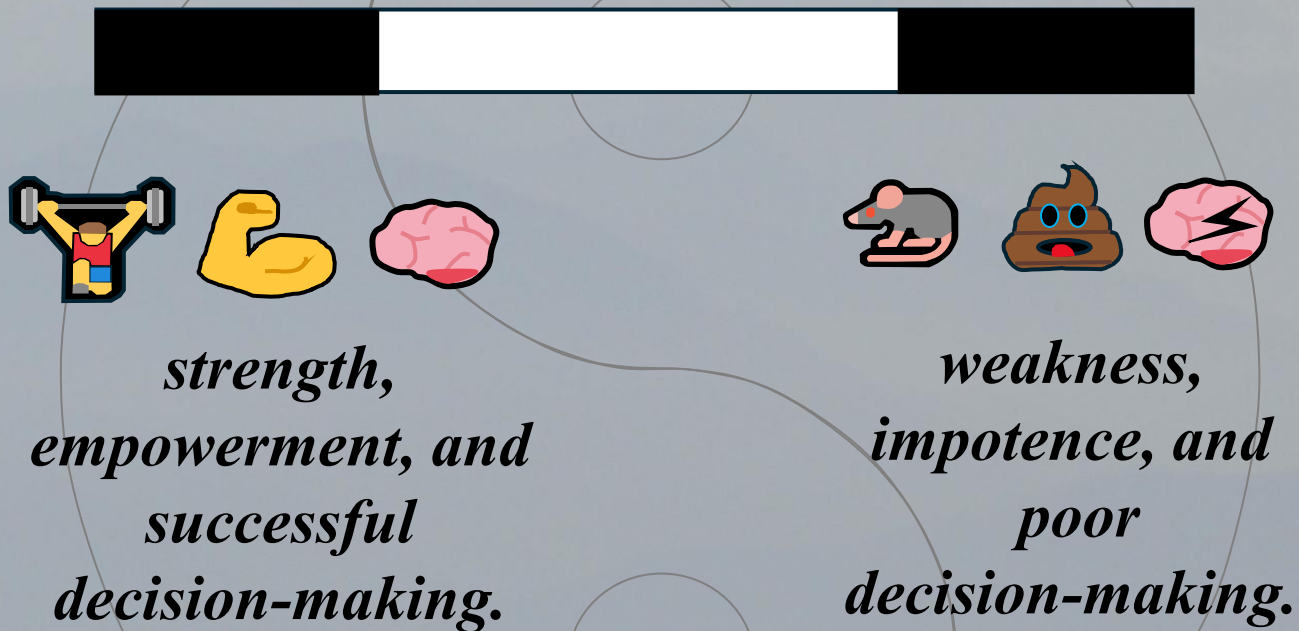


Symbiotic Sports Psychology and Coaching
1st Contact Presentation
(2025-10-28a)

*Which end of the stick are you
hanging on to?*

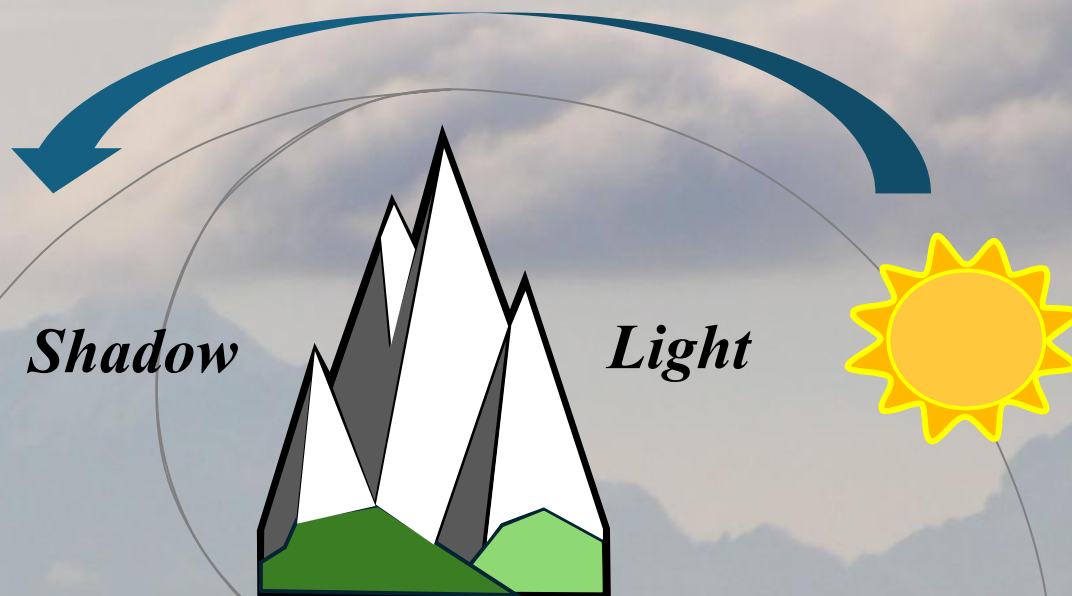
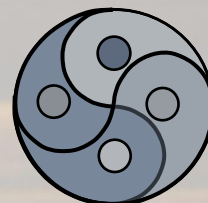


How do you know?



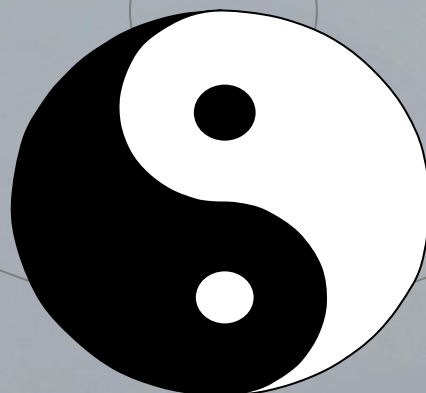


*The Symbiotic Harmony Between
Mind, Body, Emotions, and Awareness*



*I want you to see, understand, and feel this marvelous
and harmonious movement of light and shadow as the
sun travels across the sky.*

*Yin
Shadow,
Feminine,
Emotions*

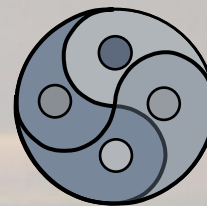


*Yang
Light,
Masculine,
Mind*

*In the Tao, this harmonious movement of light and
shadow is represented as Yin Yang.*

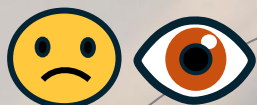


Want, desire, and intent



calibrates your emotional guidance.

(intention implies a plan, purpose, and conviction to act)



Feeling-bad

*emotional awareness
(moods, attitudes, and feelings)*



Focus on NOT wanted



*In your sport what do you
NOT want, desire, nor intend*



Feeling-good

*emotional awareness
(moods, attitudes, and feelings)*



Focus on wanted



*In your sport what do you
want, desire, or intend*

***Emotions are not what others are doing to you.
Emotions are what you are doing to yourself.***



The Evolutionary Importance of Emotional Awareness!

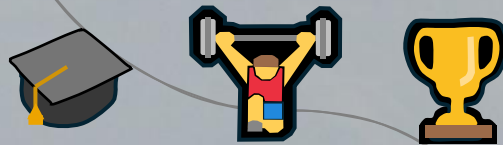


Feeling-good emotional awareness

has evolved with a strong, robust, and healthy physiology of the mind and body



conducive to health, well-being, and successful decision-making prowess.



Feeling-bad emotional awareness

has evolved with a weak, frail, and unhealthy physiology of the mind and body



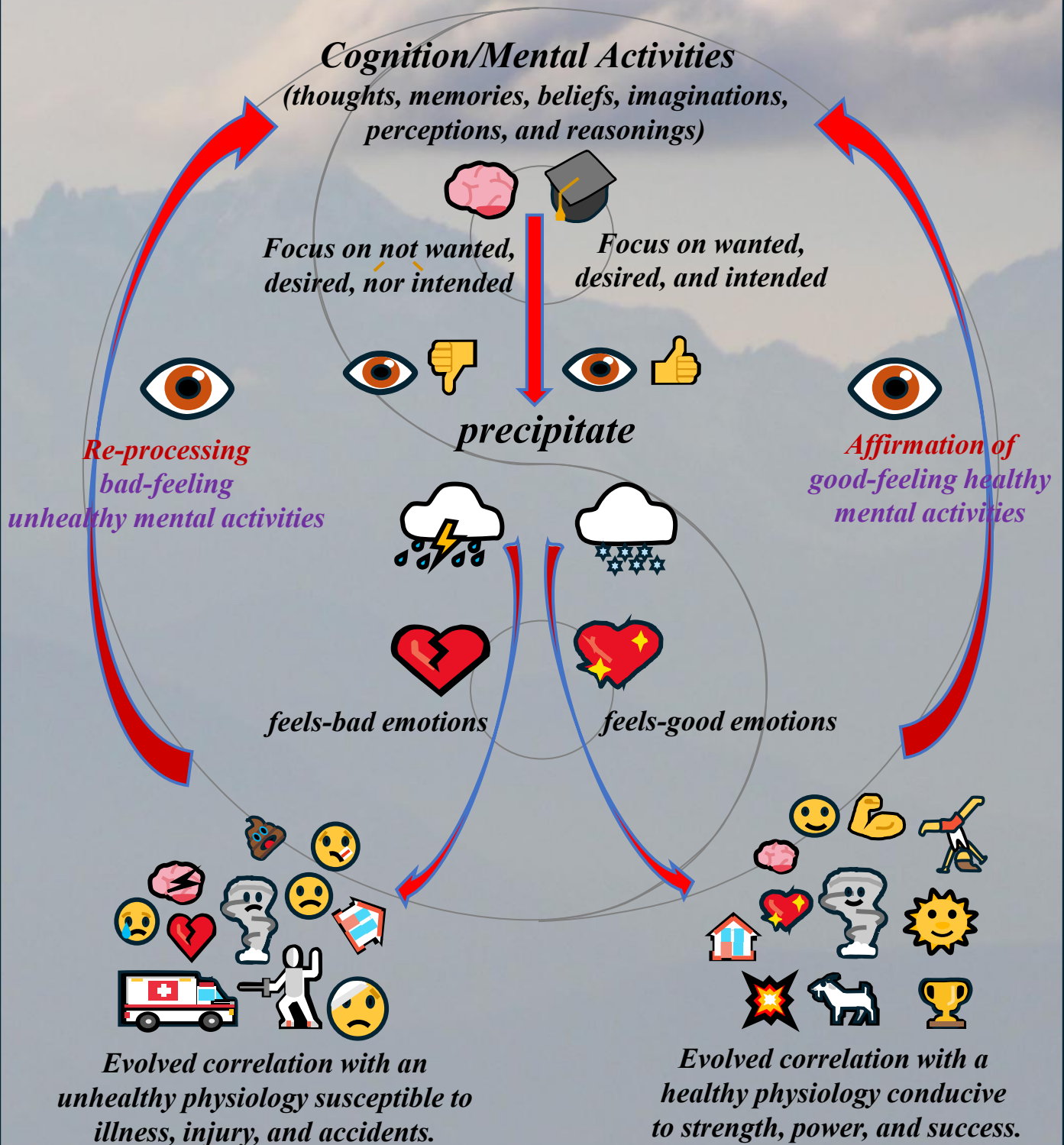
susceptible to illness, injury, accidents and poor decision-making capacity.



Symbiotic Sports Psychology and Coaching

The Evolved Harmony Between Mind, Body, Emotions, and Awareness

Not “mental toughness” but “mental discipline to use **emotional awareness to re-process mental activities** towards a physiology of strength, power, and agility conducive to health, well-being, and successful decision-making ability and prowess.

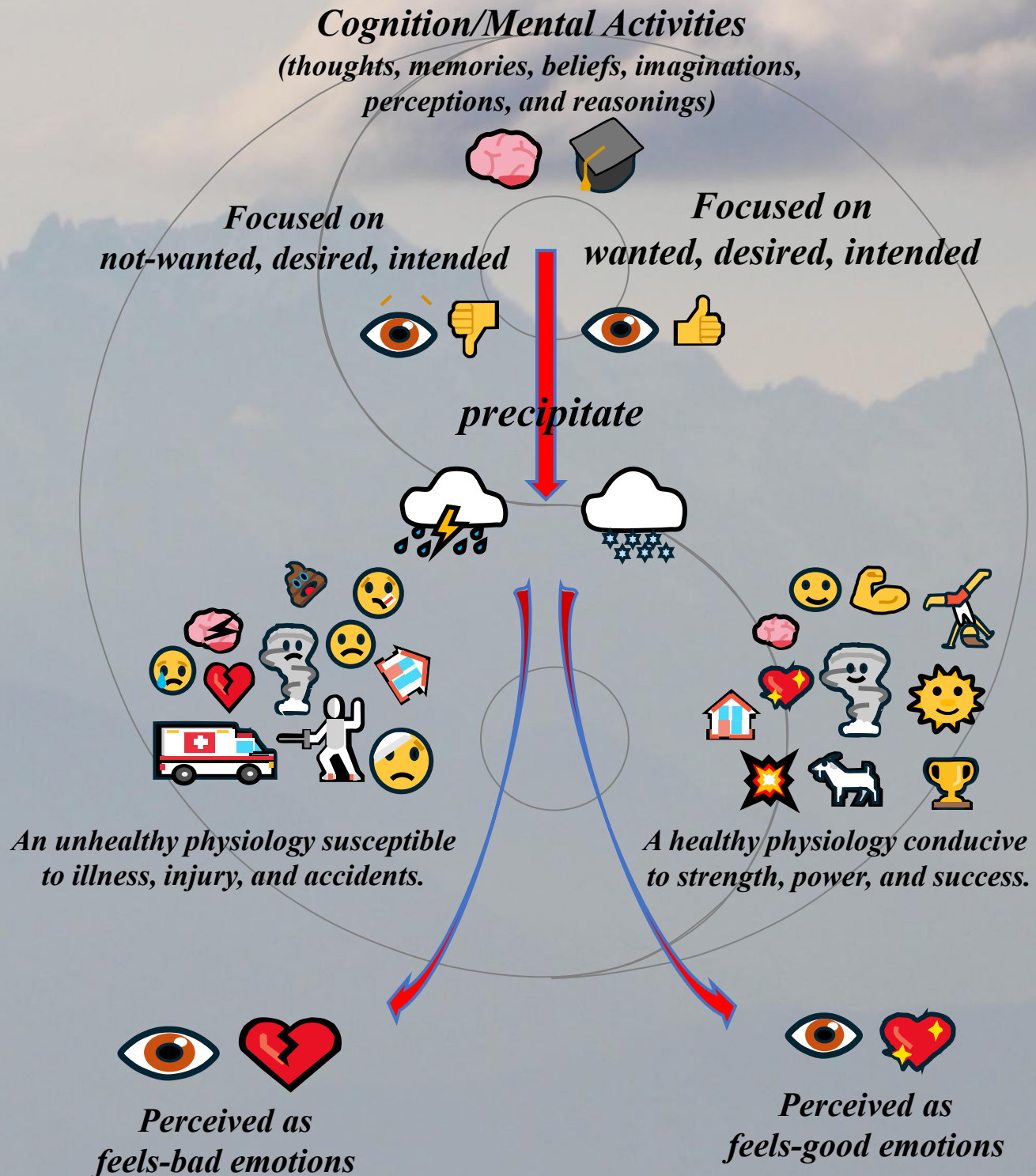


Symbiotic Sports Psychology and Coaching

The Evolved Harmony Between Mind, Body, Emotions, and Awareness

What Are Emotions?

Emotions are the perception of changes and states of neurology, biochemistry, and physiology in the brain and body precipitated by cognitive activities of the mind.

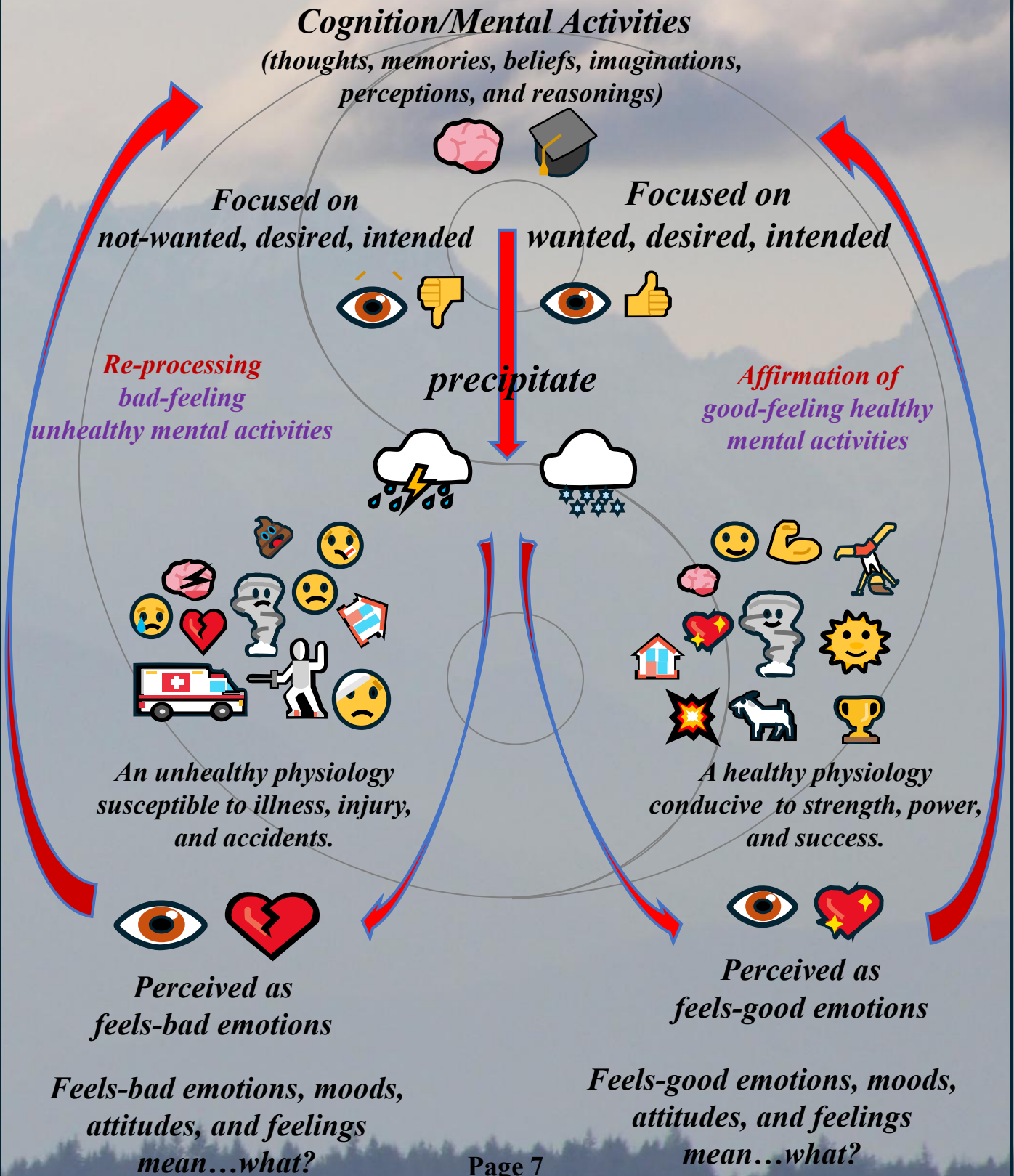


Symbiotic Sports Psychology and Coaching

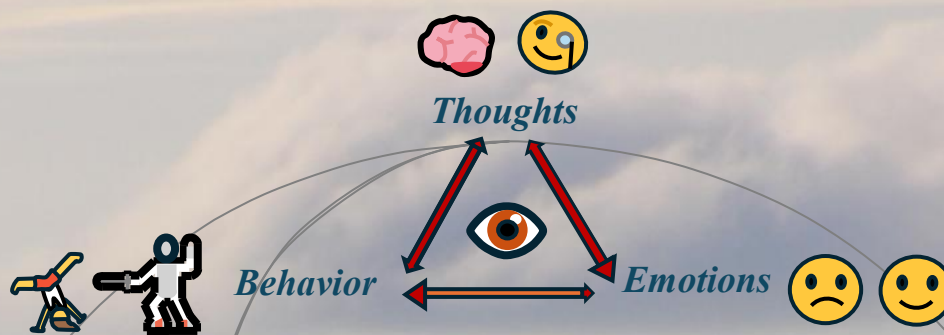
The Evolved Harmony Between Mind, Body, Emotions, and Awareness

The Power of Emotional Awareness

Emotional awareness is used to guide bad-feeling, unhealthy cognitive behavior towards healthy good-feeling cognitive behavior.



*“Modern” sports psychology is based on a 3000-year-old
linguistics of the supremacy of the mind controlling
“dysfunctional” emotions that drive destructive behavior.*



*Today’s academic sports psychology of mental toughness,
mindfulness meditation, and emotional control is sabotaging
the evolutionary power of emotional awareness.*

Are you teaching and training emotional ignorance!

- 1) *Mental Toughness Training*
 - a. *Tolerate or ignore physical and emotional pain*
 - b. *A focus on toughness rather than the discipline needed to re-focus using emotional awareness*
- 2) *Visualization (or is it Imagination?)*
 - a. *Are emotions “visualized” or a function of cognitive activity?*
 - b. *Is there an emotional response to cognitive activity awareness?*
- 3) *Mindfulness Training*
 - a. *awareness of one’s emotions without judging or reacting to them*
- 4) *Short Memory Training*
 - a. *“Move on to the next play” (Without cognitive re-processing?)*
- 5) *Teaching mental “Positive” Self-Talk without emotional awareness*
 - a. *use of a mental construct of positive and negative cognitions*
- 6) *Emotional control, regulation and management by mind (and with pharmaceuticals) without emotional evolution awareness*

“The Tao of Athletic Success Workout”
1st Contact Presentation
(rev2025-10-28a)



***Not until the illusion of emotions is understood,
will the power of emotions be revealed.***

Andrew O. Jackson
M.S. Technology Education
M.S. Management Technology

Center for Symbiotic Psychology
P.O. Box 930153
Verona, WI 53593 USA
+1-608-234-8116
ajackson@symsyc.com
symbioticpsychology.com





The Quantum Being



The Intuitive Being



The Process Being



The Mental-Emotional Being



Being



Is your house in order?



The Quantum Being



*Mindless
Heightened and
Expanded Awareness*

*Heart Centered Peaceful
State of
"No-Mind" Potential*



*Mindless
Instantaneous and
Explosive Action*

The Intuitive Being:

Gut Awareness and Intuitive Action of Mind



Feel



Know



Act

The Process Being: The Actuation Process of Success



Intend It



Think It



Feel It



*I Know
I Know It*



Allow It

Mental-Emotional Being: Strength & Conditioning



*vortex of disempowering,
unhealthy, and bad-feeling
mental activities*



Discipline & Work



*vortex of empowering,
healthy, and good-feeling
mental activities*

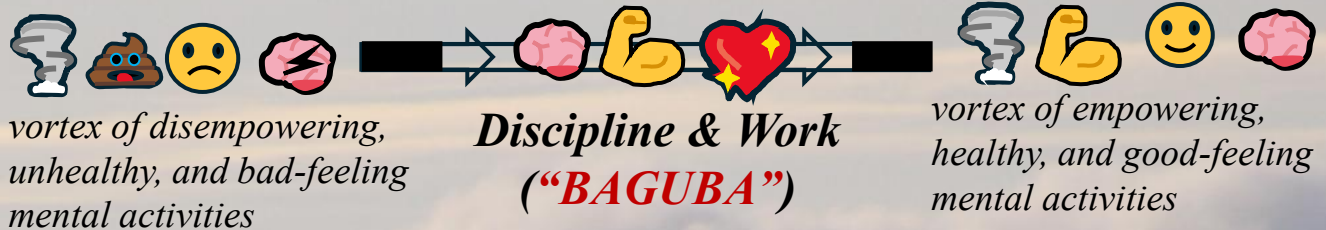


Climbing the Mt. Everest of the Tao



- *Mental Toughness vs. Mental Discipline*
 - a. ***“BAGUBA”***
 - i. *Brutally Aggressive Guy (Girl) Uninhibited by Adversity*
 - b. ***“BAGUBA”***
 - i. *is NOT about brutally dominating the opposition – physically, emotionally, and mentally.*
 - ii. *is NOT about mental toughness.*
 - iii. *is not about tolerating and playing through pain, injury, and adversity.*
 - c. ***“BAGUBA” is about mental-emotional re-processing to get into a better feeling place of power!***
 - d. ***“BAGUBA” is about mental discipline!***
 - i. *The ability to re-processes under extreme conditions of “disconnection”*
 - e. ***“BAGUBA” training for success means having***
 - i. *mental discipline, ability, and motivation to get into a healthy, good-feeling state of power and success*
 - ii. *the feeling-good symbiotic synergy between mind, body, emotions, and awareness*
 - iii. *strength, power, speed, endurance, and agility, and successful decision-making prowess.*

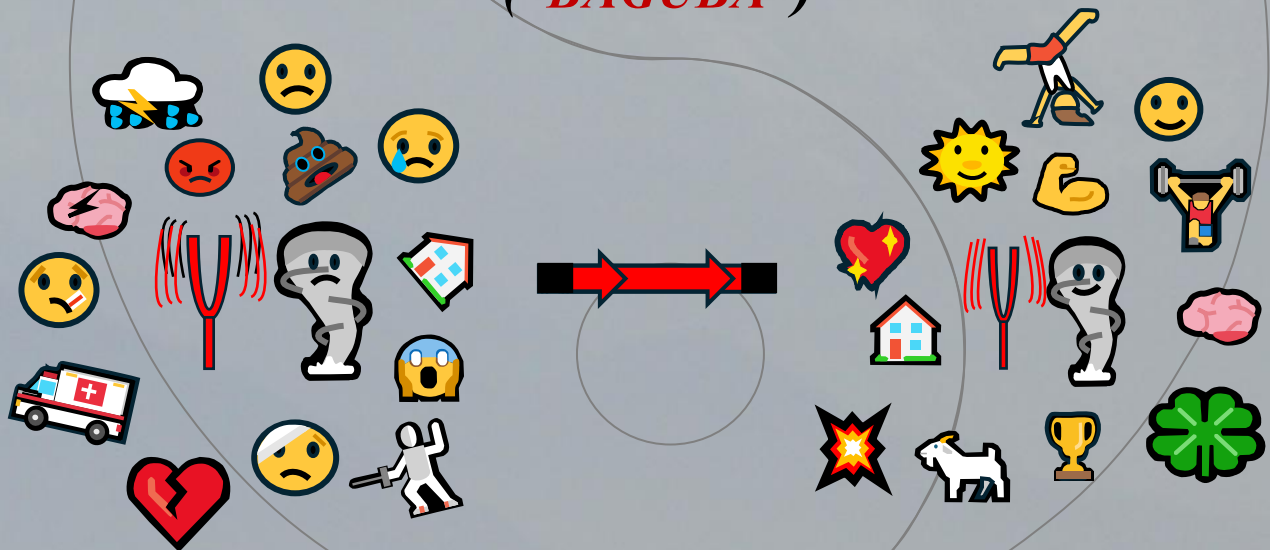
Mental-Emotional Being: Strength & Conditioning



Mental-emotional strength, power, and agility means an athlete can re-process, re-construct, and re-develop unhealthy, bad-feeling mental activities, into healthy, powerful, and good-feeling mental activities...

under ALL and ANY conditions, time, or place.

Discipline & Work
("BAGUBA")

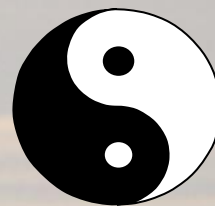


Vibrational Vortex of bad-feeling, unhealthy and weak physiology susceptible to illness, injury, and accidents

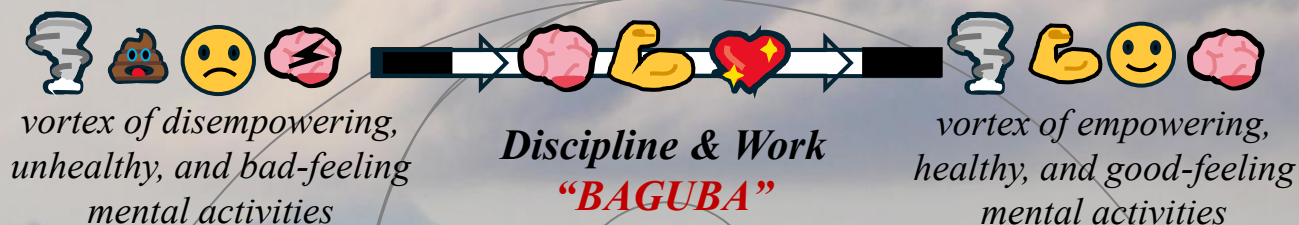
Vibrational Vortex of good-feeling, healthy and strong physiology conducive to strength, power, and success



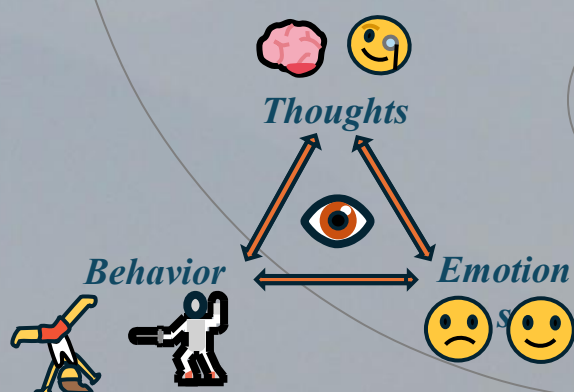
Climbing the Mt. Everest of the Tao



The Mental-Emotional Being: Strength & Conditioning

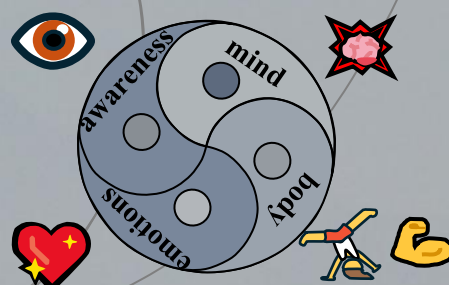


Mental-Emotional Strength and Conditioning is about *developing and strengthening an athlete's skills, abilities, and understandings to successfully re-process disempowering, unhealthy, and bad-feeling mental activities into empowering, healthy, and good-feeling mental activities conducive to health, well-being, and successful decision-making prowess*. Symbiotic Sports Psychology understands the mind, body, emotions, and awareness as a harmonious team that has evolved out of millions of years of struggle, conflict, and battle of the survival of the fittest, fastest, most agile, and clever among us to work together as a team.



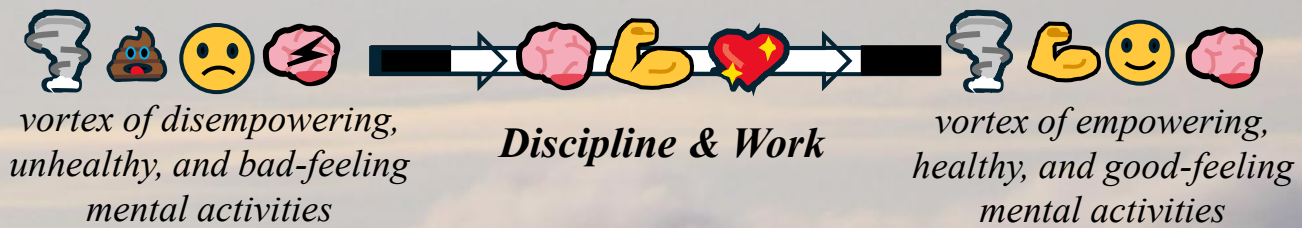
*Mental Toughness Controlling
Emotional Awareness*

VS.



*Mental Discipline to Use
Emotional Awareness*

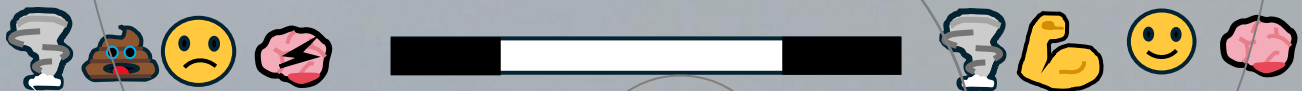
Mental-Emotional Being: Strength & Conditioning



Emotional Wisdom: Where do you start? (Creating Your Own Toolbox)

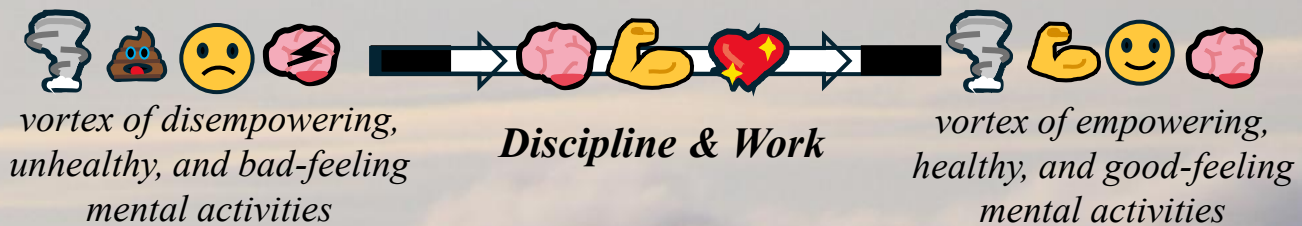
An athlete starts by attaining and maintaining a vortex of empowering, healthy, and good-feeling mental activities.

1. ***Do something for your self, every day, that brings about good-feeling emotional awareness***
2. ***Before you start a project, workout, practice, or start any chore or activity, take a moment to get into a good-feeling place of power.***
3. ***Start prioritizing your daily activities; start with the one that brings about the most excitement or passion. And after that activity has run its course, do the next exciting activity. And so on throughout the day.***



4. ***Use the Power Stick to focus on what is wanted:
(or re-focus from what is not wanted to what is wanted)***
 - a. ***realize what you really don't want***
 - i. ***negative, emotional bad-feelings***
 - ii. ***an unhealthy physiology of weakness and impotence and***
 - b. ***but understand the power of your bad-feeling, negative thinking***
 - i. ***negative thoughts tell you what you don't want***
 - ***penalty, turnover, interception, fumble, missed block***
 - ii. ***in your sport, your position, your "performance"***
 - ***what don't you want***
 - c. ***Now get to the other end of the stick when focusing upon what you do want***
 - i. ***emotional good-feelings***
 - ii. ***a healthy and balanced physiology of strength and power***
 - iii. ***re-phase, re-develop negative, unwanted thinking to wanted***
 - i. ***what do you want to see, want to do, want to happen...***

Mental-Emotional Being: Strength & Conditioning



Cognitive-Emotional Re-Processing: Step 1 (Creating Your Own Toolbox)

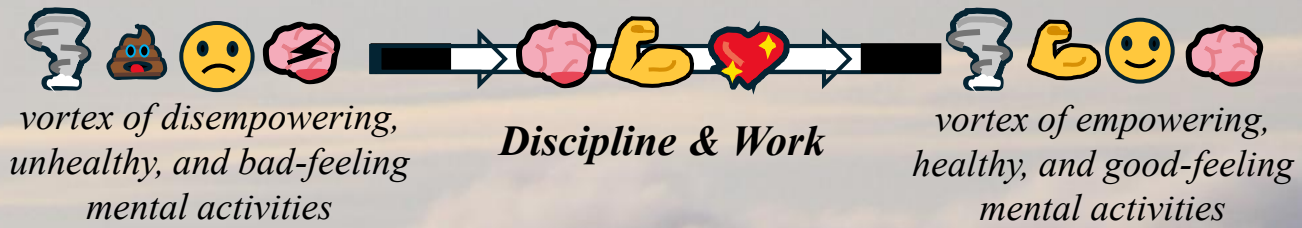
Step 1: Develop Healthy Mental-Emotional Distracting Activities

Intent is to purposely distract the mind and get off an emotionally bad-feeling place and into a better (or-less bad) feeling-good place of power.

- 1) *Learn to “stop”, at the edge before you fall in. Don’t go there: change the subject*
- 2) *“Hop-skip-jump”: focus on breathing, where and what you feel inside, and look around all at the same time*
- 3) *Deliberate focused breathing: 4-4 timing (4in-4out); 4-2-4 timing (4in- hold2-4out); 2-4 timing (2in-4out); experiment and see what works.*
- 4) *Do something passionate.... for yourself.... that excites, delights, and ignites.*
- 5) *Go for a run, exercise, wear yourself out*
- 6) *Song and Laughter*
 - a. *Listen to music, watch videos,*
 - b. *get a laugh, sing a song.*
- 7) *Go some place comforting, exciting, or peaceful, etc.*
- 8) *Go on a rampages of appreciation. Or just look around and appreciate...*
- 9) *Acts of Kindness; Do something nice for a friend; Pet a cat (dog, rabbit..); ?*
- 10) *Get busy with your hobby(s) or some extra-curricular activity*
- 11) *Do some creative writing, keep a journal... but don’t wallow in the mud.*
- 12) *Dwell within, meditate within, a (your) feeling-good Higher Power*
- 13) *????*

Note: The “Black Dog Institute” in Australia uses student “anxiety” in primary schools as an indicator of a potential future of “mental health problems”. That is, if a student doesn’t have the skills to move out of “anxiety” now... they won’t have the capacity to re-process bad-feeling and unhealthy mental activities in their teen and adult years when life brings much greater challenges.

Mental-Emotional Being: Strength & Conditioning



Cognitive-Emotional Re-Processing: Step 2 ***(Creating Your Own Toolbox)***

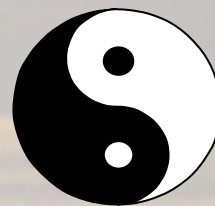
Step 2 Exercises: Develop Mental-Emotional Re-Processing Skills to get into a better (or less-bad) feeling place of power.

The intent is to turn pain into gain. How fast can an athlete re-process, re-structure, or re-develop emotionally debilitating, unhealthy and bad-feeling mental activities into healthy, strong, powerful, and good-feeling mental activities? mental activities: thoughts, memories, beliefs, imaginings, perceptions, reasoning.

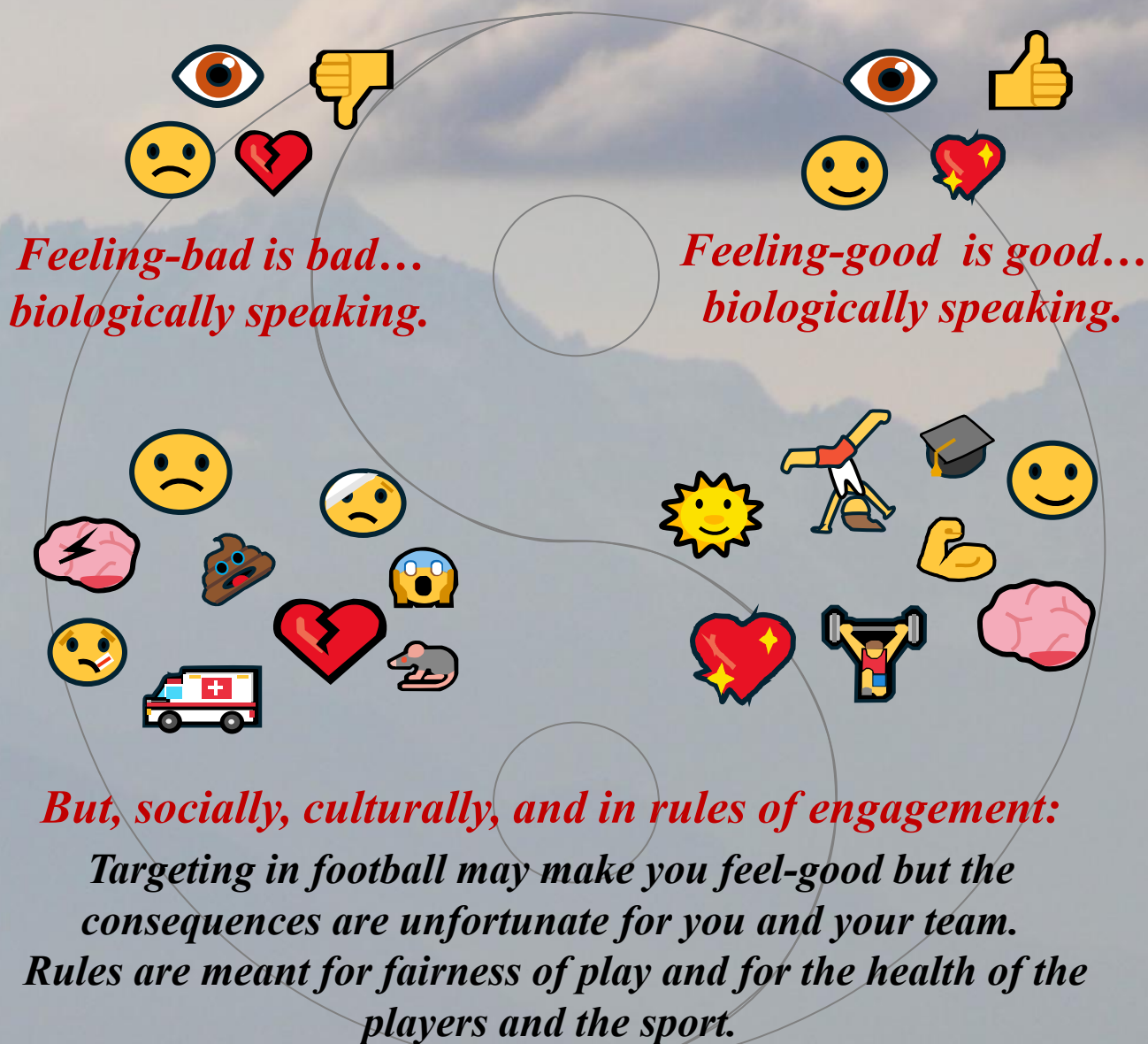
- 1) Find a better feeling (or “less-bad”) thought.***
- 2) Re-state and re-focus from “unwanted” to the “wanted” desire and intended outcome: “I am not going to throw an interception” to “I will complete this pass”.***
- 3) Re-framing, Lemons into Lemonade: This storm means an inside workout, but the crops can use the rain. Or... I learned something important from this defeat.***
- 4) Modify beliefs: reason out a better feeling idea, concept, or belief that “expands, excites, and ignites”.***
- 5) Attitude of Gratitude for Lessons Learned: From this failure, I learned how to be better and will succeed next time.***
- 6) Appreciate the moment: Can “feels-good” be found here?***
- 7) Forgiveness: forgiveness is not about pardoning another’s transgressions, but to free oneself from one’s own bad-feeling, unhealthy, and destructive mental activities.***
- 9) Re-evaluate wants, and desires: re-establish or re-think intent/intentions***
- 10) Find, meditate and dwell within the good-feeling place of success***
- 11) Re-assess inherited personal, institutional, and religious beliefs and logic.***
- 12) Use religious and secular teachings of compassion, love, and forgiveness.***
- 13) Learn to “STOP”; don’t start down the negative, bad-feeling rabbit hole.***
- 14) Use the “not wanted” to define what “is wanted”***
- 15) Seek professional Therapy, Counseling, and Healing. (personal note: never take any medications without also including some sort of cognitive behavior modification therapy)***



Climbing the Mt. Everest of the Tao



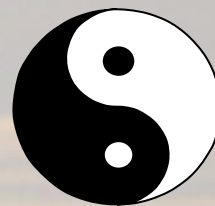
Understand your emotional guidance.



*Anger is a two-edged sword. Yes, there is a feels-good short-term burst of
adrenalin for greater power and strength. But there can be behavior
control problems with immediate (and long-term) negative health effects.*



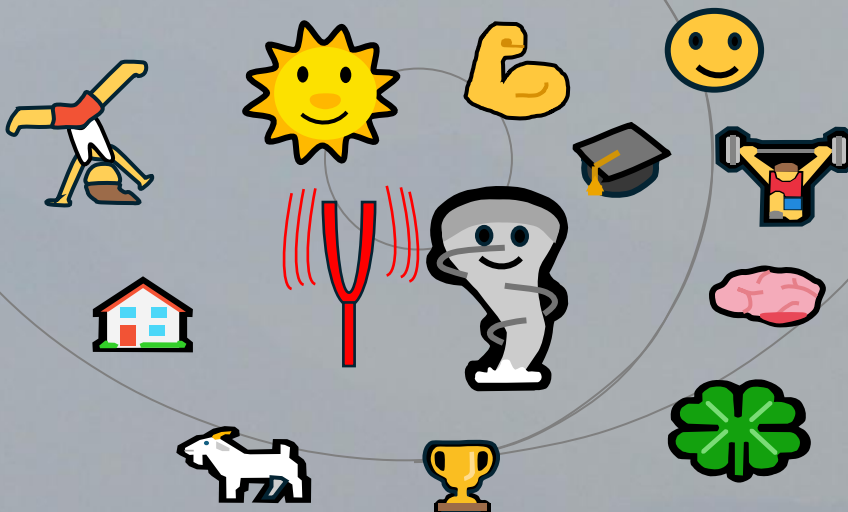
Climbing the Mt. Everest of the Tao



The Process Being: The Actuation Process of Success



Every successful competitive move, play, or shot, involves a five-step process. Learning and actualizing these steps will also reduce and eliminate accidents and injuries due to an unhealthy and imbalanced physiology. Intend It, Think It, Feel It, I Know I Know It, and Allow It. These 5-Steps harmonize an athlete's mind, body, and emotional awareness towards a feels-good, confident, and reflexive dynamic to successfully complete a move, play or shot. Remember: emotionally feeling-good has an evolved correlation with a healthy physiology. And, emotionally feeling-bad has an evolved correlation with an unhealthy physiology



If you don't feel it, you don't have it.

OFFENSE ACTUALIZATION PLAY SHEET PLAY: _____

SEGMENT –I INTENTION

MOVE: _____

1 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

2 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

3 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

4 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

5 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

6 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

7 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

8 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

9 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

10 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

11 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

DEFENSE ACTUALIZATION PLAY SHEET PLAY: _____

SEGMENT –I INTENTION

MOVE: _____

1 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

2 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

3 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

4 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

5 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

6 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

7 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

8 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

9 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

10 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

11 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

Awareness

Allow

HOME ACTUALIZATION PLAY SHEET

DATE: _____

SEGMENT -I INTENTION

DAY: _____

1 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

2 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

3 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

4 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

5 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

6 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

7 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

8 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

9 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

10 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____

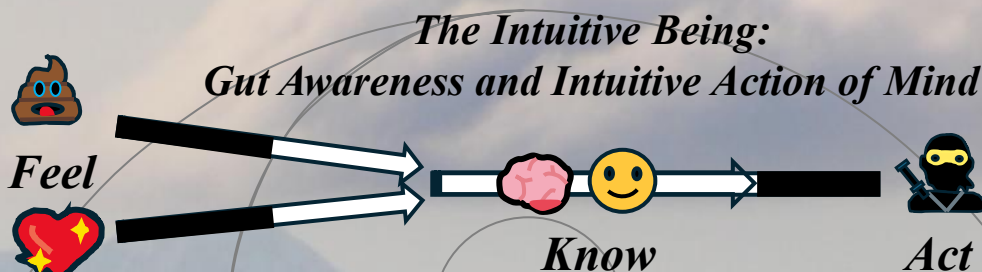
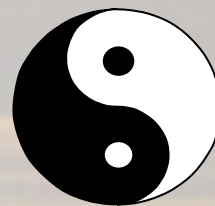
11 _____ Intent: _____

Think it: _____ Feel it: Y ____ N ____

Know it: Y ____ N ____ Allow it: Y ____ N ____ Success: Y ____ N ____



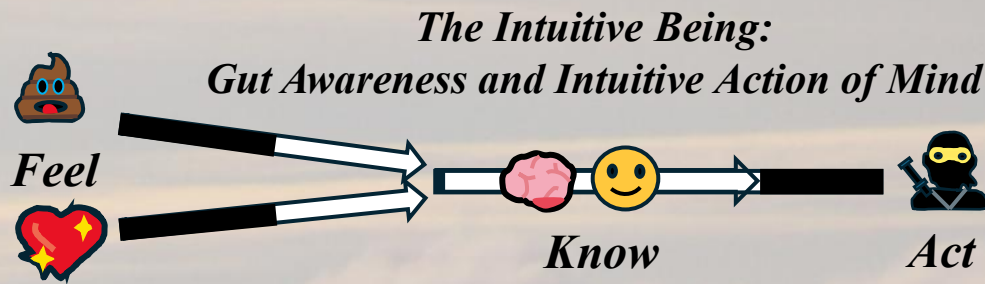
Climbing the Mt. Everest of the Tao



An “Intuitive Being” acts on a “knowing” from a feeling that “something feels off” OR ... acts on a knowing that “this feels right”. To be successful as an “Intuitive Being”, an athlete must understand the harmonious dance between shadow and light, feminine and masculine, between emotions and mind. An athlete cannot act on good or bad-feeling gut awareness if they are in an unaware state of mental-emotional turmoil that will camouflage any subtle mental-emotional significance and meaning. Whether an awareness that something feels right, or wrong, the mind must “process” that intuition, or hunch into an awareness and action....from within a good feeling vortex of power, strength, and agility conducive to health, well-being, and success.



Harmony of Mind and Emotions



➤ *Acting on a good (or bad) “feeling”*

Start with “guessing”....Say to your self, “what does this feeling mean?” Feel the feeling...then.....what does this feeling mean?

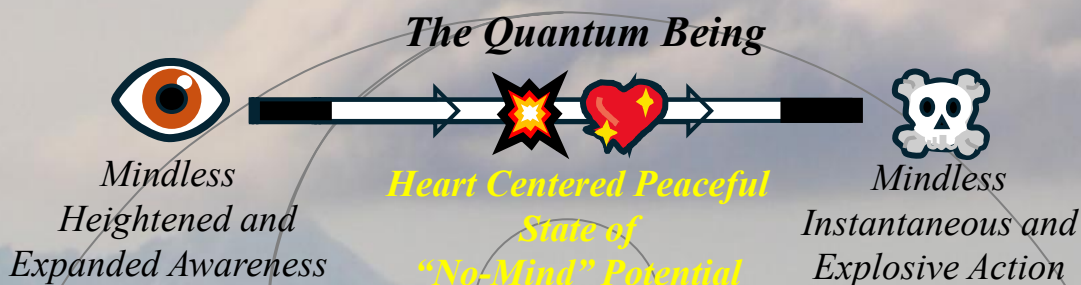
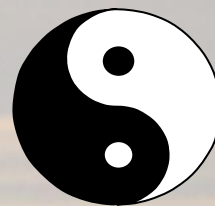
- a. The smell of their body chemistry.*
- b. The slight twitches of their muscles*
- c. The glance of their eyes*
- d. The position of their arms, hands, fingers*
- e. The vibrational feel of the air*

➤ *Be careful NOT TO ACT on emotional impulses until you can act from a good-feeling place of knowing.*





Climbing the Mt. Everest of the Tao



Quantum Being is a “Peaceful State of ‘No-Mind’ Potential”....of mindless heightened and expanded awareness igniting instantaneous and explosive action. Quantum Being is a state of “no-thought” centered in the Heart. Quantum Being is a very subtle heart-centered existence of supreme confidence and awareness. Quantum Being is death of the Ego, the convoluted, twisted, and blaring aspect of the “cognitive mind” an athlete created to survive within their cultural environment. But the Ego sabotages heart centered heightened and expanded awareness and heart centered spontaneous explosive action. 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.

Task:

- ***Obtain a “heart-centered” peaceful state of “no-mind” potential***



- ***What is a state of “no-mind?”***



- ***What is “heart-centered?”***

Success is not trying.

Success is not doing.

Success is being.

Success is a state of being:

*a feeling-good, mental-emotional
healthy state of being that has
evolved with power, strength, speed,
stamina, agility and successful
decision-making ability.*

Don't do it.

Be It!

*Which end of the stick are you
hanging on to?*



*strength,
empowerment, and
successful
decision-making.*



*weakness,
impotence, and
poor
decision-making.*

Do you now know?

