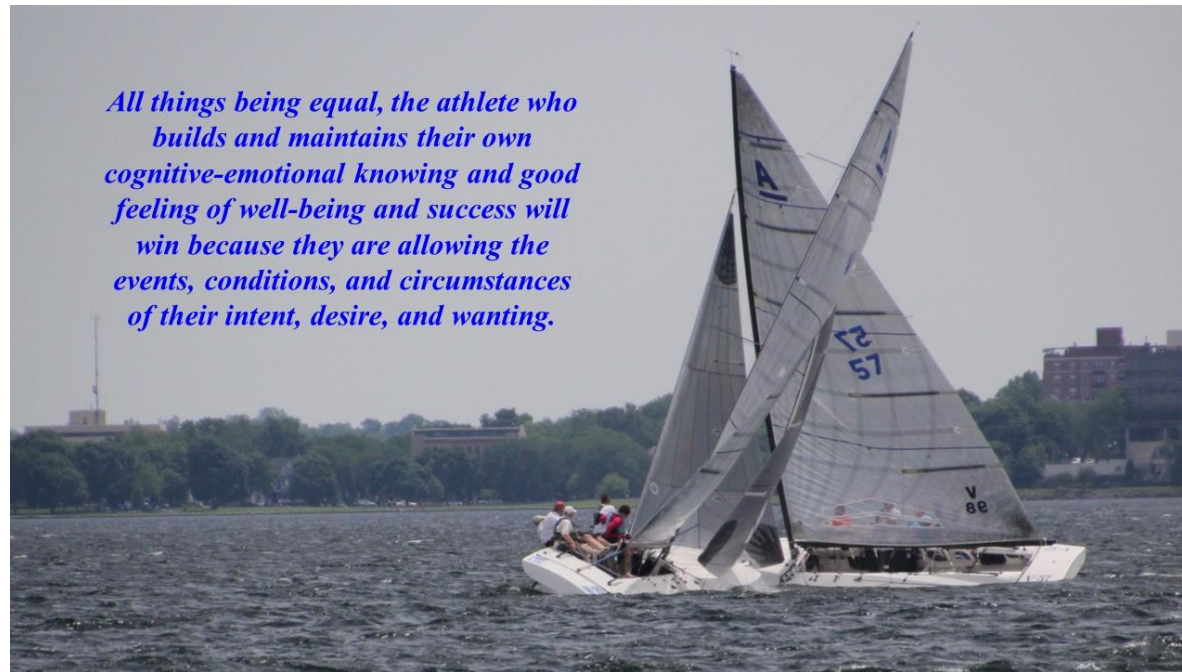
The outcome of a competition, or conflict in life itself, matches the cognitive-emotional state of being of the victor and the loser. The play of the game is just an opportunity to determine who has the greater capacity to remain in which state.



The question is no longer about how to play the cards that are dealt, but what cards does an individual want to be dealt to play with?

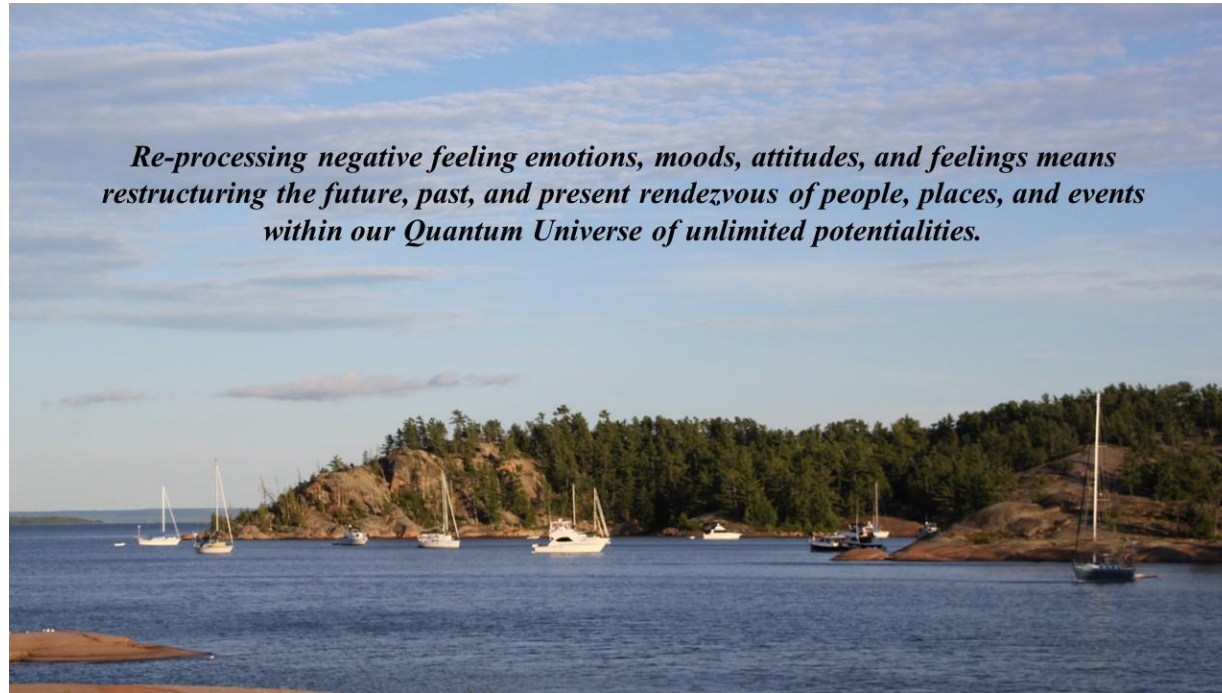


The more joyous the feeling, the more harmonious and powerful the wonders revealed through life's journey.



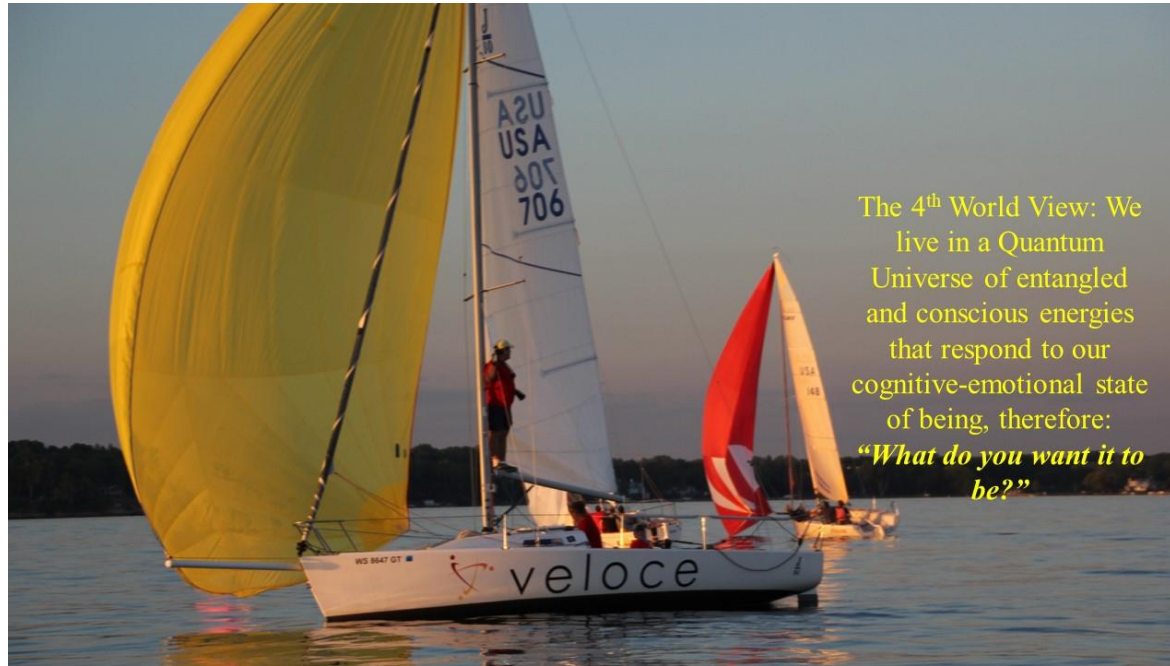
All things being equal, the athlete who builds and maintains their own cognitive-emotional knowing and good feeling of well-being and success will win because they are allowing the events, conditions, and circumstances of their intent, desire, and wanting.

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, desire, and wanting.



Re-processing negative feeling emotions, moods, attitudes, and feelings means restructuring the future, past, and present rendezvous of people, places, and events within our Quantum Universe of the Tao with its unlimited potentialities.

Again, understanding this cognitive breakdown of time and the Tao is not necessary. But an awareness and understanding of your emotions, moods, attitudes, and feelings in relation to your desires, goals, and intentions is an absolute must.



The 4th World View: We
live in a Quantum
Universe of entangled
and conscious energies
that respond to our
cognitive-emotional state
of being, therefore:
*“What do you want it to
be?”*

The 4th World View: We live in a Quantum Universe of entangled and conscious energies that respond to our cognitive-emotional state of being, therefore: “What do you want It to be?”



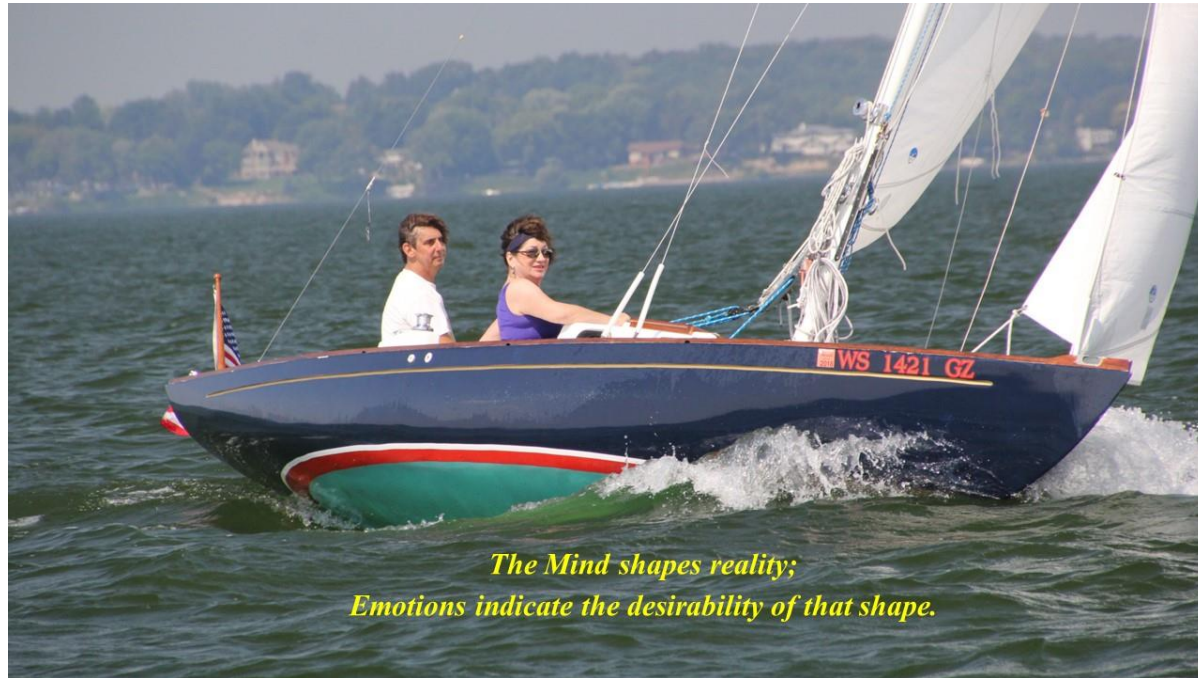
I was looking outside at our driveway from the upstairs window of the farmhouse.
Slowly I started seeing the black wheels of a Caterpillar Motor Scraper appear....

I was maybe 5 or 6 years old when Interstate 90 & 94 were being built about a mile from our farm. I fell in love with the Caterpillar Motor Scraper. It was a real-life gigantic dinosaur roaming around the plains of Wisconsin.

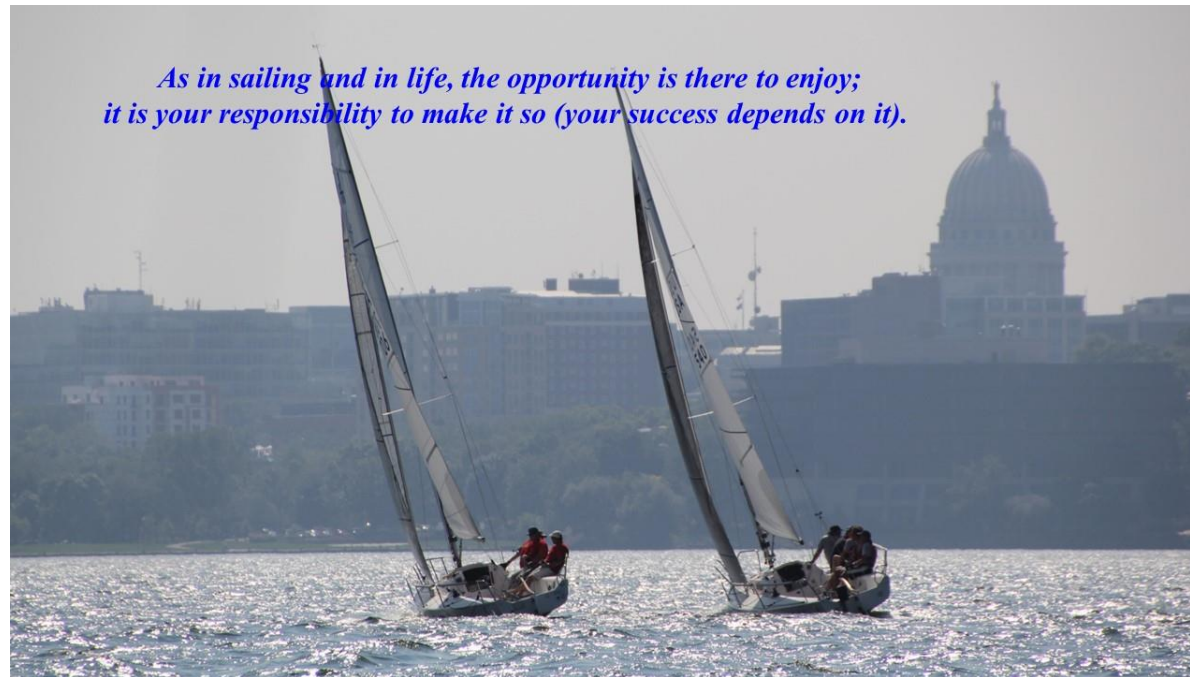
I was looking outside at our driveway from the upstairs window of the farmhouse. Slowly I started seeing the black wheels of one of these magnificent beasts appear....



The tires were emerging out of a mystical haze that hung over the ground. Then its enormous body began to solidify as I gazed in silent expectation... Then a thought, a simple idea came to me...it said “this isn’t right” and my prehistoric dinosaur disappeared, never to be seen again.



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



*As in sailing and in life, the opportunity is there to enjoy;
it is your responsibility to make it so (your success depends on it).*

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.

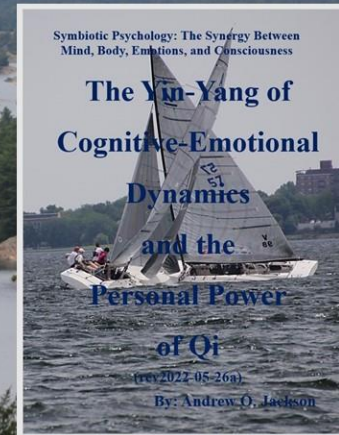
Enjoying life is necessary for mental well-being.

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.

Freely available as downloadable PDFs at:
sybioticpsychology.com
emotional-evolution.com

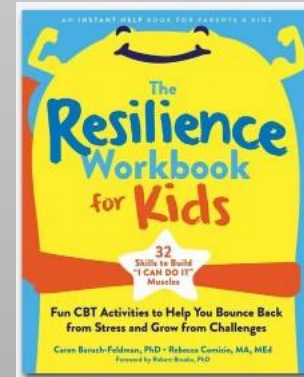
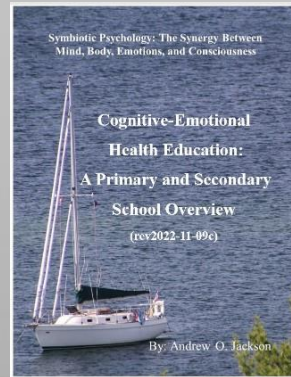


I have written a couple books to further your understanding of Qi. One is, “*The Personal Power of Qi: An Athlete’s Evolutionary Heritage of Strength, Speed, Stamina, Agility, Reflexes, Cunning, and Success*” and the other is an outline, “*The Yin-Yang of Cognitive-Emotional Dynamics and the Personal Power of Qi.*”

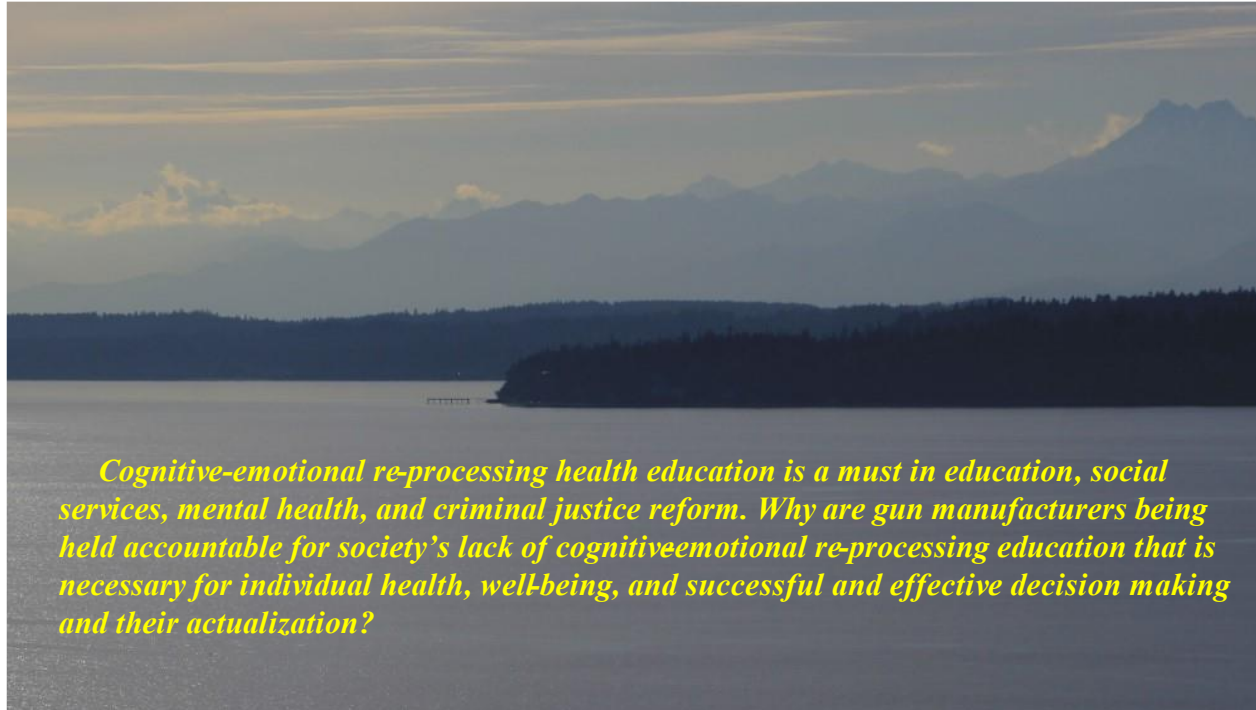
I want to remind you that all my material is freely available as PDFs on my websites: sybioticpsychology.com and emotional-evolution.com.

I have some copies up front if you wish to preview some of my material.

When will our teachers, instructors, and coaches integrate into their curriculums a cognitive-emotional re-processing health education and training program?

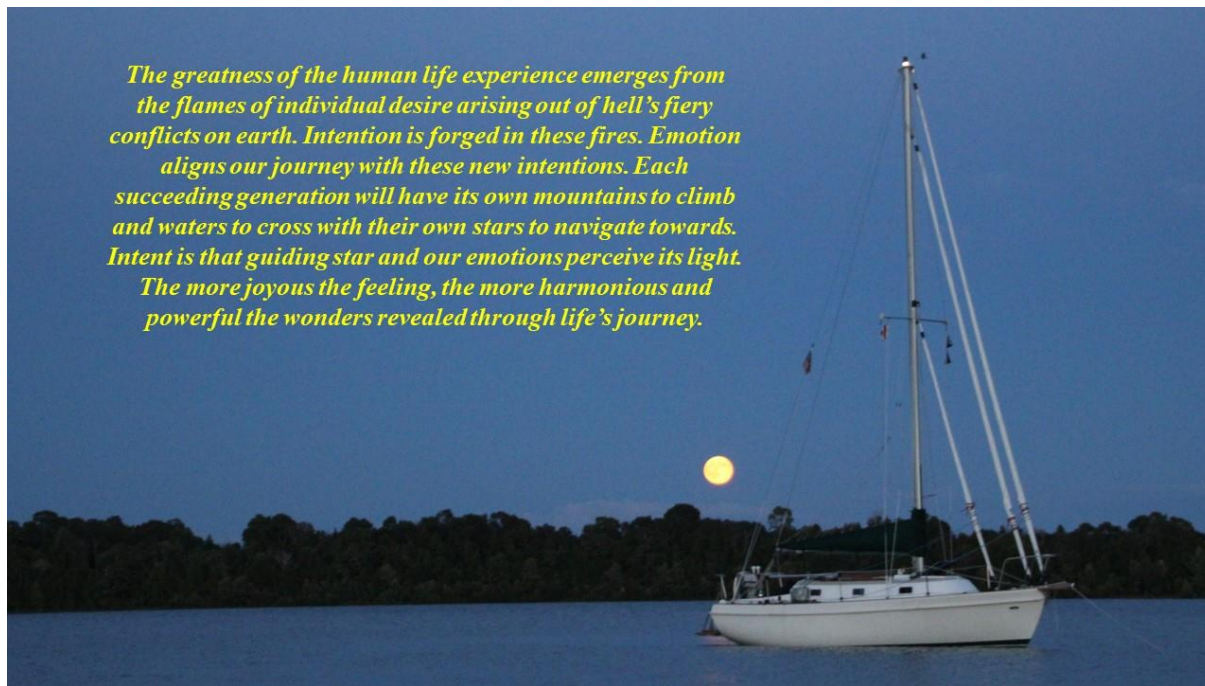


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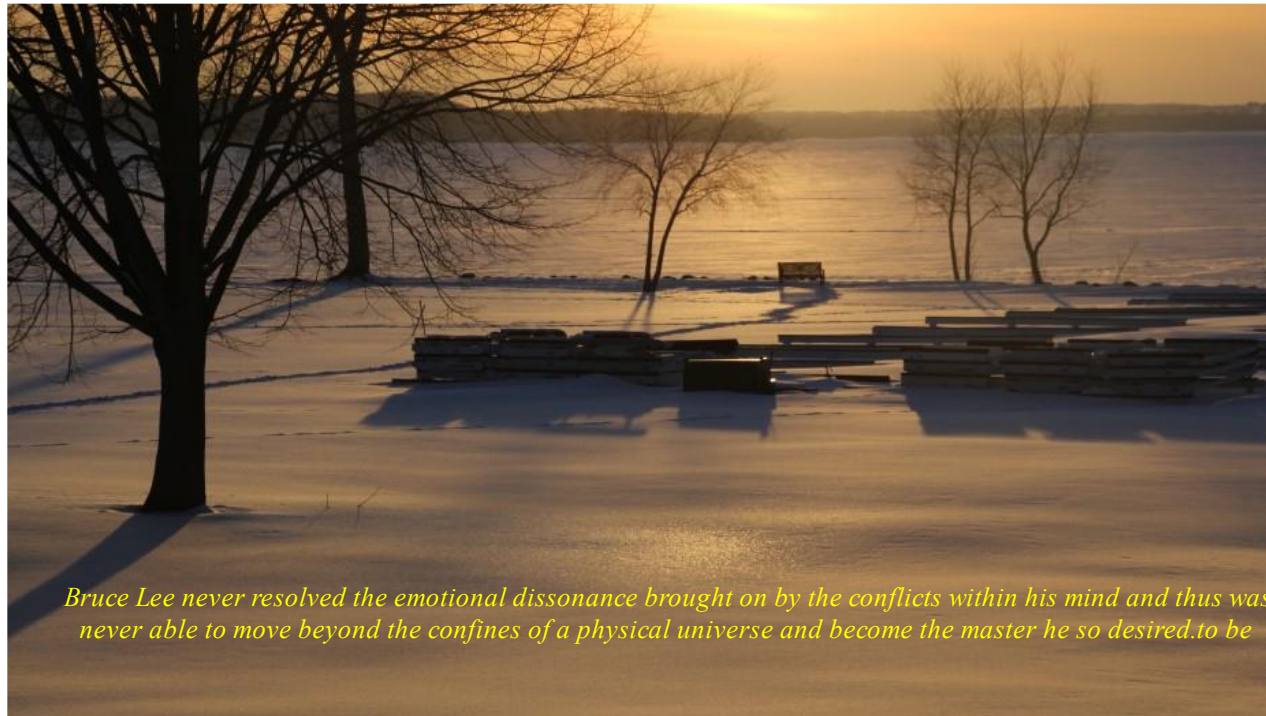


Cognitive-emotional re-processing health education is a must in education, social services, mental health, and criminal justice reform. Why are gun manufacturers being held accountable for society's lack of cognitive-emotional re-processing education that is necessary for individual health, well-being, and successful and effective decision making and their actualization?

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.



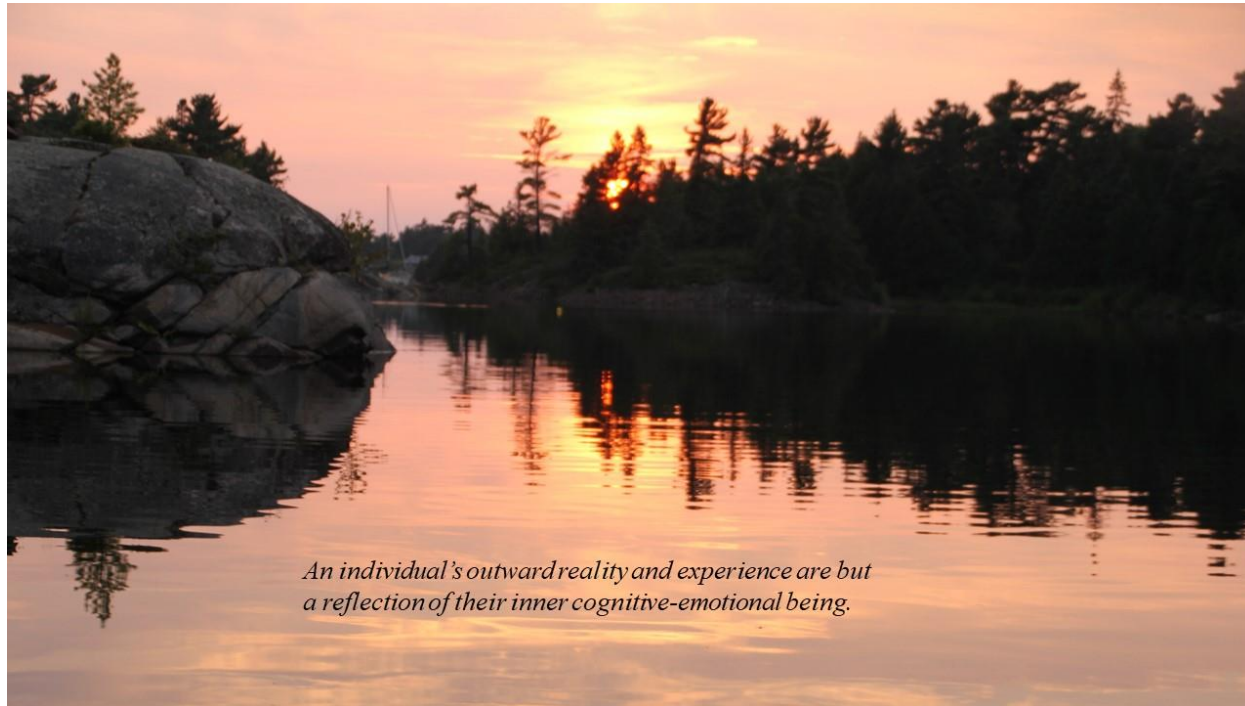
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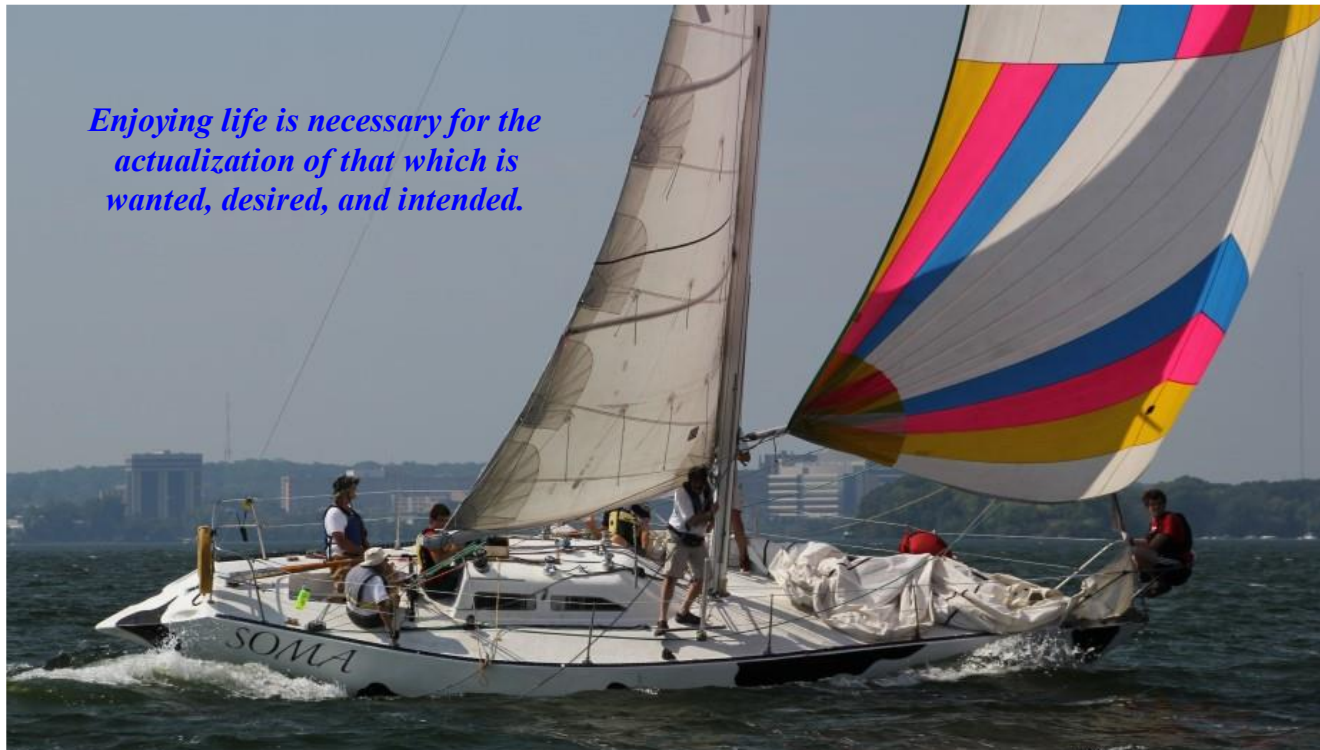
There is a Taoist saying: “He who can describe The Tao does not know it. And he who knows The Tao, cannot describe it.” But The Tao is part of our culture and we have come up with words to describe it, such as, luck, mo-jo, energy, momentum, in the zone, feeling it, swag, and desire, wanting, and intention and many more.



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

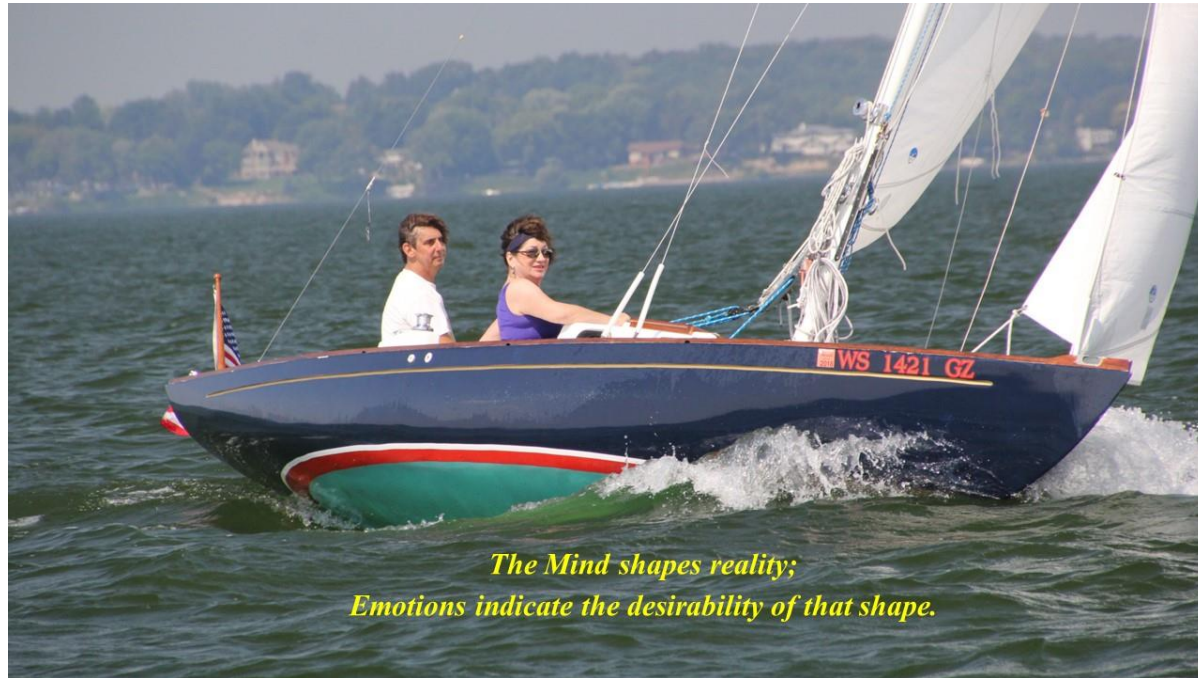
I was on the 12hour night shift as a cutter operator harvesting green peas for Del Monte Foods. Pea harvest has since changed, but then I was cutting pea vines into a row for the combines that would follow. The night was cold and rainy but not wet enough to shut down the harvest. Although there was enough mud and rocks to ruin my machine. The more frustrated I got, the more rocks hit my cutter head, breaking blades. Then I would have to position myself in the rain, on the mud, and under the cutter head to replace the broken blades.

As the night went on, I broke more and more blades and I went from frustration to anger to downright disgust at the cold, wet, night as I went down in the mud to change another blade. Through all this, I noticed my fellow coworker who was also running a cutter. No matter what the conditions, He was always in good humor. He may have had to change a blade that night, but I doubt it.



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.

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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.
